

## 2ND GRADE

**LESSON:** Why Is It Important to be Healthy?

**SC STANDARD:** 2.W.6.1



It's your world.

### WHY IS IT IMPORTANT TO BE HEALTHY?

#### OBJECTIVES:

- Try to get students to understand why it is important to be healthy
- Teach the five benefits of being healthy and explain what they mean
- Get students to ask questions and write a creative ending to Boss' story

#### LET'S GET STARTED! (10 MINUTES):

- Ask students why they think it is important to be healthy
- Describe what being healthy means
- Talk about the five benefits of being healthy

#### ACTIVITY (15 MINUTES):

- Read the story provided and ask students how they think the story should end. Students will write out the ending of the story and share with the class

#### WRAPPING UP (5 MINUTES):

- Ask if anyone can remember what being healthy is and the five benefits of being healthy
- Hand out Boss' Backpack Bulletin with the goal of the week on it

#### SC STANDARDS:

- 2.W.6.1 Write routinely and persevere in writing tasks over short and extended time frames, for a range of domain-specific tasks, and for a variety of purposes and audiences

#### MATERIALS:

- Boss' Gets Healthy! story handout
- Pencils
- Boss' Backpack Bulletin

### LET'S GET STARTED!

- Ask students if they know what being healthy means and why they think it is important.
- Explain what being healthy means and how there are benefits of being healthy that help their mind and bodies.

### DIALOGUE BOX

- Being healthy means that you have a balance of eating healthy foods and engaging in regular physical activity.
- It is important to be healthy, not only for your body, but for your mind as well, and it can keep you from developing certain diseases or illnesses.
- After you have explained what "healthy" means, be sure to ask students if they have any questions.
- Begin talking about how there are five benefits of being healthy that explain why it is important to be healthy.

### DIALOGUE BOX

- There are five benefits of being healthy that help our minds and bodies.
- The **first** benefit of being healthy is that it gives you energy to be active. When you eat unhealthy foods and drinks, it can make you feel sluggish and tired, but when you eat fruits and vegetables and other healthy foods, it makes you feel awake and energized so that you can be active and feel better during your day.
- The **second** benefit is that being healthy helps you maintain a healthy weight, which can also make you feel better!
- A **third** benefit of being healthy is that it helps your bones and muscles, which is what makes you big and strong!
- Another benefit, or the **fourth** benefit, is that your concentration in class can improve when you are healthy! When you eat healthy foods, especially breakfast before school, you are helping your brain be more alert and aware of what is going on in class.
- The **fifth** benefit to being healthy is that when you eat healthy foods and stay physically active; you are fueling your body and brain. Just like a car needs fuel to run, your mind and body use food as fuel to work and function like they are supposed to.
- So, being healthy is important because you are not only fueling your body and brain, but you have more energy, improved concentration in class, a healthy weight, and strong bones and muscles!

## ACTIVITY

- The activity for this lesson will encourage the students to think creatively and come up with an ending to the story, “Boss Gets Healthy.”
- Read the story provided.
- Once the story is finished, ask the students to write out an ending to the story about Boss on the handout provided.

## DIALOGUE BOX: STORY

“Boss Gets Healthy”

Boss the Boston terrier was not a very healthy dog. He ate a lot of unhealthy foods and drank a lot of unhealthy drinks, but his favorites were BBQ chips and sodas. In fact, he ate BBQ chips and drank soda every day for his snack along with all the other unhealthy foods he ate! Eventually, he started feeling really, really bad. He had an upset stomach, he felt tired all the time, and he was even gaining some weight from eating so many unhealthy foods! Not only was he not feeling well, but he was having a hard time keeping up with his school work and listening in class. Since Boss never had to worry about being healthy before, he did not know where to start, until one afternoon when he was playing with his friends at the park. Boss and his friends, Anne, Wallace, and McKenzie, all met up at the park to play a game of basketball, but Boss was having a hard time keeping up with his friends during the game. He got tired after the first few minutes and had to sit down on the bench when Anne came over to sit beside him and asked, “Boss, what’s wrong?” He explained to her how he had been feeling and said he wanted to start eating healthier so he would feel better. Boss knew that Anne was a very healthy eater and was always active, so he thought she would be the perfect person to help him get healthier! Anne replied, “Well, you might want to stop eating such unhealthy foods everyday, like your favorite BBQ chips and soda, and replace them with healthy foods and start drinking more water instead! Some healthy foods are vegetables, fruits, and even foods made with whole wheat! Once you start fueling your body with healthy foods and start drinking a lot of water, you will feel better, get big and strong, and have more energy to be active, like when we play our basketball games! Being healthy can also fuel your brain and help you concentrate more when you’re in class or doing homework!” After listening to what Anne had to say, Boss said, “Okay, Anne! I am going to try and eat better and be more active, and hopefully I will start feeling better too!” Boss rejoined the team and they finished the game of basketball later that afternoon. Boss was getting a little hungry when the game ended since it was around his snack

time. So, he turned to Anne, Wallace, and McKenzie and asked, “Hey, I’m getting kind of hungry... who wants to go to the ice cream shop next door and get a snack?”

- After hearing the story about Boss and his friends, how do you think the story ends after the basketball game? Do you think they go get ice cream? Or not? Write down an ending to this story, and how you think Boss changed, or did not change, his eating habits and whether or not he started being healthier.

