Instructions: Getting 60 minutes of physical activity and eating three to five fruits and vegetables daily while limiting sugary drinks can be challenging. Complete the activities below that encourage you to practice healthy habits and submit your responses to your teacher’s digital learning site.

May 18-22, 2020

Monday

**Top Tips:** Functional foods are foods that provide health benefits beyond basic nutrition. There are many potential health benefits of consuming functional foods as a part of a balanced and varied diet.
- Identify at least three functional foods that you have at home.
- Brainstorm how you can incorporate those foods into your family meals.

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? Use your Choosing Healthy Habits planner or your own chart to track your daily progress.

Wednesday

**Bell Work Activity:** Match the functional foods with the benefits:

1. Tuna
2. Avocados
3. Cheese
4. Blueberries

- a. Contains calcium, which helps build strong bones.
- b. Contains antioxidants to fight disease and improves learning/memory.
- c. Contains omega 3, which lowers the risk of heart disease.
- d. Contains heart-healthy fats, which can lower cholesterol.

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:** Summer break is approaching! This means more time outside and in the sun. Your body creates vitamin D when your skin is exposed to the sun. Promote the importance of sun safety by creating a commercial, advertisement or public service announcement to display on your school's website. Be sure to include at least three sun safety tips.

Share on social media and tag @HealthMPowers

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