Tic-Tac-Toe WELLNESS

You choose the “line” of activities you want to do. Start by reading all of the assignments on the tic-tac-toe board. Choose the line you want to do! Play fair, remember how to win in tic-tac-toe—you must work in a line! Your line can be diagonal, \ / vertical |, or horizontal. Please use the numbers of the items to help when I’m grading. Have fun learning!

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| 1. Use  myplate.gov  to plan a  healthy meal. | 2. Make a workout plan for a week that you could use. | 3. Disprove this statement with facts:  I can eat one thing for the rest of my life and be healthy. |
| 4. Make a list of healthy items—one for each letter of the alphabet! To help, I’ve made you a page. | 5. FREE CHOICE-but it MUST be approved by the teacher. (this could be one of the other items that you want to do that just didn’t fit your line, OR it could be an idea for deeper learning that interests you!) | 6. Find and record the daily recommended nutritional values of each food group. |
| 7.Think of five foods you like to eat that are not healthy. List them and think of a healthy alternative for each. | 8. Keep a food diary for 5 days. List ways you could improve your eating habits. | 9. Research how calories burn. Create a mini-book of at least five activities you do and the calories they burn. |