

# Grades 3–5

## Making a family commitment to healthful living

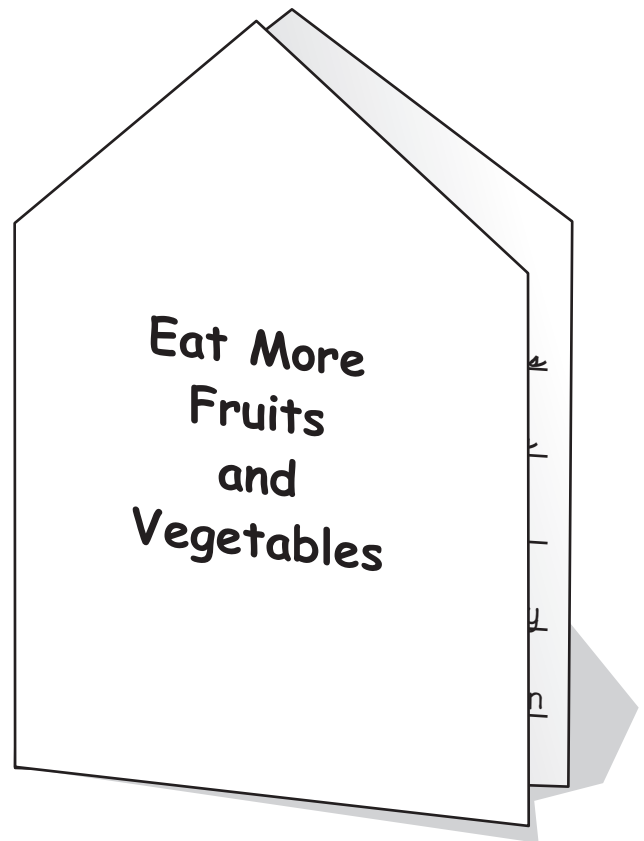
### A Healthful Home

*Writing health goals for self and family*

Discuss with students the influence that their families have on their healthful lifestyles. By working together, families can help one another make healthful choices and think of new ways to reach goals. For example, if a child's goal is to try a new fruit or vegetable each week, family members can help by pointing out different options, adding the new food in with a meal, and suggesting forms of the food that students might like (frozen broccoli vs. fresh or sprinkling granola on canned peaches). Next, have each child fold a large sheet of light-colored construction paper in half. Direct her to trim the top to make a house shape as shown. On the cover have her write a health goal that her family can help her with, such as eating more fruits and veggies or choosing healthful snacks. Then she writes each family member's name inside the house, along with a way that person can help the student meet the goal. Have her leave a line next to each goal for the individual to sign. Encourage her to take home her "healthy home" and ask each family member to review and sign it as a promise to work together toward the goal. Periodically, discuss with youngsters how they are progressing with the goals.

#### Fun Fact:

The National Institutes of Health recommends 60 minutes of active play for children each day.



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