

Name:

Date:

My Native Plate

Fruits

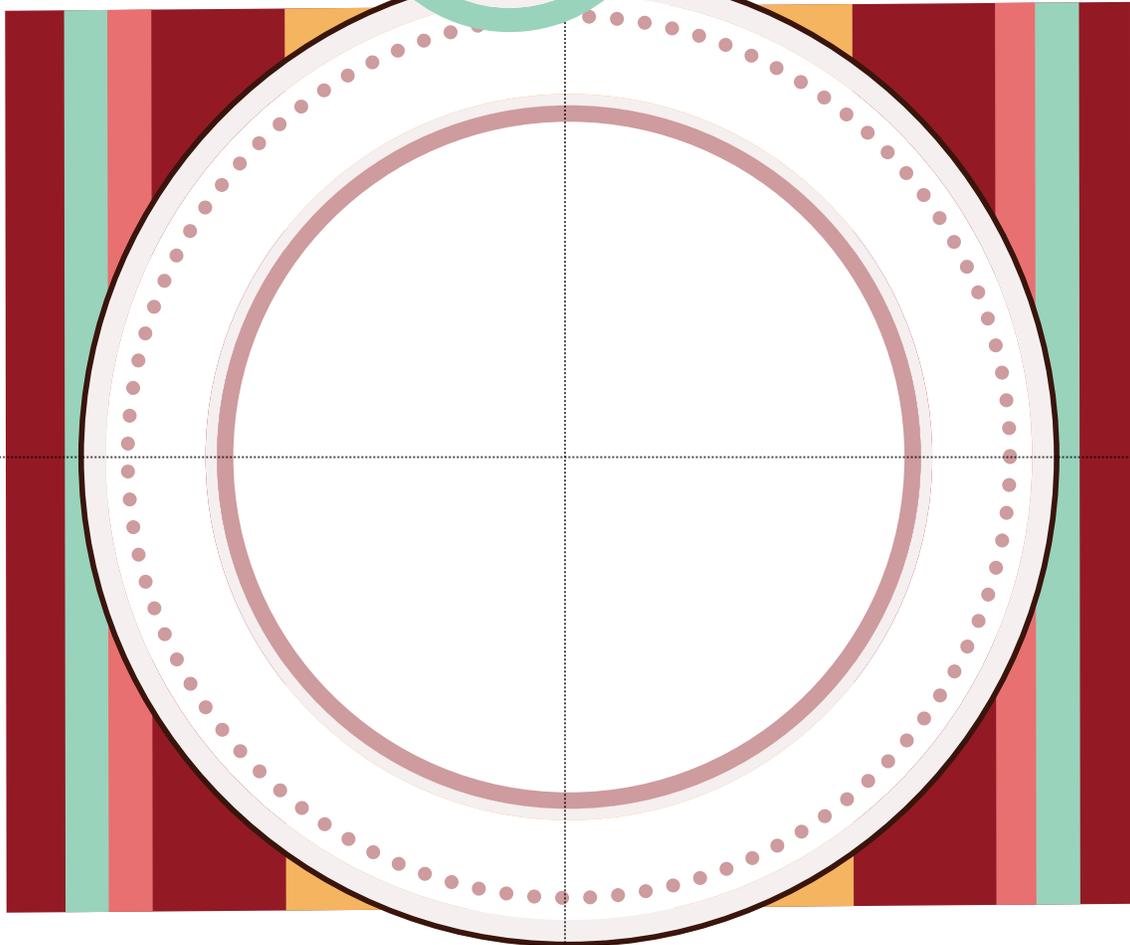
_____ cups per day

Water

8-oz cups
_____ per day

Grains & Starches

_____ ounces per day



Vegetables

_____ cups per day

Protein

_____ ounces per day

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Exercise!

Being healthy requires more than having a diverse diet. You also need to stay physically active. When we eat, we obtain **energy**. That energy is used when we are physically active. If we don't use the energy we get from eating, it gets stored as fat to be burned later when we need it.

There is an ideal size your body is meant to be, and It is normal to have a large or small body. When a person eats too many calories without exercising enough to burn off those calories their body can become larger than it is naturally meant to be, and their heart and other organs can become damaged. This can lead to bad health outcomes like type 2 diabetes, high cholesterol, and heart disease.



In the space below, list as many forms of exercise as you can in 2 minutes. Then, with a partner, pick an exercise that can be done in the space you're in, and practice doing that exercise for another 2 minutes.

What's your favorite way to be active
and why is it your favorite?



List 3-5 ways you can be active with
friends or family members:
