# Healthy Habits Activities

**Instructions:** Getting 60 minutes of physical activity and eating three to five fruits and vegetables daily while limiting sugary drinks can be challenging. Complete one activity each day to be sure you are taking care of your personal health. Be sure to submit your responses to your teacher's digital learning site.

## Monday
**Top Tips:** Did you know that youth spend half as much time outdoor as their parents did? You can reduce your screen time each day by turning off the TV during meal times or replacing video games with physical activity. Answer the questions below and challenge yourself to lower your screen time outside of school this week.

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?

## Tuesday
**Healthy Eating Challenge:** One-ingredient foods are foods that do not have an ingredient list, such as fruits, seeds, nuts and vegetables. What are your favorite one-ingredient foods? Set a goal to eat two or more one-ingredient foods each day this week. Did you meet your goal?

## Wednesday
**Farm to School Connection:** It is important to eat at least three vegetables and two fruits a day. What are three benefits of eating vegetables and fruits every day? Take the Fruit and Vegetable quizzes at [https://www.choosemyplate.gov/quiz](https://www.choosemyplate.gov/quiz) to learn more about health benefits due to fruit and vegetable consumption. What did you learn based on your results?

## Thursday
**Tracking Physical Activity:** It is important to get at least 60 minutes of physical activity each day. Complete aerobic exercises such as jogging in place or taking a walk outside if you are able to do so in a safe manner while maintaining personal space. Track either the number of steps you take (aim for 10,000!) or how many minutes you complete each day.

## Friday
**Bell Work Activity:** Take a walk outside, if you are able to do so in a safe manner maintaining personal space. Discuss the following questions:

1. What did you eat for breakfast, lunch, dinner and snacks this week? How could your breakfast be healthier?
2. Why is it important to stay hydrated before, during and after physical activity?
3. What are the five food groups? How much should you have of each per day?