Learn about the

Health Education Mini-Lessons

What is it?
The Health Education Mini-Lessons integrate nutrition and physical activity education into discussion-based activities. Each lesson aligns with the Choosing Healthy Habits planner.

What is the purpose?
The Health Education Mini-Lessons are a great way to promote healthy eating and physical activity in health education! The mini-lessons should be used weekly in ALL health classes. These lessons can be used at the beginning or end of class.

During digital leaning days students or teachers can use mini-lessons to enhance content knowledge while focusing on health. For partnering sites, the Healthy Habits Day Planner is an excellent compliment to the mini lesson but is not required.

Show off your healthy behaviors by tagging us on social media!

@HealthMPowers
Instructions: Use the identified page numbers from the Choosing Healthy Habits planner to lead a class discussion.

Week 1

Happy Holidays!!

Week 2

As a class, read the Top Tips on page 100.

1. What is energy balance?
2. How can you revise your current physical activity and/or nutrition behaviors to have a health body composition?
3. Identify three sources of plant proteins and describe how you can incorporate each into your diet.

Week 3

As a class, complete the Healthy Habit Challenge on page 102.

1. What are aerobic activities? What aerobic and muscle fitness activities did you complete during the physical activity challenge?
2. How can you motivate your friends and family to become more active?
3. What meals can you eat to increase your servings of beans?

Week 4

As a class, complete the Farm to School Connection on page 104.

1. Why are nutrition labels important? How can you use the Nutritional Facts label to make smart food choices?
2. True/False: Ingredients on a nutrition label are listed in order from greatest to least.
3. When grocery shopping with your family, how often do you read nutrition labels? How can you use the nutrition label to help you make smart food choices?

Monthly Challenge:

As a class, complete the "Using the Nutrition Facts Label is as Easy as 1, 2, 3!" activity on page 97. (Note: students will have to bring in food labels from home or sample labels will need to be provided prior to completing this activity.) According to the nutrition labels, which foods were the healthiest choices? How did you draw these conclusions? Brainstorm how to include healthier foods into your diet.
 Instructions: Use the identified page numbers from the *Choosing Healthy Habits* planner to lead a class discussion.

**As a class, read the Top Tips on page 110.**

1. Identify five foods that are high in fiber and low in sodium.
2. What are three benefits of eating foods rich in omega-3 fatty acids and fiber?
3. How can you revise your current diet to lower your risk of heart disease? Be sure to include specific examples of foods you would reduce and foods you would add.

**As a class, complete the Farm to School Connection on page 112.**

1. What local foods are served in your school’s cafeteria?
2. How can you encourage your friends to eat locally grown fruits and vegetables?
3. Develop three strategies to promote locally grown foods in your school.

**As a class, complete the Healthy Habit Challenge on page 114.**

1. What goal did you set to increase your physical activity levels this week?
2. What happens to your resting heart rate as a result of exercise? Why is it important to check your heart rate during exercise?
3. What makes a food heart-healthy? Identify three heart-healthy foods that are low in saturated fat, sugar and salt.

**As a class, read the Top Tips on page 116.**

1. Which meal is considered the “most important meal of the day?” Explain.
2. Identify five GO foods you can eat for breakfast.
3. Develop three strategies to follow in order to be active in the mornings before school.

**Monthly Challenge:**

As a class, complete the "Name That" activity on page 109. What creative answers did you hear during the activity? Design a plan to challenge your friends and family to incorporate more GO foods, such as whole grains and fresh vegetables into their diet. What specific strategies will you use?
Instructions: Use the identified page numbers from the *Choosing Healthy Habits* planner to lead a class discussion.

**Week 1**

As a class, read the Top Tips on page 120.

1. Why is it important to eat a “rainbow” of foods?
2. How can you incorporate dark green, red and orange vegetables into your meals this week?
3. Identify three strategies you can use to incorporate more physical activity breaks into your day.

**Week 2**

As a class, complete the Farm to School Connection on page 122.

