

Healthy Living Crossword

Activity for Grades 5-6

Objectives:

By the end of this lesson, students should be able to:

- Define “healthy eating.”
- Identify the parts of a healthy lifestyle (physical activity and healthy eating) and name some of each that they enjoy.
- State why healthy foods and exercise are important to keep bodies healthy and feeling good.
- Identify one healthy lifestyle change they can make and pledge to adopt it.

Ideas for Classroom Discussion:

- Ask the class to describe what “healthy living” means. Ask your students to name people who they think live a “healthy lifestyle” (they may want to use sports stars as examples). What is it about their lifestyle that makes them healthy?
- How do activity and food choices make us “healthy” or not? Is being healthy important? Why or why not?
- Discuss activities that your students do that are part of a healthy lifestyle. Focus on small things, like shooting hoops with friends after school, choosing carrot sticks instead of French fries in the cafeteria, or walking to school.
- Ask your students to name additional things they can do to help them be even healthier. Talk about things they can avoid to help them be healthier.

Take It Further:

- Ask students to identify one healthy lifestyle change and pledge to adopt it. Then have them create charts to track their progress for two weeks or more. Encourage them to get friends and families to join them.
- Have students keep a journal about their progress in their healthy lifestyle change pledge, above.
- Assign students to report on their favorite physical activity. This could be a written report or an oral presentation, complete with a demonstration of the activity and how to do it.

- Ask students to make an oral or written presentation to the class about their healthy lifestyle change pledge. Ask them to share with the class what the hardest part was, what made their lifestyle change easier, and what they would say to other students who were thinking about trying the same thing.

Additional Resources:

Visit the American Diabetes Association School Walk for Diabetes Web site at diabetes.org/schoolwalk to access additional tools and resources. In addition, visit the Shaping America’s Health Web site at obesityprevention.org for more information on weight management and obesity prevention. Shaping America’s Health is a nonprofit organization founded by the American Diabetes Association.

This lesson aligns with National Standards!

National Health Education Standards

Standard 1: Core Concepts – Students will be able to identify healthy food and activities. Students will be able to explain how healthy food and physical activity contribute to good health.

Standard 6: Goal Setting – Students will set a healthy lifestyle goal and develop a plan to achieve it. They will track progress toward achieving a goal.

National Standards for Physical Education

Standard 3: Students will participate regularly in physical activity.

Standard 4: Students will achieve and maintain a health-enhancing level of physical fitness.

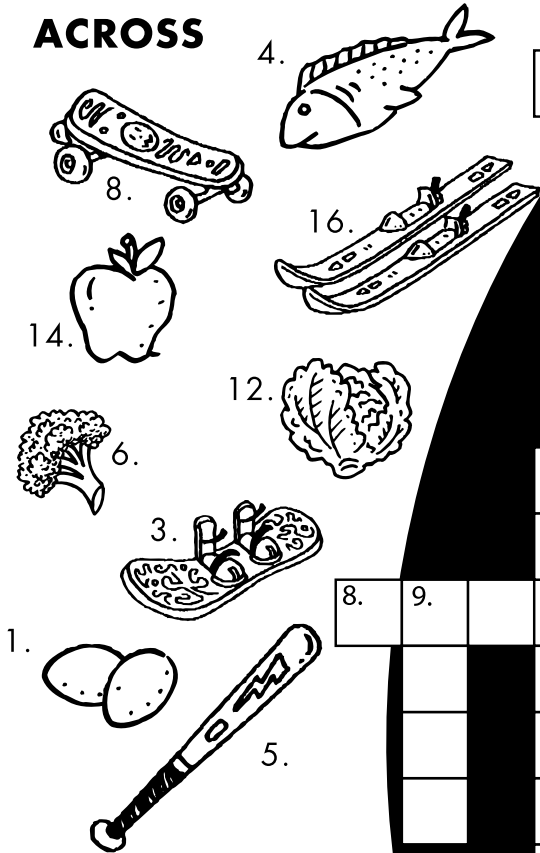
Standard 6: Students will value physical activity for health.

Read more about the National Health Education Standards and National Standards for Physical Education in the Classroom Lessons tab of the School Walk for Diabetes Kit.

