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HOW TO USE THIS eWORKBOOK

The **Think About Healthy Bodies** eWorkbook is thematic and packed with stimulating activities for **ages 6-8**. It contains a detailed parent's guide and 12 eWorksheets, designed to promote higher order thinking skills. The open-ended eWorksheets require decision making and problem solving, nurturing the child's risk-taking skills.

THE PARENT'S GUIDE

The parent's guide provides a wealth of stimulating activities to further enrich the child's thinking and learning. Each eWorksheet is accompanied with warm-up and follow-up activities, designed to equip parents with professional teaching ideas.

THE eWORKSHEETS

- are designed to provoke thinking
- invite children to make decisions and think for themselves
- are open-ended with more than one "right" answer
- conclude with a think task, encouraging a higher level of thinking





PARENT TIPS

- Carefully read the instructions to the child.
- Offer praise and encouragement for all efforts made by the child.
- Propose the think tasks while out shopping, during dinner, while driving or in the bath.
- Include older children or adults in the think tasks to promote broader thinking.

PRINTING TIPS

- It is not necessary to print the cover, introduction and parent's guide. These pages can be read and revisited on your computer screen. To save paper and printing costs, print only the eWorksheets; pages 1-12.
- The eWorksheets are designed to be printed in either colour or black (grayscale).
- If the eWorksheets do not print correctly, refer to printing help and tips in the Adobe® Reader® software.



Page & Title	eWorksheet Objectives	Targeted Thinking Skills	eWorksheet Warm-up	eWorksheet Follow-up
<p>5 - The Food I Eat</p> 	Record personal eating habits and evaluate own diet.	<ul style="list-style-type: none"> Recall Evaluate Judge Rate Decide 	<p>Ask the child to explain his or her daily eating routine to you.</p> <p>Explain your own daily eating routine to the child and discuss the similarities and differences.</p> <p>Ask the child to suggest reasons for any differences.</p>	<p>Talk about the food that each family member likes and dislikes.</p> <p>Reprint the eWorksheet and ask the child to give one to each family member to complete.</p> <p>Encourage the child to compare the completed food record sheets for the family.</p>
<p>6 - Food At School</p> 	Evaluate food at school and identify healthy food.	<ul style="list-style-type: none"> Identify Evaluate Suggest Modify Conclude 	<p>Ask the child to make a list of the variety of lunches that children eat at school.</p> <p>Discuss healthy food common to various cultures that children could eat at school.</p>	<p>Encourage the child to justify the changes made to the school menu.</p> <p>Ask the child to design a poster promoting a school menu.</p>
<p>7 - Food Advertisements</p> 	Demonstrate an understanding of food advertisements.	<ul style="list-style-type: none"> Plan Design Create Originate Infer 	<p>Provide the child with a variety of food packages.</p> <p>Ask the child to examine the written information on the packages.</p> <p>Together, separate the written information into a list of facts and a list of opinions.</p>	<p>While watching television, draw the child's attention to food commercials.</p> <p>Ask the child to identify the main messages in each commercial.</p> <p>Discuss advertising and its intention.</p>
<p>8 - Healthy Exercise</p> 	Describe personal exercise habits.	<ul style="list-style-type: none"> Recall Identify Compare Evaluate Rate 	<p>Ask the child to run on the spot for two minutes. Use a timer or a stop watch to time the child.</p> <p>At the end of the two minutes, ask the child to explain what has happened to his or her body e.g. breathing, heart rate.</p>	<p>Discuss famous sports people familiar to the child.</p> <p>Ask the child to suggest the exercise routine that these people might follow.</p> <p>Discuss disabled athletes and ask the child to consider the differences in their exercise routines.</p>

Read the school menu. Cross out the foods that might not be healthy. Write 5 healthy foods to improve the menu.

SCHOOL MENU

SNACKS

muffins
coloured popcorn
custard cup
frozen fruit tubes
sweets bag
chocolate bar

HOT FOOD

potato wedges
chicken nuggets
hot dog
spaghetti
soup
crumbed drumstick

SANDWICHES

honey
ham and cheese
peanut butter
jam

DRINKS

flavoured milk
apple juice
orange juice

MY SUGGESTIONS

1. _____
2. _____
3. _____
4. _____
5. _____

Write 3 rules for healthy school menus.

1. _____
2. _____
3. _____



think and SUGGEST

What if schools did not provide food for students ?