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**Healthy Math Snacks**

**Health Concept:** I can eat 2 or more fruits and 3 or more vegetables every day. This is important to keep your body healthy.

**Directions:** Solve each equation and then compare. Write $>$, $<$ or $=$ in each box. **Circle** 2 of your favorite fruits and 3 of your favorite vegetables in the equations.

**Example:**

<table>
<thead>
<tr>
<th>Equation 1</th>
<th>Equation 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>90 apples + 7 apples</td>
<td>80 oranges + 10 oranges</td>
</tr>
<tr>
<td>Total: 97</td>
<td>Total: 90</td>
</tr>
</tbody>
</table>

**1.**

<table>
<thead>
<tr>
<th>90 apples + 9 apples</th>
<th>36 kiwis + 12 kiwis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total: 99</td>
<td>Total: 48</td>
</tr>
</tbody>
</table>

**2.**

<table>
<thead>
<tr>
<th>45 carrots + 7 carrots</th>
<th>47 onions + 5 onions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total: 52</td>
<td>Total: 52</td>
</tr>
</tbody>
</table>

**3.**

<table>
<thead>
<tr>
<th>58 berries + 4 berries</th>
<th>33 cherries + 6 cherries</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total: 62</td>
<td>Total: 39</td>
</tr>
</tbody>
</table>

**4.**

<table>
<thead>
<tr>
<th>72 peaches + 7 peaches</th>
<th>75 peas + 4 peas</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total: 79</td>
<td>Total: 79</td>
</tr>
</tbody>
</table>

**5.**

<table>
<thead>
<tr>
<th>12 pears + 12 pears</th>
<th>18 eggplants + 6 eggplants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total: 24</td>
<td>Total: 24</td>
</tr>
</tbody>
</table>
Health Concept: I can eat 5 or more fruits and vegetables every day. Your body needs the right combination of nutrients, such as vitamins and minerals to work and grow properly. Look for the Nutrition Facts Label on food packages to find out what is in the foods you are eating.

Directions: Using the nutrition facts label below, answer the following questions.

1. How many calories are there per serving?  
   **120 calories**

2. How many grams of total fat are there in one serving?  
   **0 grams**

3. How many grams of fiber are in one serving?  
   **2 grams**

4. How many people can this item serve per container?  
   **1 person**

5. How many grams of total carbohydrate are in one serving?  
   **32 grams**

![Nutrition Facts Label]

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.  
* Ingredients: California Raisins
**Health Concept:** I can eat 5 or more fruits and vegetables every day. Every morning start your day with a healthy breakfast. Breakfasts that are easy to prepare include cereal with fruit and low-fat milk, whole-wheat toast with peanut butter, yogurt with fruit, whole-grain waffles or oatmeal.

**Directions:** Place an X on the coins that are needed to buy the healthy items.

<table>
<thead>
<tr>
<th>Coin</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quarter</td>
<td>25 cents</td>
</tr>
<tr>
<td>Dime</td>
<td>10 cents</td>
</tr>
<tr>
<td>Nickel</td>
<td>5 cents</td>
</tr>
<tr>
<td>Penny</td>
<td>1 cent</td>
</tr>
</tbody>
</table>

**Example:**

- **68 Cents**

- **$1.22**
Health Concept: I can be a health explorer and be **physically active for 60 minutes or more every day**! Trying new activities and new healthy foods can be an adventure! Physical activity and healthy eating will help you grow strong and increase the energy you need to work and play!

A **fact** is something that is true and has happened. **Fiction** is anything made-up or imagined.

Examples:
- Mindy drank 2 cups of milk. **(FACT)**
- Mindy drank 2 gallons of milk upside down. **(FICTION)**

**Directions:** Read each sentence. Write FACT on the line if the sentence is true. Write FICTION on the line if the sentence is made-up or imagined. **Circle** all the activity words, food words and beverage words in each sentence.

1. Domonique **picked 20 strawberries** from the strawberry patch. **FACT**
2. Avery **ate all the broccoli and squash** on her plate for dinner. **FACT**
3. It took Carter **5 minutes to run** to South America from Georgia. **FICTION**
4. Justin **played tennis** on the moon with his dog. **FICTION**
5. Miguel **drank 2 glasses of water** after his baseball game. **FACT**
6. Sandrell enjoys **playing golf** with her brother on a sailboat. **FICTION**
7. Brittnéy and Jaden grew pumpkins in their back yard. **FACT**

8. Roberto swam from China to Australia in one day. **FICTION**

9. Ashton cannot believe that Ben doesn’t like watermelon. **FACT**

10. Deja grows tomatoes on top of her car. **FICTION**

**Activity Adventure!** Write three sentences describing a new activity you would like to try and why! Draw a picture illustrating your activity adventure.

