HEALTHY VS. UNHEALTHY LIFESTYLES

Learning Objective:
Students will be able to recognize the difference between healthy and unhealthy behaviors.

Materials Required:

Estimated Time Required:
30 minutes for entire lesson
10-15 minutes for handout
Teaching Instructions:

Classroom Activity – Describing Chloe vs. Hugo

1: Write “Chloe” and “Hugo” on the board and ask the student to help you describe them.

2: Chart their descriptions similar to the chart below.

3: Optional - Use the “MyPyramid for kids” handout and review the different categories (colors) in the pyramid. Make a list on the chalkboard, and review some of the keynotes from MyPyramid. Identify which mouse, Chloe or Hugo, fits best into each group.

Individual Student Activity

1: Pass out the Healthy vs. Unhealthy Lifestyles handout to each student to complete.

CHLOE
Healthy
Fruits
Vegetables
Whole grains
Trail mix
Exercised daily
Run
Play
Happy

HUGO
In the beginning
Sick
Tired
Lazy
Out of breath
Cookies
Candy
Pizza
Ice Cream
Junk Food
By the end
Healthy, fit, and strong
Fruits
Vegetables
Whole grains
Trail mix
Exercised daily
Run
Play
Happy
MyPyramid
Eat Right. Exercise. Have Fun.
MyPyramid.gov

Grains
Make half your grains whole
Start smart with breakfast. Look for whole-grain cereals.
Just because bread is brown doesn’t mean it’s whole-grain. Search the ingredients list to make sure the first word is “whole” (like “whole wheat”).

Vegetables
Vary your veggies
Color your plate with all kinds of great-tasting veggies.
What’s green and orange and tastes good? Veggies! Go dark green with broccoli and spinach, or try orange ones like carrots and sweet potatoes.

Fruits
Focus on fruits
Fruits are nature’s treats – sweet and delicious. Go easy on juice and make sure it’s 100%.

Milk
Get your calcium-rich foods
Move to the milk group to get your calcium. Calcium builds strong bones.
Look at the carton or container to make sure your milk, yogurt, or cheese is lowfat or fat-free.

Meat & Beans
Go lean with protein
Eat lean or low-fat meat, chicken, turkey, and fish.
Ask for it baked, broiled, or grilled – not fried.
It’s nutty, but true. Nuts, seeds, peas, and beans are all great sources of protein, too.

For an 1800-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.

<table>
<thead>
<tr>
<th>Oils</th>
<th>Grains</th>
<th>Vegetables</th>
<th>Fruits</th>
<th>Milk</th>
<th>Meat &amp; Beans</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eat 6 oz. every day: at least half should be whole</td>
<td>Eat 2 1/2 cups every day</td>
<td>Eat 1 1/2 cups every day</td>
<td>Get 3 cups every day: for kids ages 2 to 8, it’s 2 cups</td>
<td>Eat 5 oz. every day</td>
<td></td>
</tr>
</tbody>
</table>

Find your balance between food and fun
- Move more. Aim for at least 60 minutes everyday, or most days.
- Walk, dance, bike, rollerblade – it all counts. How great is that!

Fats and sugars – know your limits
- Get your fat facts and sugar smarts from the Nutrition Facts label.
- Limit solid fats as well as foods that contain them.
- Choose food and beverages low in added sugars and other caloric sweeteners.
<table>
<thead>
<tr>
<th>Important Note</th>
<th>Grains (Chloe)</th>
<th>Vegetables (Chloe)</th>
<th>Fruits (Chloe)</th>
<th>Milk (chloe)</th>
<th>Meat &amp; Beans (Chloe)</th>
<th>Oils (Hugo)</th>
<th>Exercise (Chloe)</th>
<th>Fats &amp; Sugars (Hugo)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Make 1/2 your grains whole</td>
<td>Vary your veggies—color your plate with dark green and orange!</td>
<td>Focus on fruits—go easy on juice</td>
<td>Get your Calcium to build strong bones</td>
<td>Go lean with protein—bake, broil, or grill, DONT FRY</td>
<td>It’s not one of the food groups, but you still need a little for good health</td>
<td>Balance food with fun</td>
<td>Know your limits</td>
<td></td>
</tr>
</tbody>
</table>

| Examples | Oatmeal, whole grain cereal, brown rice, whole wheat bread and pasta | Broccoli, spinach, carrots, and sweet potatoes | Apple, orange, berries, plum, banana, and kiwi | Low fat milk, yogurt, and cheese | Chicken, turkey, fish, nuts and beans | Fish, nuts, corn oil, soybean oil, olive oil, and canola oil | Walk, dance, bike or rollerblade | Fried foods and snacks, candy sodas, cakes and cookies |

| How Much Do YOU Need? | 6 ounces a day (at least 1/2 whole grain) | 2 1/2 cups a day | 1 1/2 cups a day | 3 cups a day | 5 ounces a day | It will come from the foods you eat | At least 60 minutes a day | Enjoy these only on special occasions |
HEALTHY vs. UNHEALTHY LIFESTYLES

Instructions: Decide what is healthy and unhealthy in the pictures below. Circle the correct answer.

Candy and Cake

Healthy or Unhealthy

Fresh Fruits and Vegetables

Healthy or Unhealthy

Greasy and Fried Foods

Healthy or Unhealthy

Milk and Water

Healthy or Unhealthy

Which do you want to be? Healthy or Unhealthy