



ThinkHealthy

I know what being healthy means.

4 ACTIVITY

A Healthy Me, What I Want to Be

GRADE LEVEL:
Primary

TIME:
30 minutes

GROUPING STRUCTURE:
Whole group

SUBJECTS:

Health

Science

**English Language Arts –
listening, speaking, and
writing**

Social Studies



Objective

Students will discuss various careers in which knowledge about being healthy is used.



Materials/Preparation

Classroom Materials

- Chart paper (one piece)
- Markers
- Blank paper (one sheet/student)
- Crayons and/or colored pencils



Provided in the Healthy Steps for Healthy Lives Kit

- MyPlate poster



Before the Activity

- Post chart paper and poster



Opening the Activity

1. **Ask students what they would like to be when they grow up.** Listen for a job related to being healthy.
2. **Tell students that they're going to learn about being healthy and how it can affect our working lives.**



Leading the Activity

3. Introduce the Healthy Steps for Healthy Lives MyPlate poster.

- The poster is a tool to help us learn how to think, eat, and move healthy.

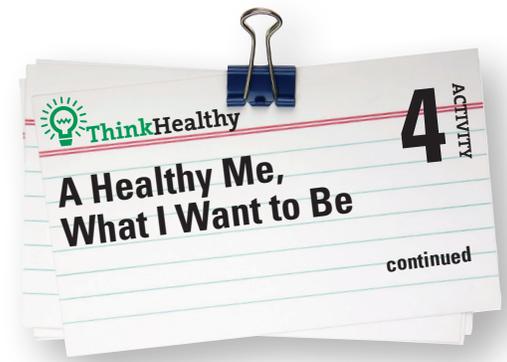
- There are pictures, symbols, and messages that tell us about nutrition (which means eating healthy) and physical activity (which means moving healthy).

Healthy careers

- | | | |
|----------------|------------------------------|------------------------|
| • Scientist | • Restaurant operator/worker | • Daycare owner/worker |
| • Doctor | • Athlete | • Teacher |
| • Nurse | • Grocery store owner/worker | • Babysitter |
| • Veterinarian | | • Cafeteria worker |
| • Dietitian | | • Pet care provider |



4. **Explain the pictures, symbols, and messages on the poster using the Taking a Closer Look: Healthy Steps for Healthy Lives MyPlate Poster Discussion Points on page 10 and 11.**
5. **Discuss other ways to be healthy** (e.g., getting enough sleep; drinking water; frequent hand-washing; brushing teeth regularly; wearing sunscreen; wearing helmets when riding bikes or scooters).
6. **Why is it important to know about being healthy?** How can it be used in the real world?
 - Ideal responses: To keep myself healthy; Help my friends and families be healthy.
7. **Brainstorm careers where it is important to know a lot about being healthy and chart.**
8. **Ask students to identify a job they would like to do and how knowing about being healthy is important for that career.**
9. **Draw a picture and write a sentence about the job identified on blank paper.** How will knowing about being healthy help you to do this job?



Modifications

Create a school-wide opportunity for learning about this topic by hosting a Health Careers Fair in your classroom. Have students work in teams to create a poster or display about a job that requires knowledge about being healthy. Invite guest speakers from the school community such as parents and local business owners. Have them share why it is important to know about being healthy in order to be successful at their jobs. Have students draw their pictures using Student Activity Sheet 3 (provided at www.nestleusa.com/healthysteps and www.neahealthyfutures.org). Make a class book with the students' drawings. Share the class book at the Health Careers Fair.



Closing the Activity

10. **Students share their pictures with the rest of the class and explain why the person doing this job needs to know about being healthy.**

