

Name: \_\_\_\_\_ Date: \_\_\_\_\_

### “Your Road to Health” Activity

# A Day in the Life of a Healthy You



**Directions:** It’s time to apply what you’ve learned from *Your Road to Health!* In this activity, you will consider yourself a student who makes healthy and balanced lifestyle decisions during a typical day. Circle the letter (a, b, or c) for the option that you would most likely choose, and then explain why.

**1. You wake up before school and walk into your kitchen. You decide to:**

- a. Skip breakfast and head to school (you don’t like eating breakfast anyway)
- b. Enjoy bacon, eggs, and pancakes with butter and syrup
- c. Start your day with oatmeal, an apple, and a glass of milk

**Why would you choose this option?**

**2. You have time for a snack at school. What snack did you decide to bring from home?**

- a. A bag of potato chips
- b. A chocolate and peanut butter cup
- c. An apple with peanut butter

**Why would you choose this option?**

- 3. You can choose what to order for lunch in the school cafeteria. What do you decide to eat?**
- a. Pizza
  - b. A grilled cheese sandwich on white bread
  - c. Chicken, broccoli and brown rice

**Why would you choose this option?**

- 4. School is over for the day. When you get home, you decide to:**
- a. Play video games
  - b. Eat a bag of chips and watch television
  - c. Play with friends outside

**Why would you choose this option?**

- 5. It's dinner time at home. What do you decide to drink along with your dinner?**
- a. A can of soda
  - b. A glass of 100% fruit juice
  - c. Water

**Why would you choose this option?**