



# 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

As a whole class, review the healthy points that were covered on the Healthy Buddy field trip. See the 9 Healthy Points below.

Using the Picturing Healthy Points worksheet, ask students to pick one and draw a picture that represents the healthy point. Students might want to show how they incorporate the healthy point into their own life by drawing a picture of themselves exercising or drinking a glass of milk.

Ask older students to write a short paragraph about their picture and label the picture with any key vocabulary words. See the Grades PK-2 Pre-Trip Activities on the H-E-B Resources tab on the Field Trip Factory website for a list of vocabulary words.



# 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.



Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Picturing Healthy Points

Draw a picture about one of the 9 Healthy Points.