1. Identify three heart-healthy apps and videos.
2. Compare the three and decide which will be the most beneficial to use while exercising. Why did you select it?
3. Create an exercise plan to get at least 60 minutes of physical activity every day this week.

**Week 3**

As a class, complete the Healthy Habit Challenge on page 124.

1. What activities did you plan to increase your physical activity levels this week?
2. How can you encourage a friend or family member to be more physically active this week?
3. Create a one week breakfast menu you are willing to eat that contains nutrient-rich foods low in fat, sugar and salt.

**Week 4**

As a class, read the Top Tips on page 126.

1. What strategies can you use to reduce your screen time?
2. How do you think your screen time affects your physical activity?
3. How can you incorporate physical activity into your screen time?

**Monthly Challenge:**

As a class, complete the "Breakfast Challenge" on page 119. What challenges do you have to overcome to ensure you’re eating a healthy breakfast each morning? What strategies did you develop to overcome these challenges? How can you encourage your friends and family to develop healthy eating patterns?
Instructions: Use the identified page numbers from the Choosing Healthy Habits planner to lead a class discussion.

**Week 1**

As a class, complete the Farm to School Connection on page 130.

1. What foods, flavors and recipes are famous in Georgia?
2. Assess the nutrient value of Georgia’s most popular food choices. How can you alter some of the lower scoring recipes to make them healthier options?
3. Identify three ways to incorporate April’s Harvest of the Month into your meals this week.

**Week 2**

As a class, read the Top Tips on page 132.

1. Why do you think 25% of youth reported that they feel they are addicted to videos games?
2. What can you do to encourage your friends to reduce their screen time?
3. Assess your current daily and weekly screen time behaviors. Cite evidence to determine if your current behaviors are healthy or need to be changed.

**Week 3**

As a class, complete the Healthy Habit Challenge on page 134.

1. How can you replace screen time this week with physical activity?
2. Hypothesize challenges you will face getting your family to take the "Turn off the TV Screen Free Challenge."
   Develop a logical argument to present the challenge to your family.
3. What nutrient-dense foods can you eat on the go?

**Week 4**

As a class, read the Top Tips on page 136.

1. How can you protect yourself from melanoma?
2. What are three benefits of including vitamin D into your diet?
3. Identify five GO foods you like that are good sources of vitamin D.

**Monthly Challenge:**

As a class, complete the "How Do Your Media Habits Stack Up?" activity on page 129. What was your score from the activity? What steps can you take to decrease your screen time? Develop a plan to encourage your friends and family to reduce their screen time and become more physically active!
Instructions: Use the identified page numbers from the *Choosing Healthy Habits* planner to lead a class discussion.

**As a class, read the Top Tips on page 142.**

1. Why is it important to stay properly hydrated while being physically active?
2. Identify three benefits of drinking water.
3. How can you be sure you’re drinking enough fluids throughout the school day?

**As a class, read the Top Tips on page 144.**

1. Differentiate aerobic and anaerobic activities.
2. List your five favorite physical activities and write next to it if it is an aerobic or anaerobic activity. What are the benefits of each?
3. Identify three anaerobic activities you would like to participate in this summer.

**As a class, complete the Healthy Habit Challenge on page 146.**

1. What short-term goal did you set to increase your physical activity levels this week?
2. What are functional foods? Identify three functional foods on your school’s lunch menu.
3. Is May’s Harvest of the Month considered a functional food? Why or why not?

**As a class, complete the Farm to School Connection on page 148.**

1. Identify five benefits of including dairy into your diet.
2. What are your favorite recipes that include dairy?
3. What is the daily recommended amount of dairy for those who are nine years old and older? How can you alter your weekly diet to make sure you meet this recommendation?

**Monthly Challenge:**

As a class, complete the "Celebrate and Learn: Team Time" activity on page 141. What were some creative ideas you saw from your classmates? Don’t forget to tag HealthMPowers on social media to show off your hard work!