

# Emergency Sub Plans

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Room 502

6th grade - Health

## Basic duties

- Take roll (class roster should be on desk)
- Call in attendance to office (Heidi)

**Note:** In 6th grade Health, the topic of 'sex ed' is not to be covered - that is done in 7th grade.

In this grade level, the main concept discussed is learning about what is good health, and the choices available when trying to achieve good health.

## Topics for discussion:

What is your favorite healthy foods?

What are your favorite junk foods and why are they bad for you?

What are some things that you can do daily to be healthy? Weekly? Monthly? Yearly?

How can you tell if you are healthy or not?

Explain (do you agree or not?):

Eat to live, not live to eat

Everything in moderation

## Activity:

Have each student draw a fictional product advertisement touting the product's health benefit. The ad must:

- Include a catch phrase and product name
- State the benefits
- State the problems alleviated
- Include a fair price

Work should be collected at the end of class (each day of my absence), and returned to continue work.

Give the students at least three classes to do one advertisement.

Color markers, crayons, glue and rulers can be found in the right drawer of the desk behind the upright piano. There is paper under the printer in storage area behind the two glass doors.