

Name: _____

The World in our Classroom

Answer the following questions about your cultural background.
Share your responses with your classmates.

My name is ... _____

My nationality is ... _____

I was born in the country ... _____

My parents were born in the country ... _____

The languages I speak are ... _____

The word 'hello' in my native language is .. _____

In my culture, I celebrate holidays by ... _____

My favourite food from my culture is ... _____

This favourite food looks like ... _____

This favourite food tastes like ... _____



tic-tac-toe Q & A Sheet

1. Fashion magazines often show pictures of people who...
 - (a) have not been touched up by make-up and computers
 - (b) are real people like you and me
 - (c) have unhealthy weights
2. Body image is a picture you have of...
 - (a) your own body
 - (b) your friend's body
 - (c) your pet's body
3. You can increase your self-esteem by...
 - (a) listing all the things you do not like about yourself
 - (b) learning something new each day
 - (c) believing people who say you are dumb
4. Heredity means...
 - (a) the ways I am similar to my family
 - (b) the difference between a pet rabbit and a wild hare
 - (c) a new hair styling technique
5. A quick nutritious snack is...
 - (a) a bag of dill pickle chips with root beer
 - (b) fruit yogurt & banana
 - (c) fruit roll-ups
6. Participating in physical activity...
 - (a) improves your confidence level
 - (b) makes you too tired to sleep
 - (c) means you have to stay home and watch your favourite TV show
7. My self-esteem can be based on my ...
 - (a) pet rabbit
 - (b) talents
 - (c) homework
8. One serious food allergy many children have is...
 - (a) broccoli
 - (b) popsicle
 - (c) peanut
9. Schoolmates can put pressure on you to do things...
 - (a) you were going to do anyway, like ride your bike
 - (b) you do not want to do
 - (c) like listen to the teacher
10. Many students your age ...
 - (a) may be dissatisfied with their bodies
 - (b) are worried about paying the taxes
 - (c) are happy to clean their rooms
11. Since I am still growing, I need...
 - (a) to read more fashion magazines
 - (b) to stop playing outside
 - (c) extra food to help me grow
12. Most children today are not...
 - (a) going to school
 - (b) as physically active as they should be
 - (c) spending time with their friends
13. When people are bored, they sometimes...
 - (a) eat, even if they are not hungry
 - (b) go to the washroom
 - (c) are extremely busy doing more than one thing at a time
14. Television commercials often advertise snacks that are...
 - (a) "everyday foods"
 - (b) "sometimes foods"
 - (c) stale

tic-tac-toe Q & A Sheet

15. The best type of body shape is ...
(a) tall and thin
(b) short and muscular
(c) there is no 'best type'
16. Your family influences what you eat when ...
(a) you make your own after school snack
(b) your parent makes your lunch
(c) you do the grocery shopping
17. Foods from different cultures ...
(a) can be equally healthy
(b) do not taste very good
(c) are hard to chew
18. The main reason children give for choosing a favourite food is ...
(a) taste
(b) smell
(c) convenience
19. Heredity determines your ...
(a) shoe colour
(b) body height
(c) school bus route
20. Self-esteem begins to develop ...
(a) at birth
(b) before you are born
(c) when you reach 5 years old
21. When buying groceries, some people make choices based on ...
(a) price
(b) ingredient listing
(c) both of the above
22. A great way to praise a friend is to say...
(a) "Hey, have you lost weight? You're looking good."
(b) "Your hair looks a lot better than yesterday."
(c) "I really like your art work (poem, or science project)."
23. You love your friends and family because they are ...
(a) beautiful
(b) slim
(c) kind
24. A great way to start the day is with ...
(a) a bag of cheezies
(b) a bowl of cereal with milk and a fruit
(c) coffee and a cigarette
25. Fitness magazines often encourage boys to...
(a) read Romeo and Juliet
(b) bulk up
(c) play video games
26. Advertising companies use which techniques in their messages?
(a) computer imagery and superimposed body parts
(b) air-brushing and props during photo shoots
(c) both of the above
27. When having a discussion it is best to ...
(a) always agree with what everyone else is saying
(b) consider your opinions and express them calmly
(c) always disagree with what everyone else is saying
28. Movies are full of people who ...
(a) look like you and me
(b) have different body sizes and shapes
(c) are thin and young
29. Schools can positively influence what students eat by...
(a) providing healthy choices in the cafeteria
(b) providing healthy choices in the vending machines
(c) both of the above
30. Healthy eating includes...
(a) foods from all four food groups
(b) "everyday foods" most of the time
(c) both of the above

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What Does Food Mean to You?



