

COMPETENCY #4: Explain how diet, posture, exercise, and sleep affect your appearance and the way a person feels.

CONCEPT

We feel better when we are healthy; we look better when we are healthy. To be healthy we need to have a healthy diet, good posture and plenty of exercise and sleep.

TEACHING STRATEGIES

Use the resource information provided and text books you have available to cover each of the topics in this competency.

ACTIVITIES

- Review posture concepts given in Competency #1.
- Divide students into buzz groups to answer the following question - "Why do you feel better and perform more efficiently when you are observing proper diet, posture, exercise and sleep routines?" Allow 5-7 minutes to answer the question, have each group report back to the class.
- Develop a workable daily plan that includes:
 - 7-8 hours sleep
 - 7 hours of school
 - 1 1/2 hours for eating
 - 1 hour exercise

_____ hour for homework
_____ hour for work
_____ hour for personal care and grooming
_____ hour for leisure time (TV, reading, phone talk)

*** Try this plan for a 2 week period, evaluate use of time and any changes in how you feel, look, or act.

- Do simple posture exercises at the beginning and end of each day.
- Keep a record of all that you eat or drink for one week. Note the amounts. At the end of the week evaluate your habits with the basic four requirements for teens. Make note of the changes that should be made such as drinking enough water daily. At the end of this time note if there are significant changes in your feelings, energy level, appearance, etc.