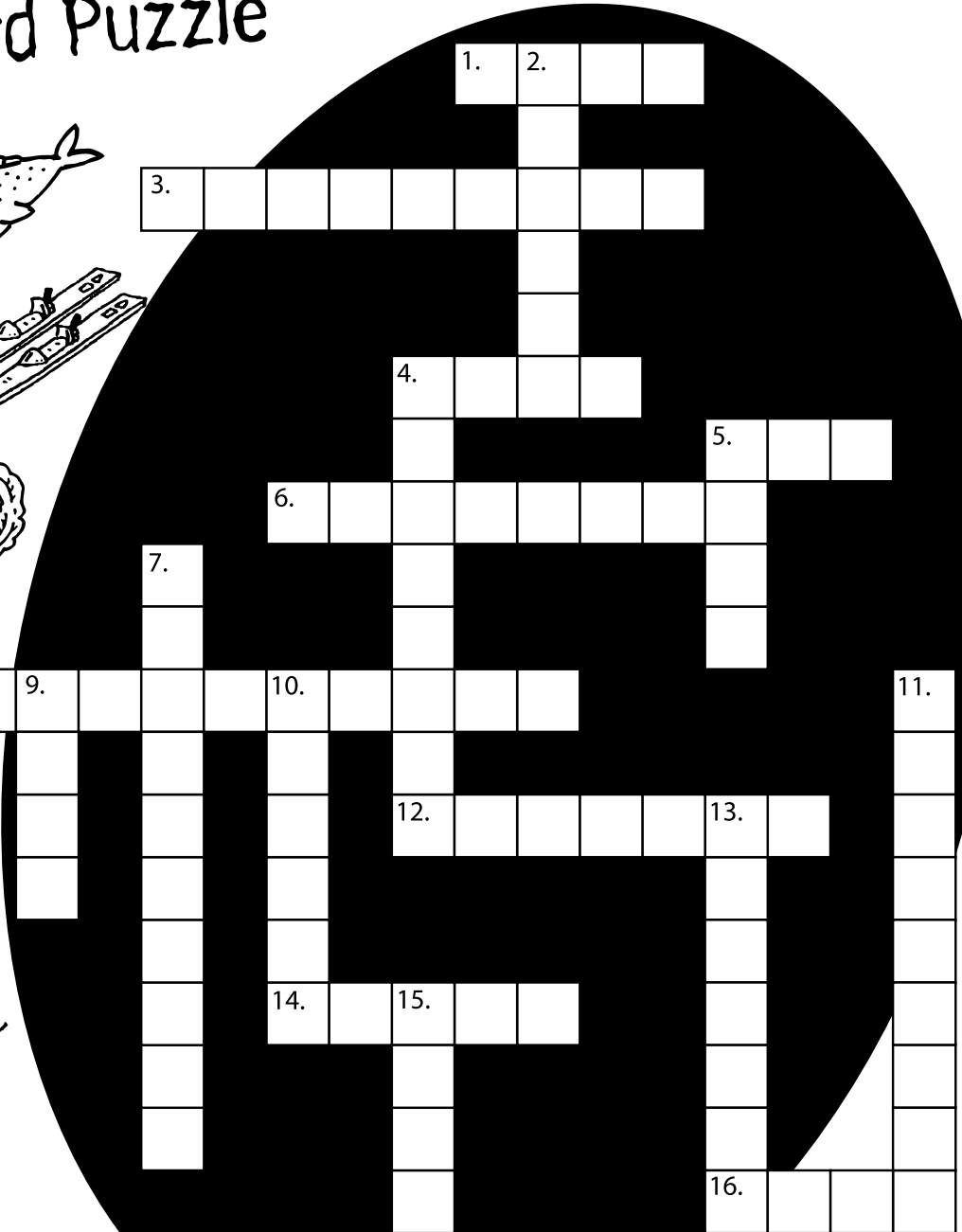
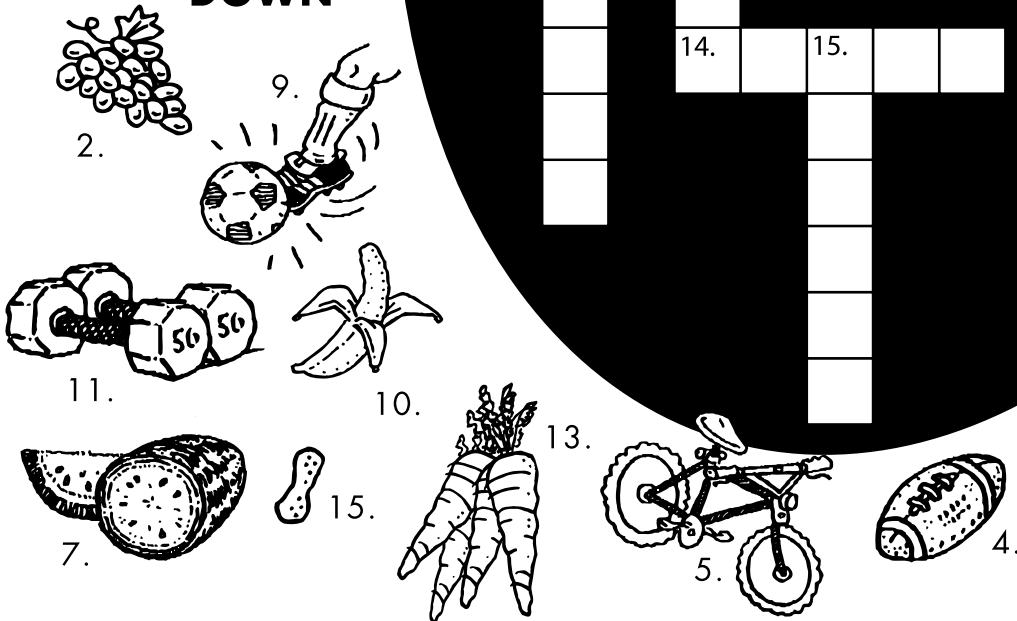
Healthy Living

Crossword Puzzle

ACROSS



DOWN



Largest Apple
 Alan Smith, of
 Loddington Farm,
 Linton, Kent, England,
 grew an apple weighing
 1.67 kg (3 lb 11 oz) in
 October 1997.