

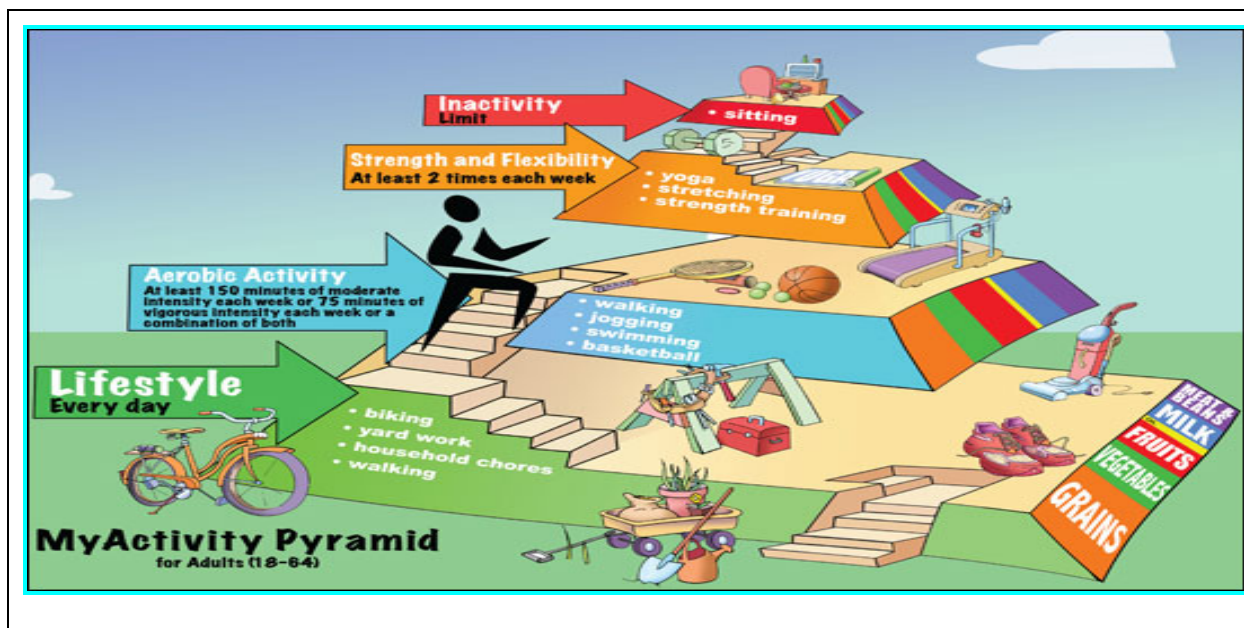
The Hunt For Health

The Big Question: What contributes to a healthy lifestyle?

This activity will address Standard 4

Students demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.

Your Mission: Identify and describe some of the basic principles of a healthy lifestyle.



Imagine that you are trying to become a centenarian (person who is 100 years old)! You have been researching people who live extremely long lives, and wonder how you could live a very long life as well. Your friend says it is all up to luck, but you disagree. Your parents overhear the conversation and decide to have a dinner in which a debate will be held on the topic. The person who presents the most persuasive information will get two tickets to the movies! In preparing for the debate, you decide to arm yourself with an arsenal of information. The questions below will help you to build your case.

- 1) What is obesity?
- 2) How does obesity affect our body?
- 3) How does obesity affect our overall health?
- 4) What are calories?

- 5) Where do we get most of our calories from?
- 6) What foods contribute to a healthy diet?
- 7) What do you look for on a food label when trying to make healthy choices?
- 8) What is the food pyramid?
- 9) How can we use the food pyramid to plan our diet?
- 10) How much physical activity should we get to maintain a healthy lifestyle?

Internet Resources:

- <http://www.readwritethink.org/classroom-resources/lesson-plans/grocery-store-scavenger-hunt-1140.html>
- <http://sciencenetlinks.com/esheets/making-good-decisions-diet-exercise/>
- <http://sciencenetlinks.com/lessons/obesity/>
- <http://sciencenetlinks.com/science-news/science-updates/liquid-calories/>
- <http://sciencenetlinks.com/science-news/science-updates/thick-thin-foods/>
- <http://www.cnpp.usda.gov/Publications/MyPyramid/OriginalFoodGuidePyramids/FGP/FGPPamphlet.pdf>

Directions:

Read over all the questions carefully.

Then, look at the Internet resources that were provided for you.

Create a word document, and entitle it “My Search For Health Facts.”

Answer all the questions on this treasure hunt activity by visiting the websites listed, and carefully reading the information provided.

Please, do not cut and paste information. Answer the questions in your own words.

When you have completed the questions for the “health hunt,” submit the document online. The first person to submit the answers with the correct responses wins!