

Healthy Bodies, Active Days

This sheet is about physical activity and your body. It is about how many things affect your movement each day ([Outcome](#), [Outcome](#)). You will think about when you feel hungry. You will think about how active you are. You will think about what makes moving and eating well feel good.

Exercises

1. Hunger or Thirst?

Read each clue. Write **H** for hunger or **T** for thirst on the line.

Clue	Hunger or Thirst?
My stomach is growling.	_____
My mouth feels dry.	_____
I have a headache.	_____
I feel grumpy and tired.	_____

([Knowledge](#), [Understanding](#))

2. What Affects Your Activity?

Circle the best answer.

Which of these can change how much you move each day?

- A) Only the weather outside
- B) Your friends, your family, and how much time you have
- C) Only the colour of your shoes
- D) Nothing ever changes how much you move

([Knowledge](#), [Knowledge](#))

3. Before and After Moving

Write one thing you should do **before** playing a sport. Write one thing you should do **after**.

Before activity: _____

After activity: _____

Do not forget to drink water! ([Knowledge](#), [Skills](#))

4. True or False: Food Facts

Write **True** or **False** on each line.

Food allergies mean a body reacts in an unusual way to a food. _____

Food can help families celebrate together. _____

Every person eats the exact same foods as everyone else. _____

([Knowledge](#), [Understanding](#), [Knowledge](#))

5. How Hard Are You Working?

Match each activity to its level. Write **light**, **moderate**, or **vigorous** on the line.

Activity	Level
Walking slowly to the mailbox	_____

Running a fast race	_____
Jumping jacks at a steady pace	_____

([Knowledge](#), [Skills](#), [Understanding](#))

6. Moving on the Land

Name one activity you could do outside on the land. You could go hiking or take a nature walk.

My activity: _____

Write one safety rule to remember while doing it.

My safety rule: _____

([Knowledge](#), [Skills](#))

Answer key

1. Stomach growling: H; Dry mouth: T; Headache: T; Grumpy and tired: H (low energy fits either, so accept H or T for that clue)
2. B
3. Before: warm up, put on proper shoes, or drink water. After: cool down, stretch, or drink water (any reasonable answer)
4. True; True; False
5. Light; Vigorous; Moderate
6. Any land-based activity such as hiking, snowshoeing, or a nature walk, with a matching safety rule such as watching for uneven ground or telling an adult where you are going