“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?