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.

April 13-17, 2020

**Monday**

**Bell Work:** Research foods that are grown in Georgia at [https://www.choosemyplate.gov/myplate-mystate](https://www.choosemyplate.gov/myplate-mystate).
1. What foods are grown in Georgia?
2. Construct your own MyPlate daily menu that includes foods grown in Georgia.
3. What are five benefits of eating more locally grown foods at home?

**Tuesday**

**Tracking Physical Activity:** It is important to get at least 60 minutes of physical activity each day. Complete indoor aerobic exercises with your family by visiting the physical activity videos on the HealthMPowers website [https://healthmpowers.org/services/resources/](https://healthmpowers.org/services/resources/). How many minutes can you complete each day?

**Wednesday**

**Top Tips:** Whether you’re an athlete or enjoy working out, what you eat will affect your performance. A healthy eating strategy can support your training, performance and overall health. Visit [https://www.choosemyplate.gov/](https://www.choosemyplate.gov/) to help develop a personalized eating plan to meet the demands of your physical activity performance.

**Thursday**

**Farm to School Connection:** Ask a family member to help you find a place such as a farmer’s market or community garden where you can purchase locally grown foods. Visit [https://www.wholesomewavegeorgia.org/georgia-fresh-for-less](https://www.wholesomewavegeorgia.org/georgia-fresh-for-less) to find locations near you that will double SNAP/EBT dollars!

**Friday**

**Take It Home Activity:** There are many benefits to adding vitamin D into your diet. According to the Centers for Disease Control and Prevention (CDC), vitamin D is necessary for building stronger bones.
1. Categorize foods that your family enjoy together as GO, SLOW or WHOA foods.
2. Identify three GO foods high in vitamin D.
3. Create an informational piece highlighting three other benefits of adding vitamin D to your diet

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This institution is an equal opportunity provider.
This material was funded by USDA's SNAP and other HealthMPowers partners.