

# Lesson 3

# Healthy Futures

Science • Grades 3–5

Department of  
NATIONAL &  
COMMUNITY  
SERVICE



## Teacher Instructions

**Goals:** Compare and contrast participation in different service activities and use knowledge of nutrition and exercise to improve health.

**Time Required:** 40 minutes, plus an additional 30 to 60 minutes for a small service project

**Materials:** [Youth Helping Others](#) video

### Getting Started:

1. Discuss Dr. King’s statement: “Life’s most persistent and urgent question is: What are you doing for others?” Invite students to share stories of times they served others through a school activity, family service project, or community group event.
2. Watch the [Youth Helping Others](#) video to inspire students to think more broadly about what it means to serve others.
3. Find out how “service healthy” your state is! Using the data collection tool [Civic Life in America](#), create a chart like the one below to compare three states and/or cities. Click on your state for more details about your local area.

State Name	% of people who volunteer	% of people who work with neighbors to fix community problems
NY	20%	6.5%
UT	44.5%	18%
MO	29%	10.4%

**4. Ask and discuss:** *When people in our state volunteer, are they more likely to work independently or with a group? Do you think a healthy community helps others?*

### Taking Action:

**5.** Explain that a healthy community begins with healthy people and a healthy environment. Discuss Michelle Obama’s [Let’s Move campaign](#) and read about what other students have done to improve their school’s health. Challenge

students to think of ways to improve the health of their own community using their knowledge of science, exercise, and nutrition.

**6.** Write the phrase *healthy futures* on the board. **Ask:** *What do you think this phrase means? What do people need in order to be healthy? How could we help people get what they need? Do you think that learning about health at school has helped you make wiser choices? Is our environment healthy or are there ways we could make it even better?* Make a list of students’ ideas on the board.

**7.** Select a “healthy futures”-themed project idea that can be completed in 30 to 60 minutes.

### Wrapping Up:

**8. Ask:** *Have you ever worked with a group that uses volunteers to do its work, such as AmeriCorps, Habitat for Humanity, City Year, Jump Start, Girl/Boy Scouts, and EPA Planet Protectors Club for Kids?* Create a list of groups on the board and briefly discuss them.

**9.** Separate students into teams and ask each to research a volunteer group of their choice. Students should prepare a poster or brochure to present to the class that describes the group, its mission, how it helps others, and how kids can get involved.



### Quick Project Ideas!

- Place nutrition information in the school cafeteria
- Create posters that encourage healthy snack choices
- Ask the PTO/PTA to plant a school vegetable garden
- Join an outdoor cleanup day
- Test soil or water for pollution
- Participate in a charity walk or run
- Ask the principal to make daily announcements about the importance of healthy eating and exercise
- Start seed gardens that can be planted outside in the spring

