

# Healthy Habits

## Introduction

We will gain a better understanding of the importance of healthy habits by conducting focused research and sharing information about a healthy habit in the form of a PSA or demonstration.



Image used by subscription to The Noun Project

How can you maintain a healthy lifestyle?

# Healthy Habits

## Step 1: Get Ready

### Start talking!

1. What choices do you make that keep your body healthy?
2. What foods can you eat to help keep your body healthy? What activities can help keep your body healthy?
3. What other habits help keep your body healthy?

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**Directions:** Your teacher can show you the YouTube video “Wild About Safety with Timon and Pumbaa: Safety Smart Healthy & Fit” or you can watch the Discovery Education Video “Healthy Habits” to start learning more about healthy habits.



As you watch the video, listen for 5 examples of healthy habits. **Record** the examples on the [“Get Ready” notetaker](#)

Get Ready- What are healthy habits?

**Part 1:**  
Watch the Safari Montage video, “Wild About Safety with Timon and Pumbaa: Safety Smart Healthy & Fit!” to start learning more about healthy habits. As you watch the video, listen for examples of healthy habits and record them in the chart below.

Topics

1.	4.
2.	5.
3.	6.

**Part 2:**  
Choose one habit from the list above that you would be interested in researching further. Circle or highlight it in the chart above.

How can you maintain a healthy lifestyle?

# Healthy Habits

## Step 2: Dig and Discover

### Start your Research!

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**Directions:** Visit these sources below about your selected topic to find information. Take notes in the [“Dig and Discover” notetaker](#).

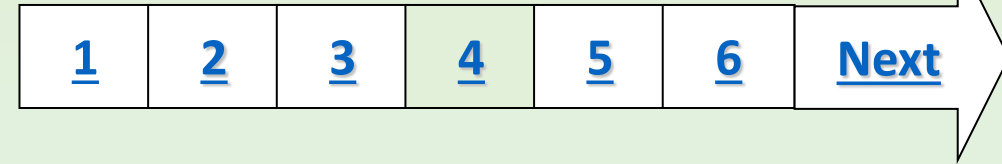
 Exercise	 Personal Hygiene	 Oral Hygiene	 Sleep	 Healthy Eating
<a href="#">BrainPOP jr: Exercise</a>	<a href="#">BrainPOP jr: Colds &amp; Flus</a>	<a href="#">BrainPOP jr: Caring for Teeth</a>	<a href="#">PBS Kids: Sleep</a>	<a href="#">BrainPOP jr: Sugar</a>
<a href="#">Kids Health: Be a Fit Kid</a>	<a href="#">BrainPOP: Personal Hygiene</a>	<a href="#">BrainPOP jr: Going to the Dentist</a>	<a href="#">GALE InContext Elementary: Sleep Disorders</a>	<a href="#">BrainPOP jr: Eating Right</a>
<a href="#">Kids Health: Exercise</a>	<a href="#">Discovery Education: Staying Clean</a>	<a href="#">Kids Health: Taking Care of yourTeeth</a>	<a href="#">GALE InContext Elementary: Sleep</a>	<a href="#">BrainPOP jr: Food Groups</a>
<a href="#">World Book Kids: Physical Fitness</a>	<a href="#">Handwashing: A Family Activity (CDC)</a>	<a href="#">BrainPOP jr: Losing a Tooth</a>	<a href="#">GALE InContext Elementary: Are Your Kids Getting Enough Sleep?</a>	<a href="#">WorldBook Kids: Nutrition</a>
<a href="#">BrainPOP jr: Muscles</a>	<a href="#">BrainPOP jr: Washing Hands</a>	<a href="#">Discovery Ed: Oral Hygiene</a>	<a href="#">GALE InContext Elementary: Snoozefest</a>	<a href="#">Kids Health: Food Guide</a>

\*You may need to authenticate database links by clicking BCPS Digital Content in the [Apps Portal](#).

# Healthy Habits

## Step 3: Create & Share

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*Choose option A or B to show what you know*

**A:** Create a **Public Service Announcement (PSA)** to share your research with others and explain why your healthy habit is important.

1. View this example PSA: [Earth Day](#)
2. Plan your PSA using this organizer: [PSA organizer](#)
3. Choose a tool that will effectively convey your message:
  - Wixie
  - Flip
  - VoiceThread
  - Google Slides
5. Double check you have included all requirements!

**B:** Create a **demonstration or demonstration plan** to share your research with others and explain why your healthy habit is important

1. Brainstorm a demonstration of an activity you and your classmates can do as a healthy habit (example: an exercise routine )
2. Preview the requirements: [Healthy Habits Rubric](#)
3. Choose a tool that will effectively convey your message:
  - **Record a video** on your device (demonstrate proper toothbrushing and/or flossing technique)
  - **Create a poster** (exercise routine with photos or illustrations)
5. Double check you have included all requirements!

