

Healthy or Unhealthy?

1. This activity requires picture cards. You can cut out the pictures on pages 40-42, or if you prefer a larger 8.5x11 version, you can download them at www.gotlungs.ca.
2. Make two columns on the board.
3. One column is to be titled 'Healthy' and the other 'Unhealthy'.
4. Ask the students to describe what healthy means to them.
5. Go through the cards one by one and put each card under the appropriate column. There will be some great class discussion about the items. (e.g., computer use – is it healthy or unhealthy? It depends on the amount of time and the activity).
6. Remember to ask the students WHY these behaviors are healthy or unhealthy for each scenario. Have the students identify why each healthy behaviour is important.
7. Ask the students to brainstorm opportunities to be healthy and safe. Have students draw their own picture of a healthy behaviour to be added to the column.

Note: Whenever possible, it is best to use real pictures or bring actual items. Teachers may want to take digital photos of healthy and/or unhealthy choices instead of, or in addition to, the graphics provided in this activity. Teachers may also want to encourage students to take pictures of healthy choices (e.g., a picture of a bike to represent physical activity).

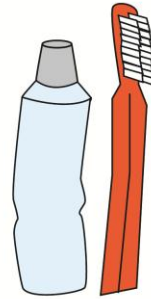
KNOW TOBACCO...

Think. Learn. Live.

Healthy or Unhealthy?



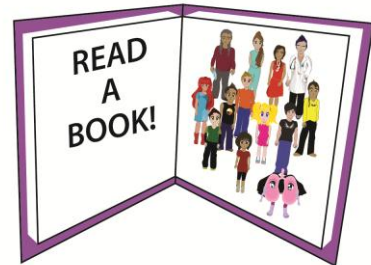
Bike



Brush



Watch T.V.



Read



Sleep



Breakfast

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Kindergarten

K

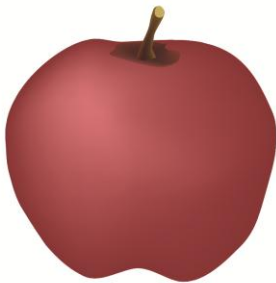
Healthy or Unhealthy?



Recycle



Sports



Fruit



**No
Smoking**



Water

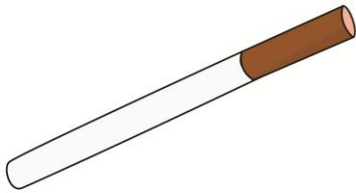


Computer

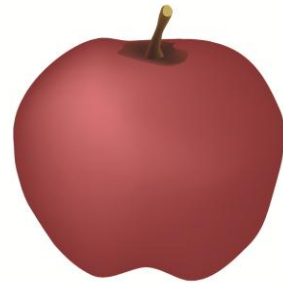
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Cigarette



Fruit



Junk Food