

My Healthy Hero

The Big Idea

We learn a lot about how to live by watching those we admire. In this lesson, students are encouraged to think about people they know who live healthy lives (a.k.a. “Healthy Heroes”) and consider what makes them good role models.

Education Standards: (NHES) Health: 1.5.1, 2.5.4; (CCSS) English Language Arts: W.4-5.1, W.4-5.4, W.4-5.5, L.4-5.4

GOALS AND SKILLS

Students will...

- Identify specific healthy behaviors that inspire them
- Explain the personal value of health-promoting behaviors
- Write and edit a five-paragraph essay about a person they admire for promoting good health

Supplies and Preparation:

- Pencils and paper
- Make copies of student handouts, *My Healthy Hero* and *Essay Tools* (see page 2)
- **Optional:** Computers, MS Word/Pages

INSTRUCTION STEPS

1. Writing About a Healthy Hero. Explain that students will write a five-paragraph essay about a person they admire for promoting good health. Provide a few minutes for students to think about what a “Healthy Hero” means to them.

2. Brainstorm. Discuss qualities that might make someone a “Healthy Hero.” Invite students to share their ideas. Start a list of the qualities on the board. Consider different types of people for different reasons.

Distribute copies of the *My Healthy Hero* handout to students. Encourage them to think about details and specifics by asking students questions on the handout.

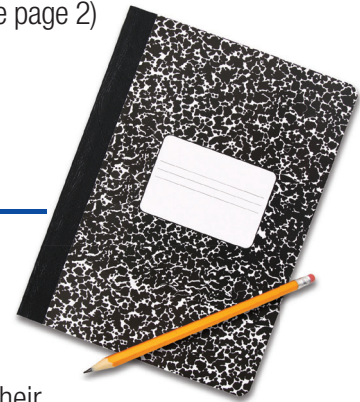
3. My Healthy Hero. Give students a few minutes to think about the different people in their lives who are healthy. Have them continue to write down their ideas and reasons on the *My Healthy Hero* handout and their notebooks. After they have had some time to brainstorm, they should select one person as their “Healthy Hero.”

4. The Writing Process. Provide students with a copy of the *Essay Tools* handout. Go over the parts of a five-paragraph essay with students, as well as the checklist provided to help them create a first draft.

Guide students through each step of the writing process:

1. Pre-write
2. Draft
3. Revise
4. Edit
5. Publish

Emphasize the purpose of the essay. Completed essays should clearly explain why they chose their Healthy Hero, and how the person inspires them. Students may handwrite or type up their first drafts.



5. Peer-Edit and Revise. Have students work in pairs to peer-edit their drafts. While editing, encourage “reviewers” to provide the “writers” with one “glow” (compliment) and a “grow” (area for improvement). Remind students to reference the questions on their **My Healthy Hero** handouts. Ask reviewers: *Does the essay answer these questions clearly? Is there anything you wish you could know more about?*

Students should then revise and edit their essays. Once finalized, student essays can be presented to the rest of the class along with pictures of their heroes. Essays can be mounted and displayed on bulletin boards or published online on your class blog.

6. Extend the Lesson. Have students share their essays or artwork and display them throughout the classroom or school hallway. Consider creating a book featuring all of the essays and artwork to share with the rest of the school. Hold an assembly for students to share their “Healthy Hero” essays with the rest of the school community during a school wellness event. If their “Healthy Heroes” are at the school, essays may be presented to the hero as a symbol of recognition.

- For students in lower grades, have them draw a picture with three or four steps to tell the story of their Healthy Hero (cape included!)
- For students in higher grades, work on a three-paragraph essay with a beginning, middle, and end

STUDENT HANDOUT: My Healthy Hero

Name: _____

Who is your Healthy Hero? Use the following questions to brainstorm people you admire for their healthy behaviors.

Who feeds us healthy foods? What kinds of healthy foods?

Who exercises? Who helps us get exercise? How do they help? What exercises do they do?

Who makes healthy living fun? How/why do they make it fun?

Who keeps our home, school, or other places clean and germ-free? What do they do to keep these places clean?

Who teaches us what we need to know about being healthy? What specifically have they taught us?
Give examples and why they are important.

Who lives a healthy life that inspires us to do the same? What do they do to live a healthy life? Why is this inspiring to you?

STUDENT HANDOUT: Essay Tools

Name: _____

1. How to set up your five-paragraph essay:

Main Idea, Introductory, and Thesis Paragraph

Support/Proof Details

Support/Proof Details

Support/Proof Details

Summary Conclusion

2. Use this checklist as a step-by-step guide to create a finished essay from your idea.

The Writing Process:

Pre-writing: Think, plan, and organize your ideas

Drafting: Write your ideas out for the first time

Revising: Change the writing around to make it better

Editing: Check your spelling, punctuation, and grammar

Publishing: Make a final copy and share it with others