



healthy  
by  
design



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## or more fruits & vegetables

**Grades K-3:** Let's taste! Explore the different features of various colored peppers.

**Grades 4-6:** Eat the rainbow! We need to eat fruit and vegetables from all five color groups to stay healthy!

**Grades 6-12:** Become a food producer! Set up different environments and make predictions about what might happen to the seedlings.

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## hours or less of screen time

**Grades K-3:** Create a 5-2-1-0 picture! There are so many things to do without screen time. Draw a picture!

**Grades 4-6:** What can you DO in 120 minutes? Get your imagination going and develop an indoor game to play without using screens.

**Grades 6-12:** Take the screen time challenge! Set a daily goal and track your daily amount of screen time. Report out at the end of the week. Did you meet their goal? Why or why not?

1

## hour of physical activity

**Grades K-3:** Every little bit counts! What is your favorite activity? – ex: tag, duck-duck-goose, dancing. Pick one and go!

**Grades 4-6:** It all adds up! Browse [hbduc.org/5210](http://hbduc.org/5210) and discuss common themes from the resources. Discuss age-appropriate ways to get active for 1 hour every day. Then go outside and play a game!

**Grades 6-12:** Get outside Montana! Learn about hiking etiquette and safety. Head to a trail in Yellowstone County and test it out.

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## sugary drinks, more water

**Grades K-3:** Rethink your drink! When was the last time you drank water? A sugary drink? Discuss the importance of drinking water.

**Grades 4-6:** Drink more water! Create a “more water” PSA to promote the value of water and the harmful effects of sugar.

**Grades 6-12:** How much sugar is in your favorite drink? Create a sugar display. Discuss how much exercise it takes to burn off the sugar.