

**GET STARTED** ◀

Welcome to your new school. Everywhere you look, you see students moving, talking, thinking, and working. You find your classroom and sit comfortably at a desk. During class time, you use good work habits, such as writing down due dates so you can turn in your homework on time. At lunchtime, you eat with new friends. Being with friends makes you smile. Your healthy lunch gives you the energy you need to focus for the rest of the day. Your body works hard all day, every day. You can help your body by making healthy choices in what you do and how you behave.



**Work On It**

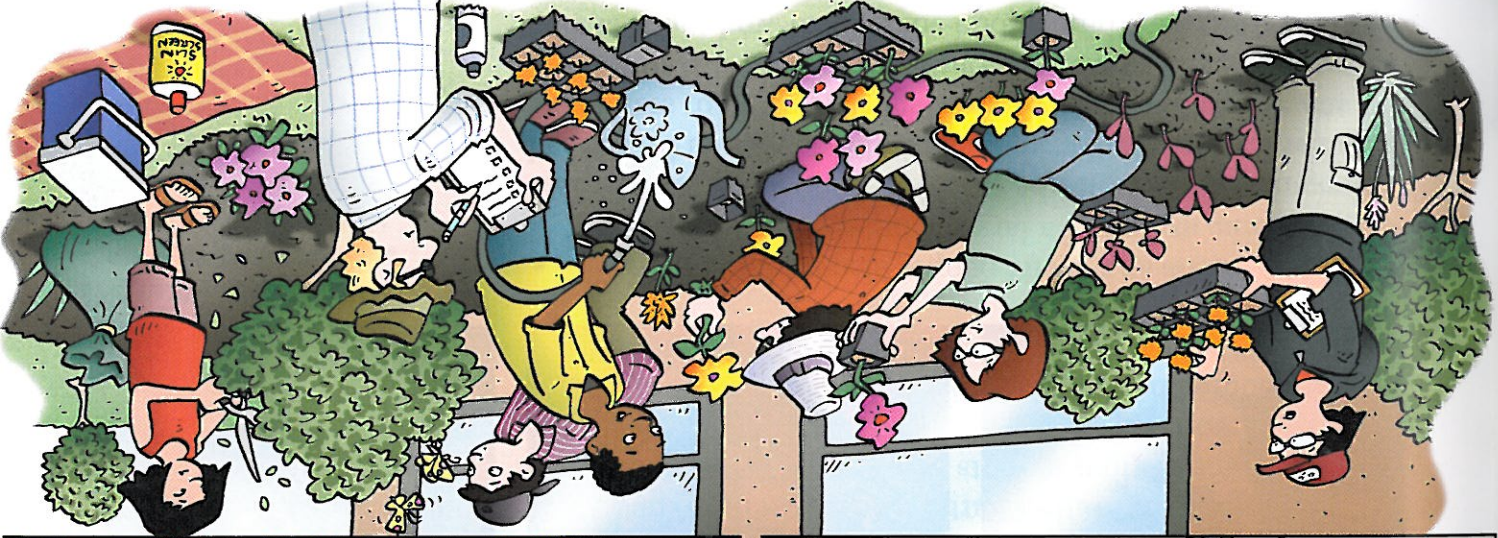
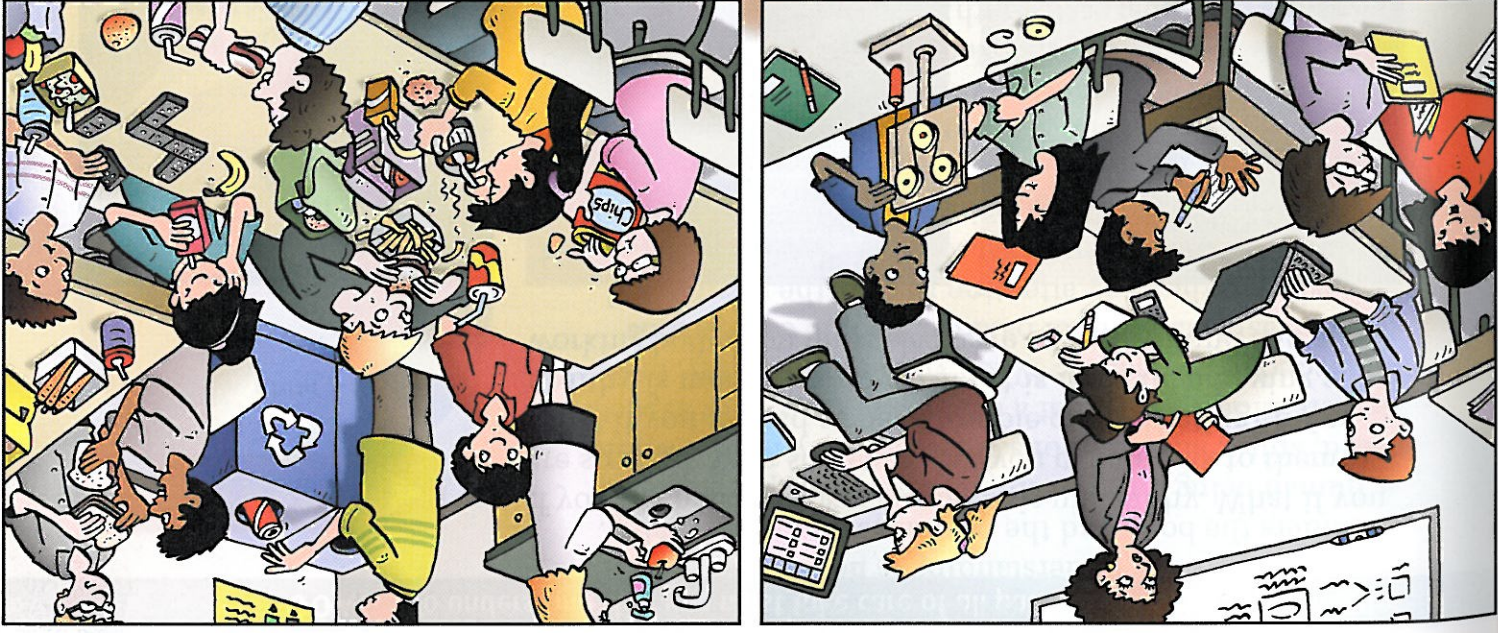
Single

- 1 Look closely at the pictures. Find five people who are making healthy choices. What are they doing?
- 2 Now find five people who are making unhealthy choices. What are they doing?
- 3 Think about your school day. What do you do that helps and harms your body?

**Communicate**

Write

1. a) Begin collecting information about your body. Each day for one week, record what you eat and drink, how many hours you sleep, how much exercise you get, and the types of exercise you do. Create a table to record your data.
- b) What other information about your body could you collect?



Think of at least two other types of information and add columns for them to your table.

2. Hippocrates was an ancient Greek physician who studied the human body to discover how it works. He wrote about his discoveries in a journal. During this unit, you will keep a Medical Journal. Make a title page for your journal that includes a drawing of you making healthy choices for your body.

3. Start a Body Poster. Lie on a large piece of paper while a partner traces the outline of your body. As you work through the unit, you will add drawings of what is inside your body to your poster.

**Build On What You Know**

You will use your Medical Journal and Body Poster to design your action plan.