



Healthy Habits: An Apple A Day

LESSON PLAN

SKILLS & OBJECTIVES

- Examines the importance of establishing healthy habits
- Develops a class list of healthy and unhealthy habits
- Discusses and defines the word "habit"
- Draws a picture of themselves performing a healthy habit on a blank paper apple to contribute to a large class tree

MATERIALS

WHITEBOARD AND DRY ERASE MARKERS

BULLETIN BOARD PAPER
(BROWN AND GREEN)

CONSTRUCTION PAPER (RED)

COPY PAPER

MARKERS OR CRAYONS

SCISSORS

STAPLER

SLICED APPLES (OPTIONAL)

Help students understand the importance of routine healthy behaviors (e.g. washing hands).

DIRECTIONS

1 In advance, create a simple construction paper tree on your bulletin board using brown paper for the trunk and green for the tree top. Using the apple template on this page, cut out a red construction paper apple for each student in the class. (Students can help with this task to practice their scissor skills.)

2 Tell students that you are going to make a "Healthy Habits Tree" together.

3 Begin by talking about the word *habit* and how a habit is something that people might do every day.

4 Invite students to brainstorm examples of healthy habits, such as brushing teeth, washing hands, drinking milk, etc. Write everyone's ideas on the board under the heading "Healthy Habits."

5 Next, ask students to name a few unhealthy habits, such as drinking and eating too many sugary snacks, biting fingernails, forgetting to wash hands after going to the bathroom or blowing their nose, forgetting to wash hands before meals, etc.

6 Review the Healthy Habits list together and have each student draw a picture that shows them doing one of the healthy things on the list. Give students markers or crayons and squares of white paper cut to fit nicely inside the construction paper apples for their drawings.

7 Help students glue their finished pictures onto a construction paper apple and then staple them onto your Healthy Habits Tree.

WRAP UP

Once your tree is full of apples, be sure to review each picture with the class and label the healthy habits that they illustrate. The class can add new healthy habits to the tree as you think of them

LESSON EXTENSION

After the lesson, share an apple snack with students, making sure they wash their hands first! Talk about the health benefits of fruits like apples and see how many different words students can come up with to describe the taste, look, feel, smell, and sound of apples.