**How can you maintain a healthy lifestyle?**

# 5. Enrichment Activities

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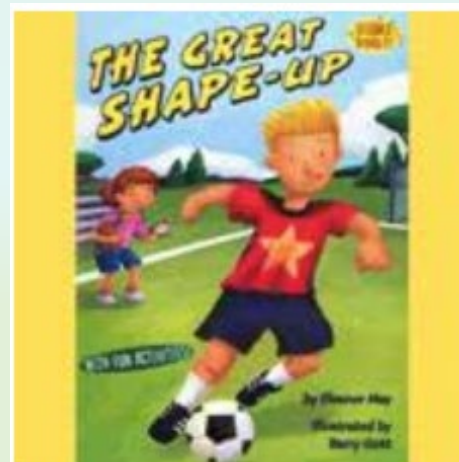
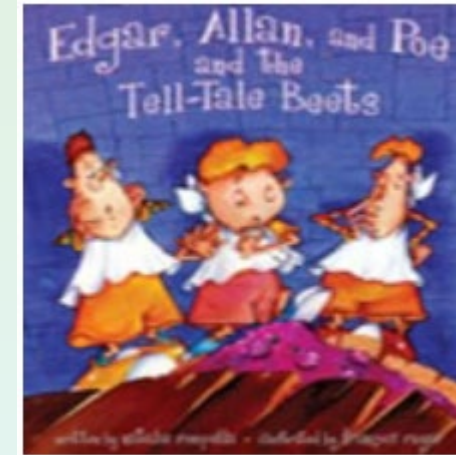
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**Infographic:** Click on the image below to see a larger version of this infographic from [www.kidshealth.org](http://www.kidshealth.org)



**Books:** Select a story to read about kids who learn about making healthy choices from Tumble Books.

Image source: Tumblebooks



**Game:** Play the My Plate game to practice making healthy food choices



Image source: [healthyeating.org](http://healthyeating.org)

**PSAs:** Check out the following PSAs to learn more ways to stay healthy:

[Flu PSA from the CDC:](#)  
Audio/Radio version

[Emotions PSA:](#) Made with Voki

\*Access digital content through BCPS Digital Content in the [Apps Portal](#) .

# 6. Teacher Resources

## Grade 3 Library Media Unit 5

**Objective:** Students explain the importance of healthy habits by conducting focused research and sharing information about a healthy habit in the form of a PSA.

**Time Frame:** Four 50-minute class periods

### Notes to the teacher:

- Print Sources (You may want to print these out and make copies in advance):
  - L1- [“Get Ready- What are Healthy Habits”](#) note-taker (print source suggested for note-taking during the video)
  - [L2- “Dig and Discover- Researching Healthy Habits”](#) notetaker
  - L3- [PSA rubric](#), [PSA organizer](#)
- Direct links to PebbleGO, BrainPOP, and BrainPOP Jr. will not work in the PowerPoint version of this Slam Dunk; however, they **will work in the PDF version**. If you wish to personalize this Slam Dunk, make your modifications in PowerPoint and then save your changes as a PDF. **Students should view this Slam Dunk as a PDF.** Review the difference between [open and closed ended questions](#)
- Any YouTube videos must be displayed to the whole class using the teacher’s account.
- Have students use learning supports provided in any BCPS Digital Content in the [Apps Portal](#) included in this lesson.
- Refer to [Digital Content Snapshot/Support pages](#) as needed.
- Consider [using the Schoology Assignment Apps feature](#) to assign Microsoft or Google documents and files for students to access, edit, and submit through **Schoology**.

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### Learning Standards Alignment

#### [Common Core State Standards for English Language Arts & Literacy](#)

CC.3.R.1.1 Key Ideas and Details: Ask and answer questions to demonstrate understanding of a text, referring explicitly to the text as the basis for the answers.  
CC.SL.3.1.a · Come to discussions prepared, having read or studied required material; explicitly draw on that preparation and other information known about the topic to explore ideas under discussion.  
CC.3.W.2.B Develop the topic with facts, definitions, and details  
CC. 3. W.4 With guidance and support from adults, produce writing in which the development and organization are appropriate to task and purpose.  
CC.3.W.7 Research to Build and Present Knowledge: Conduct short research projects that build knowledge about a topic.

#### [AASL Standards Framework for Learners](#)

I.A.2 Learners display curiosity and initiative by: Recalling prior and background knowledge as context for new meaning.  
1.B.1. Learners engage with new knowledge by following a process that includes using evidence to investigate questions.  
1.B.2. Learners engage with new knowledge by following a process that includes devising and implementing a plan to fill knowledge gaps.  
1.B.3. Learners engage with new knowledge by following a process that includes generate products that illustrate meaning.  
4.B.1 Learners gather information appropriate to the task by seeking a variety of sources.  
5.A.3 Learners develop and satisfy personal curiosity by engaging in inquiry-based processes for personal