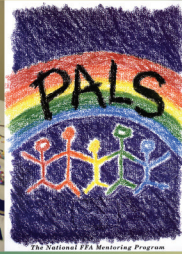


GROW YOUR PALS PROGRAM GUIDE



Sponsored by



THE NATIONAL FFA MENTORING PROGRAM

ACTIVITY

1.16

Health Fair

Unit:
TEAMWORK

PRECEPTS

G. Physical Growth

G1. Practice healthy eating habits

G2. Respect one's body

NATIONAL STANDARDS

CS.02.01.01.a. Identify how healthy and unhealthy food affects one's body.

CS.02.01.02.a. Describe the benefits, risks and opportunities associated with being physically fit.

NL-ENG.K-12.12 – Applying Language Skills

NS.K-4.6 – Science in Personal and Social Perspectives

STUDENT LEARNING OBJECTIVES

As a result of this lesson, the student will ...

- Describe healthy eating habits.
- Discuss positive choices they can make to live a healthy life.





TIME

Instruction time for this lesson: **45 minutes.**



NUMBER OF STUDENTS

From a pair of students to an entire class



TOOLS, EQUIPMENT AND SUPPLIES

- ✓ Community members to serve as presenters such as a:
 - ✓ Pediatrician
 - ✓ Nutritionist
 - ✓ Personal trainer



DESCRIPTION

Healthy living requires us to make good decisions about our body. By using professionals, such as pediatricians, nutritionists and personal trainers, we will learn about how to make positive decisions for ourselves.

DIRECTIONS

Prior to the event:

1. *Designate a time and location for the event.*
2. *Send out invitations to PALS and their mentors.*
3. *Select potential presenters for the event. They could be community members. Ask the presenters to provide an informative presentation on making healthy choices.*

Potential presentations:

- *Pediatrician*
- *Nutritionist (your school cook may be an option)*
- *Personal trainer (your school PE teacher is another option)*
- *A local extension agent in family and consumer science could also help out*

4. *Contact presenters and make sure they are available and willing to be involved in the event. Be sure to specify the length of presentation you are wanting and ask what equipment the FFA chapter/school will need to provide for their presentations. Be sure to provide thank you gifts/cards to your volunteer presenters for their time.*
5. *Set up presenters in stations and have the PALS rotate between the stations.*

During the event:

1. *Welcome the PALS to Healthy Living Day. Share the importance of making good decisions about their health and fitness.*



Welcome to Healthy Living Day! Raise your hand if you regularly exercise. How about eat your fruits? Vegetables? Excellent! Today is a special event just for you to learn how to make good decisions about your lifestyle.

Every year people are hospitalized for diseases that are preventable. The earlier we start making healthy living choices the better!

Healthy living is having the knowledge of dangers that exist and making positive choices, such as eating a balanced diet and making sure you get plenty of exercise.

Describe a smart decision you could make about healthy living.



What is a poor decision you could make about your health? Great examples. Today we will rotate around the stations; each station will focus on a different area of healthy living.

2. *Divide the PALS into event groups to rotate in. Use a car horn or a bell to designate when they are to move to the next station.*
3. *Gather the group together again at the end of the presentation and review the information they learned today. Remember to thank the volunteer presenters.*



Let's thank our presenters! We appreciate you being here and sharing such valuable information with us.

Did you have fun today? Excellent! Even though we have been taught the right things to do for our bodies, sometimes it is hard to remember.

What is one good decision you could make about healthy living?

What is one poor decision you could make about your health?

We make decisions every day, many of which we do not even think about, such as brushing our teeth or putting on socks. If you practice making good decisions, they will become a habit that will keep you healthy during your lifetime.

4. *Use the connection questions below to conclude the event with your PALS.*

CONNECTION QUESTIONS

Discuss with your PALS the following questions:

1. What does it mean to practice healthy living?
2. Give me an example of something you would change to become more healthy on a daily basis.
3. What would be a good example and a bad example of something you could eat?

WRAP UP



Healthy living is important to ensure a long and enjoyable life. The sooner you change bad habits and make good choices, the sooner you will look and feel better. Not only do you need to make good decisions, but you also need to be sure to share the information you learned today with those people who are close to you.