

Interview: *Staying Healthy*

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\_\_\_\_\_ interviewed \_\_\_\_\_ on \_\_\_\_\_.  
(name) (name) (month/day/year)

1. What are some examples of healthy food choices?

2. What are some examples of unhealthy food choices?

3. Talk about a time when you didn't make a healthy food choice. What happened?

4. Exercise is important, but many people are busy. What can people do to make sure they exercise every week?

5. Skipping meals can harm your health, but many people have busy lives. What are some ideas to help people avoid skipping meals?

**Jigsaw Reading: *Healthy Lifestyle***

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**Discuss:** Sometimes it's difficult to do exercise and eat healthy meals because we are all so busy. Which do you eat more often: home-cooked food or fast food?

**Group task:** Share your information. Talk about your lifestyle. What changes could you make to live a healthier lifestyle?

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**Student A**

Nutritionists encourage us to have a healthy diet. Here are some tips to help you make healthy choices for breakfast, lunch, and dinner. Choose whole grains, such as whole wheat bread, and low-fat proteins, such as whole wheat bread, eggs, peanut butter, and low-fat yogurt. Nutritionists also say that five servings a day of fruit and vegetables can help prevent heart disease and prevent illnesses. Don't forget to include fish in your diet each week. Omega-3 fatty acids, found in salmon, herring, albacore tuna, and sardines, also help your heart and even reduce allergies.

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**Student B**

The National Cancer Institute says that doing regular physical exercise helps people control weight and maintain healthy bones, muscles, and joints. Research from the American Heart Association shows that exercise can help reduce the risk of high blood pressure and heart disease. So go for a walk with family members or friends. Whenever possible, walk instead of taking the bus or car. Exercise helps you think better and gives you an energy boost. It also helps you manage stress and improves your mood.

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**Student C**

A healthy lifestyle includes giving your brain and body time enough to rest. Most adults need seven to nine hours a sleep each night. Recent surveys show that the average adult in the United States now sleeps fewer than seven hours. How does this affect us? Not getting enough sleep makes it difficult to stay focused or remember information. It's also important to get enough sleep so that we can regulate our appetite and control our weight. It's important for us all to make sure that each night is a full night of sleep.

**Board Game: *Take care of yourself.***

<b>START</b>	1	Name one reason you should brush your teeth.	→	
	2	Say how often you should brush your teeth.	→	
	3	Name one reason you should floss your teeth.	→	
	4	Say how often you should floss your teeth.	↓	
9	8	7	6	5
Give one example of a healthy dinner.	Give one example of a healthy lunch.	Give one example of a healthy breakfast.	Name one thing the dentist needs to do if you have a cavity.	Say how often you should go for a dental checkup.
↓	←	←	←	←
10	11	12	13	14
Say which fruits and vegetables you have eaten this week.	Name one kind of exercise that would be easy to do each week.	Name two things doctors recommend for a healthy lifestyle.	Name two healthy foods.	Name two unhealthy foods.
→	→	→	→	↓
<b>FINISH</b>	18	17	16	15
	Say what parents can do to help their children develop a healthy lifestyle.	Say two ways you can help someone have a healthier lifestyle.	Name one kind of food someone with high blood pressure should <u>not</u> eat.	Name one serious problem caused by diabetes.
	←	←	←	←