

My Healthy Day: Eating and Moving

30 minutes, 3 stages

When you eat healthy foods and move your body, you feel stronger and happier ([Outcome](#), [Outcome](#)). Your body sends you signals when it needs food and water, and moving in different ways helps you build skills you can enjoy your whole life.

Stage 1: What My Body Tells Me (8 min)

Your body gives you clues when it is hungry or thirsty ([Knowledge](#)).

Write or draw three things that happen to your body when you are hungry. Here are some ideas: stomach growling, feeling tired, feeling grumpy.

Now write or draw two things that happen when you are thirsty. Here are some ideas: dry mouth, headache, low energy.

Think about today. When did your body tell you it needed food or water? Write one sentence about it.

Stage 2: Foods I Like and Foods I Need (10 min)

Different foods help your body in different ways ([Knowledge](#)). Your food choices come from what you like and what your family eats ([Outcome](#)).

Draw a plate. Divide it into four sections. In each section, draw or write a food you ate today or yesterday.

Now pick one food from your drawing. Why did you choose it? Write or tell one reason. Maybe you like how it tastes, or maybe your family makes it often, or maybe it makes you feel good ([Knowledge](#), [Skills](#)).

Stage 3: Moving My Body (12 min)

Your body can move in light ways, medium ways, and hard ways ([Knowledge](#)). Moving helps you feel good and have fun with others ([Understanding](#)).

Write down three things you did today that made your body move. They can be small (walking to class) or big (running at recess).

Next to each one, write if it was light, medium, or hard. Light means you could talk while doing it. Medium means you felt a little out of breath. Hard means your heart is beating fast and you can barely talk ([Skills](#)).

Pick the one you enjoyed most. Why did you like it? Write one sentence ([Skills](#)).

Self-check

Can you tell someone one signal your body sends when it is hungry?

Can you name one food you like and say why you chose it?

Can you describe one way you moved your body today and say if it was light, medium, or hard?