Next to each word below, write the first food that comes to your mind that represents the listed word (e.g., “adventure” may remind you of “trailmix” or “sushi”, or something else).

health _____

party _____

yuck _____

home _____

love _____

friendship _____

munchies _____

memories _____

holiday _____

religion _____

hunger _____

tradition _____

ethnic _____

excitement _____

convenience _____

illness _____

expensive _____

cheap _____

cool _____

diet _____

baby _____

child _____

teenager _____

dad _____

mom _____

grandparent _____

refreshing _____

comfort _____

yummy _____

unusual _____

Name: _____

Food Diary: What Have I Eaten?

In the first column, list the foods you ate yesterday. For each food item, write the number of servings from each food group. Use a check mark (✓) to show food items in the “Sometimes Foods” category. Total the number of servings in each column.

Meals or Snacks	Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives	“Sometimes Foods”
Breakfast or Before School <i>Sample food item:</i> 2 pieces of toast with jam		✓			✓
Morning Snack					
Lunch					
Afternoon Snack					
Supper or Dinner					
Evening or Bedtime Snack					
Total Servings					No total

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Benefits of Physical Activity Master Sheet

making friends	learning new activities
getting along with others	feeling confident
cooperating	learning to make decisions
having fun	having fun
laughing	relaxing
helping others	improving self control
better health	more stamina
stronger muscles	sleeping better
improved skills	improved fitness



Name: _____

Benefits of Physical Activity



Using the list of words provided, write each 'benefit' in the correct category below.

Social	Mental or Emotional	Physical

Benefits of Physical Activity

Answer Key



Using the list of words provided, write each 'benefit' in the correct category below.

Social	Mental or Emotional	Physical
Making friends	Learning new activities	Better health
Getting along with others	Feeling confident	Stronger muscles
Having fun	Learning to make decisions	Improved skills
Cooperating	Having fun	More stamina
Helping others	Laughing	Improved fitness
	Relaxing	
	Improving self control	
	Sleeping better	

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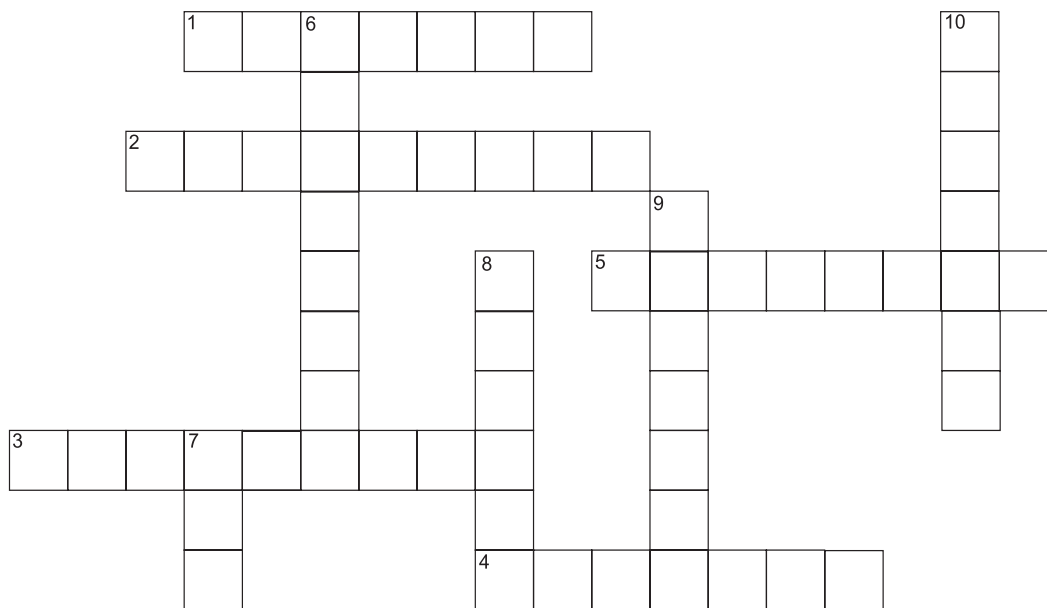
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Get a Move On

Use the word list to complete the word clues below. Then fill in the blanks of the crossword puzzle.

Word List

better cooperate fun improved stamina
confident fitness friends relaxed stronger



Across

- Games, sports and activities are a good way to make new _____.
- Teammates learn to _____.
- People who are active feel more _____ about their abilities.
- After exercise, people feel more _____.
- Physical activity makes your muscles _____.

Down

- Practice results in _____ skills.
- Active living is _____.
- People who are active sleep _____ at night.
- Active people have more _____ because their hearts are strong.
- Vigorous activities like swimming, running or skating improve your _____.

Adapted from *Getting There is Half the Fun*, The Region of Hamilton-Wentworth, 1995.

