

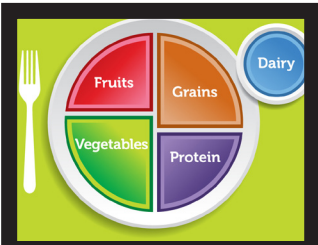
POWERFUL PROJECT

AGES 7 & UP

JANUARY
2012

HEALTH

FIRST & LAST NAME: _____



USDA's "my plate"

Health is complete wellbeing in body, mind, and spirit. It refers to how we feel and how well our body is working inside and out, from our heads to our toes. Keep track of what are you doing to keep your body healthy for a full day. Then, answer the questions below!

How healthy am I? (circle 1)

Very
unhealthy

Kind of
unhealthy

Mostly
healthy

Very
healthy

Fruits

List the fruits you ate for one full day.

Vegetables

Eat the vegetables you ate for the day.

Grains

List the grains you ate for one full day.

Protein

List the proteins you ate for the day.

Dairy

List the dairy items you ate for the day.

Exercise

List the exercise you did for the day.

Sleep

How many hours of sleep did you get?

Improvement

What do you need to do to be healthier than you are now?
