



Discussion Guide for

HEALTH: EXERCISE, NUTRITION, AND SLEEP

Objectives

- To demonstrate the importance of exercising, eating right, and getting enough sleep.
- To explain why these healthy habits ~will make you feel better and live healthier, happier, more productive lives.

Synopsis

Amy and Mark have skipped gym class when they're confronted by a slightly older girl who calls herself PT, which stands for "Personal Trainer." PT turns out to be a vision with an ability to conjure up demonstrations of proper exercise, and eating and sleeping habits. She convinces Mark and Amy to return to their gym class as a new beginning to a healthier lifestyle.

Benefits

The important underlying message of this Program - to exercise, eat right, and get plenty of sleep - should be more readily accepted by young viewers when presented by somebody closer to their own age. Hopefully, they'll begin emphasizing daily activities that give them the kind of exercise they need; changing their diets to eat more of the nutritious foods and less of the "junkier" foods they've tended to prefer; and showing more willingness to go to bed on time.

Questions To Ask Before Viewing

1. What do you do every (lay that's also good exercise for you?
2. Name some things you eat only because you're told they're good for you.
3. How much sleep do you get each night? Is that enough? Too much?
4. Name a famous person who's most like the person you want to be some day.

Questions To Ask After Viewing

1. Did the story give you any ideas for things you can do that will be fun and give your body the good exercise it needs at the same time?
2. What are some foods you should begin eating more and less?
3. What's a good time for you to go to bed? How much sleep will that give you?
4. How will proper exercise, nutrition and rest help you become that person you want to be some day?

Related Discussion Topics And Activities

Organize the class into small groups and have them come up with an activity they would enjoy doing together that will also give them good exercise. Have them (10 the activity after school hours, then talk about the experience during a subsequent class.

Ask students to make a list of the foods they eat on an assigned day. During a subsequent class, ask selected students to read their lists. Have the class discuss foods each might have substituted to achieve better nutrition.

Have the class exchange ideas for helping them fall asleep more quickly.

Length

14 Minutes

Subject areas

Health & Guidance

Audience levels Primary

Catalog number 8995SG

PROGRAMS DETAILS

LENGTH:

14 minutes

SUBJECT AREAS:

Health & Guidance

AUDIENCE LEVELS:

Primary

ORDER NUMBER:

1-8995SG

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