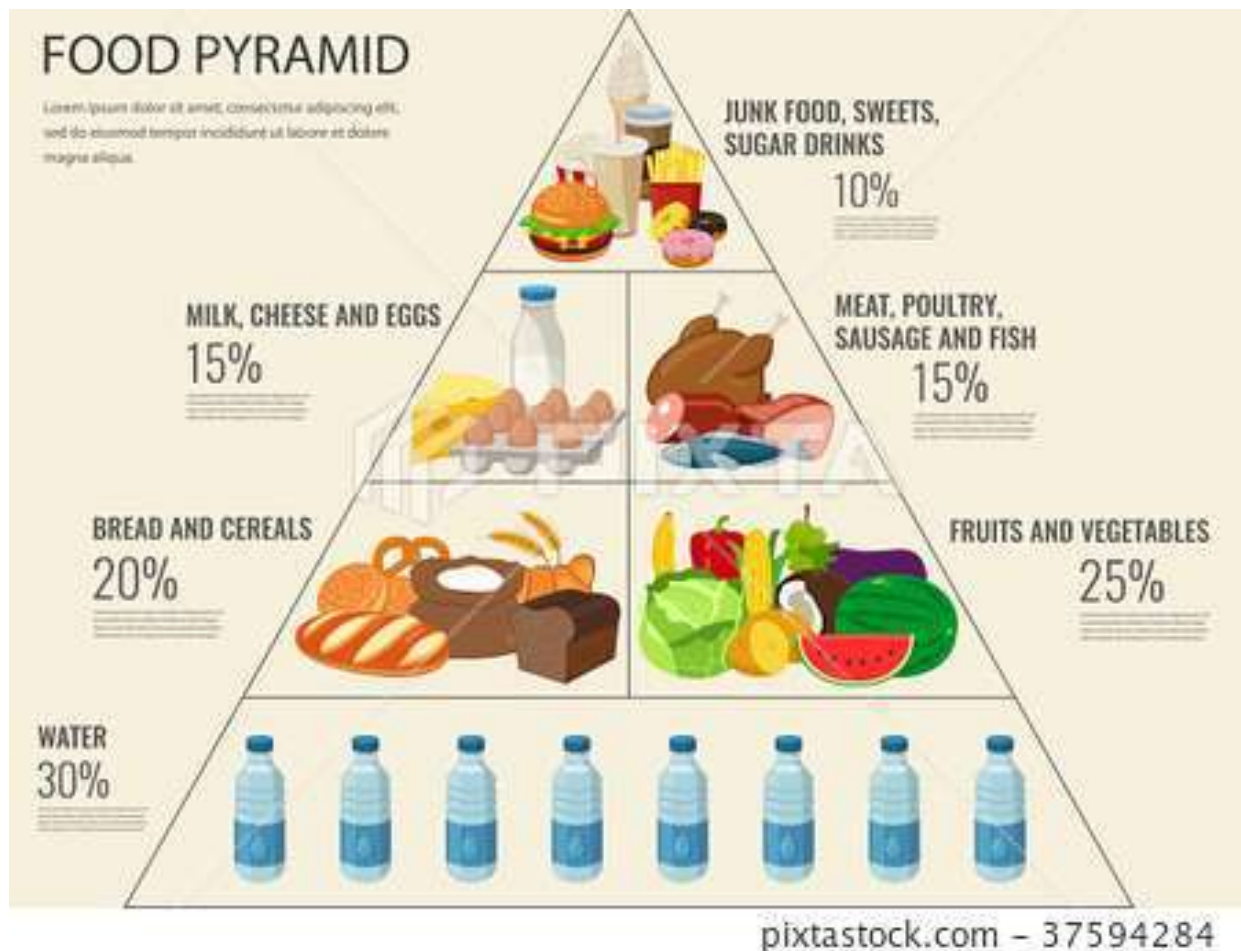


# Health

## 10-day Extended Learning Lesson



- Study the food pyramid above.
- Your nutrition challenge is to write down what you eat.
- Think about your eating behaviors and make one change every day (more water or vegetables, Less fast food)
- Try to eat a balanced diet each day.
- Add 10 minutes of physical exercise each day
- Try to get 7-8 hours of sleep each night
- Journal your progress on the chart below or on a separate sheet of paper.

	Successes	Things to continue to work on
Day 1-2		
Day 3-4		
Day 5-6		
Day 7-8		
Day 9-10		