

Health

Instructions:

Choose 1 of the following options to complete. Happy home health learning!

Nutrition Label:

Compare two food labels and decide which option is healthier. Provide the name of the two foods and three reasons why this food is healthier based on the nutrition label information.

Anti-Tobacco:

Create an anti-tobacco poster (can be done on notebook paper) that gives information on why people should not use tobacco. The poster must be colored and provide at least three facts about the dangers of tobacco use.

Mental Health:

Create a speech about mental health awareness. This speech should be at least two paragraphs long and is meant to inform people about the importance of mental wellness and the dangers of not expressing emotions in a healthy way.

Digestion:

Think of a food that you have eaten today. Create a story about that food as it journeys through your digestive system. Use vocabulary that is used in class and include at least 8 steps in the order that they occur.