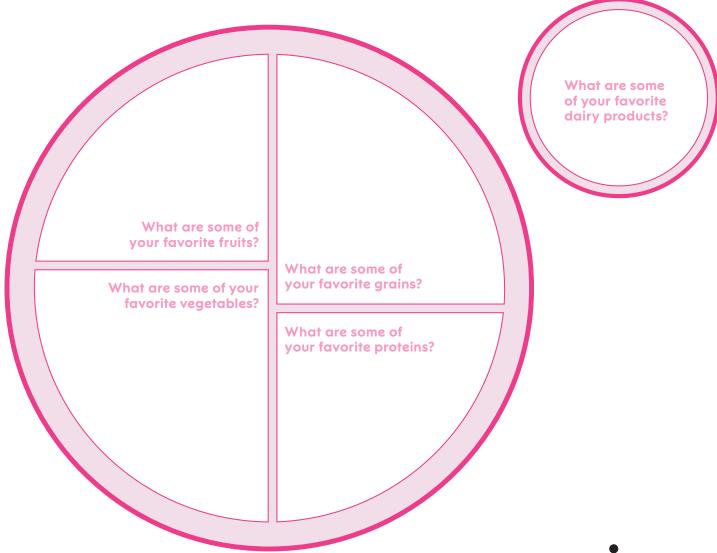
student activity 1

Name Date	
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My Healthy Plate

Create a healthy meal by writing or drawing your favorite foods in the category they belong to on the empty plate. Use the following list of foods to inspire you.

Fruits raspberries melon	Vegetables	Grains	Proteins	Dairy/Non-Dairy
	broccoli	oats	eggs	milk
	spinach	rice	chicken	yogurt
blueberries	carrots	quinoa	ham	soy milk
apples	potatoes	bread	beans	cheese
bananas	peppers	pasta	nuts	
pears	squash	tortillas	fish	
cherries	beans	popcorn	beef	
figs	corn	crackers	lentils	





student activity 2

Name	Date			
Acting Out a Helpful Moment With a partner, choose a real or imagined time when one person needed help from someone else. Then use the following questions to help you create a short skit (about one minute long) to perform for your class.				
Older students: Also consider the setting for you	ng for your skit and the relationships between characters			
1. What is the problem your character is facin	g? Think about what are they doing and feeling.			
2. How do the other character(s) learn about	the problem? What do they do to help?			
3. In the end, how does everyone feel about t	he solution?			

Remember when rehearsing and performing your skit that the audience can see your face/body and can hear and understand your words!