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________
**Health Concept:** I can eat 5 or more fruits and vegetables every day. Eating fruits and vegetables of different colors gives your body a wide variety of nutrients like fiber, potassium, vitamin A and vitamin C.

**Directions:** Follow the directions for each problem. In the bolded box, write your fraction. You will need orange, red, yellow and green crayons. We did the first one for you.

1. **With a pencil:** Draw 5 apples.
   **With a crayon:** Color 2 of the apples red.
   **With a pencil:** Tell what fraction of the apples is red.

   ![Apples](image)

   ![Red apple](image)

   ![White apple](image)

   ![White apple](image)

   ![White apple](image)

   

   \[
   \frac{2}{3}
   \]

2. **With a pencil:** Draw 10 oranges.
   **With a crayon:** Color 6 of the oranges orange.
   **With a pencil:** Tell what fraction of the oranges is orange.

   ![Oranges](image)

   ![Orange](image)

   ![Orange](image)

   ![Orange](image)

   ![Orange](image)

   ![White orange](image)

   ![White orange](image)

   ![White orange](image)

   ![White orange](image)

   

   \[
   \frac{6}{10}
   \]

3. **With a pencil:** Draw 7 grapes.
   **With a crayon:** Color 3 of the grapes green.
   **With a pencil:** Tell what fraction of the grapes is green.

   ![Grapes](image)

   ![Grape](image)

   ![Grape](image)

   ![Grape](image)

   ![Grape](image)

   ![Grape](image)

   ![White grape](image)

   ![White grape](image)

   

   \[
   \frac{3}{7}
   \]
4. **With a pencil:** Draw 5 peppers.
   **With a crayon:** Color 2 of the peppers yellow.
   **With a pencil:** Tell what fraction of the peppers is yellow.

```
\[ \frac{2}{5} \]
```

5. **With a pencil:** Draw 3 green beans.
   **With a crayon:** Color 2 of the green beans green.
   **With a pencil:** Tell what fraction of the green beans is green.

```
\[ \frac{2}{3} \]
```

6. **With a pencil:** Draw 10 strawberries.
   **With a crayon:** Color 6 of the strawberries red.
   **With a pencil:** Tell what fraction of the strawberries is NOT red.

```
\[ \frac{6}{10} \]
```

7. **With a pencil:** Draw 6 carrots.
   **With a crayon:** 1 of the carrots orange.
   **With a pencil:** Tell what fraction of the carrots is NOT orange.

```
\[ \frac{1}{6} \]
**Healthy Behaviors K-W-L Chart**

**Health Concept:** I can eat 5 or more fruits and vegetables every day, drink more water and less sugary drinks and be physically active for 60 minutes or more every day. Healthy snacks and fun physical activities work together to help you grow stronger.

**Directions:** Fill in the K-W-L Chart using the Health Concept above.

<table>
<thead>
<tr>
<th><strong>Know</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Want to know</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Learned</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>
Health Concept: I can eat 5 or more fruits and vegetables, drink more water and less sugary drinks and be physically active for 60 minutes or more every day. You and your family have a plan for living a healthy lifestyle by eating nutritious foods and staying physically active.

Directions: Create a bumper sticker that illustrates what your family does to eat healthy or to stay active. In the call outs, draw a picture of one change that each of you have done this year to stay healthy.
Health Concept: I can eat 5 or more fruits and vegetables, drink more water and less sugary drinks and be physically active for 60 minutes or more every day. HealthMPowers hopes you now have the POWER to take care of your body. Remember the health behaviors you have learned from your classroom and explored in this activity book. Please continue your health adventure and empower your family to be healthy too!

Directions: On the lines provided below, write a few sentences about something new you have shared with your family about being healthy. Draw a picture to illustrate your sentences.
I can eat 5 or more fruits and vegetables every day. Healthy eating is just as important as physical activity. Draw and write how eating healthy now will help you in the future.
I can be **physically active for 60 minutes or more every day**. Think about your favorite game to play outside with friends. Draw and write how to play your game.
I can eat 5 or more fruits and vegetables every day. It's important to eat foods from all the different food groups. Draw and write about your favorite meal. How many different food groups do you have in your favorite meal?

______________________________

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______________________________
I can be physically active for 60 minutes or more every day. Safety is important when playing with your friend. Draw and write about 3 safety tips you and your friends should follow when playing together.