

#1 Food for Thought

1. When does your brain work best?

2. What happens when you don't eat healthy?

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3. What would a well-balanced meal consist of? (see Canada Food Guide canada.ca/FoodGuide)

#2 Exercise

1. What is exercise good for?

2. What three things are playground activities and sports for?

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3. Illustrate a picture of you doing a playground activity or sport that will help your brain.

#3 Sleepy Head

1. What happens if you miss one night's sleep?

2. What happens when you have two sleepless nights?

3. What would cause you not to have a goodnight sleep?

Making Informed Decisions

#1 Food for Thought

Design and label a well-balanced meal that you would eat to help take care of your brain. (Refer to Canadian Food Guide)

#2 Exercise

List three playground or sport activities that you plan to do to help keep your brain strong and at its best.

1.

2.

3.

#3 Sleepy Head

Set two goals that will help you get a better night's sleep.

1.

2.