## WRAPPING UP

- Have the students go around the room and say how they think the story ended, and whether or not Boss got healthier.
- Once everyone who wanted to share their stories had done so, ask them if anyone remembers what the five benefits of being healthy are.
- Pass out Boss’ Backpack Bulletin and have them fill out the five benefits of being healthy in the five bubbles.

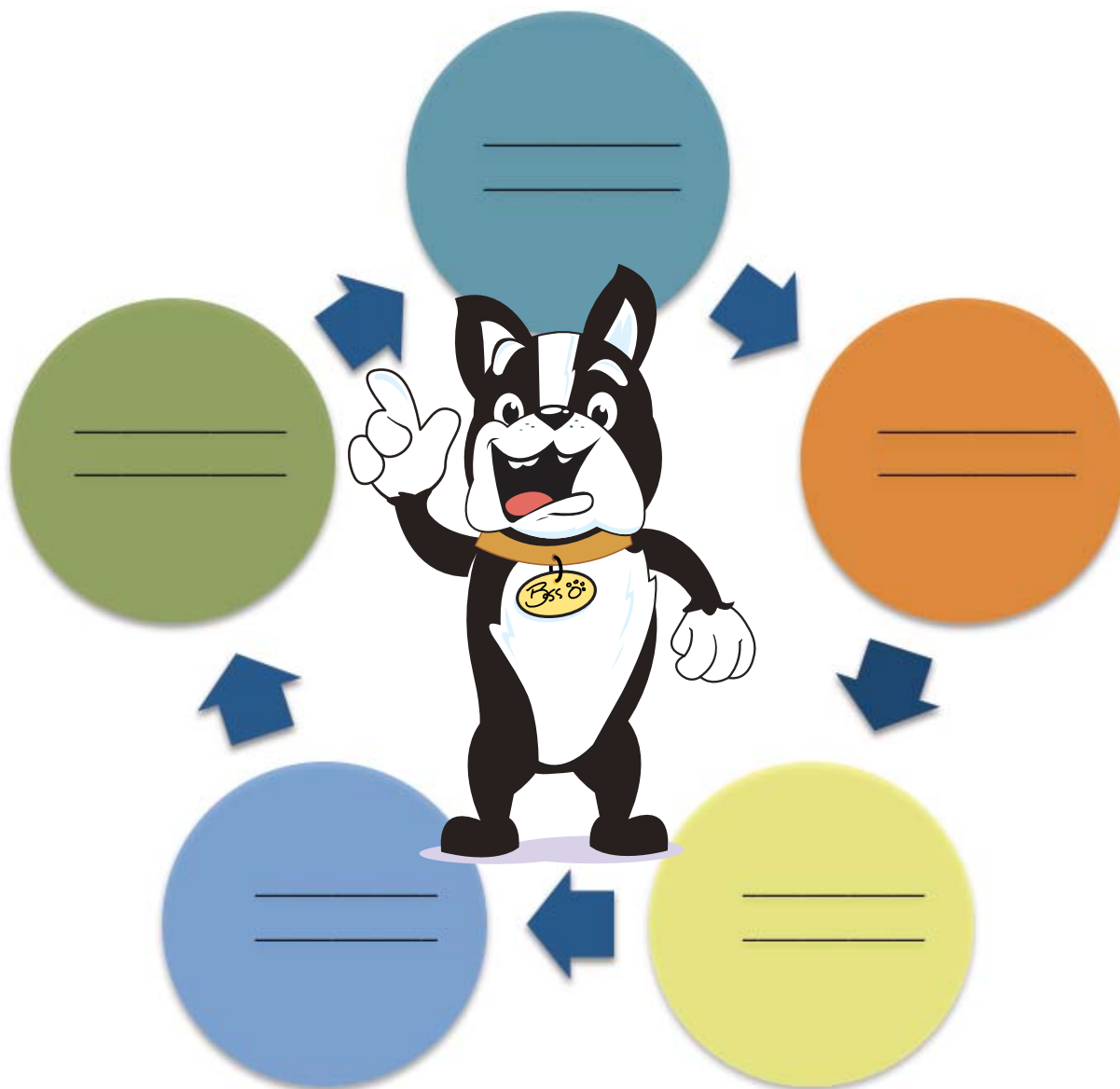
## DIALOGUE BOX

- This week, Boss’ Backpack Bulletin is going to be a reminder of what being healthy means, as well as the five big benefits of being healthy.
- In each of Boss’ thought-bubbles, write down the five benefits of being healthy.
- When you go home, hang this on your refrigerator as a daily reminder.



# BOSS' BACKPACK BULLETIN

Your goal this week is to do things that help you be healthy! Eating healthy foods like fruits and vegetables or drinking milk and water instead of soda are great ways to keep you healthy. Remember to be physically active as well! Having good health helps you grow big and strong. Make a list of five ways you tried to stay healthy this week!



## BOSS' BONUS POINTS

Ride your bike or walk to school • Invent a new game • Reduce screen time, which includes TV, video games, computer, etc. • Eat a new healthy fruit or vegetable • Take your dog for a walk • Play with your friends outside • Climb a tree

# BOSS GETS HEALTHY!

Do you think they went to get ice cream? Or do you think they went somewhere else for their snack? What do you think about Boss... does he listen to Anne and get healthy, or does he still continue to eat junk food?

Write down how you think the story "Boss Gets Healthy" ends.

