

Think-Eat-Move Healthy

10

ACTIVITY

I know what being healthy means.
I eat (and drink) the best foods for my body every day.
I am physically active everyday.

MyPlate My Plan

GRADE LEVEL:
Intermediate

TIME:
45 minutes

GROUPING STRUCTURE:
Whole and small group/independent

SUBJECTS:
Health
English
Language Arts
– listening,
writing, and
speaking

Math
Physical
Education
Science



Objective

Students will create a plan to think, eat, and move healthy.



Materials/Preparation

Classroom Materials

- Chart paper (one piece)



Provided in the Healthy Steps for Healthy Lives Kit

- MyPlate poster



Before the Activity

- Post poster
- Copy Student Activity Sheet 4 on pages 47 and 48 (one copy/student)



Opening the Activity

1. **Introduce:** Today's activity will be about remembering what you have learned and using the information to make healthy choices.
 - You will be making a plan, evaluating the plan to see how you did, and sharing the plan with others.



Leading the Activity

2. **Review:** Discuss the poster with students using the Taking a Closer Look: Healthy Steps for Healthy Lives MyPlate Poster Discussion Points on page 12.
3. **Identify:** Turn the poster into a checklist that they will use to double-check their plans. Have students brainstorm what should go on the checklist and record responses on chart paper.
4. **Create:** Have students complete the Weekly Nutrition and Physical Activity Plan on Student Activity Sheet 4.

5. **Evaluate and revise:** Have students use the MyPlate My Plan Checklist to evaluate their plan and make any necessary changes.



Closing the Activity

6. **Discuss:** Why is planning important? How does knowledge help you to make healthy choices? What have they learned from each other? How can they help other friends and family members to take healthy steps? Who can help you to take healthy steps? What would happen if you followed your plan?
7. **Summarize:** MyPlate is an icon that can help us remember to take healthy steps.
8. **Connect:** Have students create their own THINK – EAT – MOVE Healthy icon.



Modifications/Extensions

- Create a bulletin board to showcase the plans:
 - Title: Our Healthy Steps for Healthy Lives
 - Border: Construction paper cutouts of students shoe prints
 - Showcase student work: THINK - EAT - MOVE Healthy icons
- Send the reproducible parent letter with family homework assignment (on pages 47 and 48) home to to families.





Student Activity Sheet 4

MyPlate My Plan

- Step 1:** Plan one meal a day (pick breakfast, lunch, or dinner)
- Step 2:** Plan one snack per day
- Step 3:** Plan physical activities for each day
- Step 4:** List three other things you will do today to take care of yourself
- Step 5:** Set three healthy goals

| | | MEAL | SNACK | PHYSICAL ACTIVITIES (and length of each) |
|-----------|--|------|-------|---|
| SUNDAY | I am planning my <input type="radio"/> Breakfast <input type="radio"/> Lunch <input type="radio"/> Dinner | | | |
| MONDAY | I am planning my <input type="radio"/> Breakfast <input type="radio"/> Lunch <input type="radio"/> Dinner | | | |
| TUESDAY | I am planning my <input type="radio"/> Breakfast <input type="radio"/> Lunch <input type="radio"/> Dinner | | | |
| WEDNESDAY | I am planning my <input type="radio"/> Breakfast <input type="radio"/> Lunch <input type="radio"/> Dinner | | | |
| THURSDAY | I am planning my <input type="radio"/> Breakfast <input type="radio"/> Lunch <input type="radio"/> Dinner | | | |
| FRIDAY | I am planning my <input type="radio"/> Breakfast <input type="radio"/> Lunch <input type="radio"/> Dinner | | | |
| SATURDAY | I am planning my <input type="radio"/> Breakfast <input type="radio"/> Lunch <input type="radio"/> Dinner | | | |

| | | | |
|--|----|----|----|
| List three other things you plan to do every day that will help you to be healthy: | 1. | 2. | 3. |
|--|----|----|----|

| | | | |
|-------------------|-----------------------|---------------------|----------------------|
| List three goals: | My Think Healthy Goal | My Eat Healthy Goal | My Move Healthy Goal |
|-------------------|-----------------------|---------------------|----------------------|