



Be a Healthy Buddy™

The following are suggested follow-up activities to help students reflect on their field trip experience.

After the Trip

Ask students their overall impressions of the field trip. **What did you enjoy? What didn't you enjoy? What surprised you? What do you want to learn more about?**

Have them share their general observations and reactions.

You may want to have the class compose and send thank-you notes to the field trip site host and/or other persons that supported the field trip. Mention a favorite activity or information learned during the field trip.

Demonstrate Knowledge

Review the healthy points that were covered on the *Be a Healthy Buddy* field trip. See the 9 Healthy Points below.

Ask students to pick one and create a poster that advertises and makes people aware of the benefits of the healthy point. Some students may want to create an ad using digital media. Encourage students to incorporate images (photographs, illustrations, graphs, or video) and examples that explain what the healthy point is all about.

If students would like to do additional research to create their ad, have them check out these websites for more information about nutritious foods and ways to live a healthy life: www.choosemyplate.gov, www.fitness.gov, and www.kidshealth.org.

Display the ads around school or showcase digital ads on the classroom web page.



Healthy Points



1. Make sure your fruits and vegetables cover Half-Your-Plate at each meal.



2. There are many types of sugar. Some sugars are better for you than others. Sugar should be eaten in moderation.



3. To be a Healthy Buddy, you need to get plenty of exercise and sleep to keep you physically and mentally fit.



4. Eating meat and seafood gives a Healthy Buddy ZIP - Zinc, Iron, and Protein - which you need to be strong.



5. Kids need about 2.5 cups of Dairy each day. Dairy products, which are made with milk, are great sources for vitamin D and calcium.



6. Cereal, a breakfast food that is part of the Grains group, is a great energy food that can fuel your mind and body.



7. Brushing and flossing your teeth twice a day will help a Healthy Buddy stay healthy.



8. There are lots of vitamins and medicines, which can help you stay healthy or get better when you are sick.



9. Being a Healthy Buddy means making good shopping choices and spending your money wisely.