NLG NEWS

7/6-7/10/2020

This week we are going to talk about **healthy habits**. A **habit** is something we do maybe every day, and is a part of our regular routine.

Eating the right foods is a great way to stay **healthy.** A lot of people eat **fruits** and **vegetables** to stay healthy. We can also eat **grains** and **protein** that is good for us too! We need to make

sure the food we eat is **fresh.** A good way to eat **healthy** food is to **cook** our own food instead of eating **sweets** and other **unhealthy** foods.

Exercise is also a great way to stay **healthy** and feeling **good.** There are many different kinds of **exercise**, such as **walking, jogging,** or **stretching**. It is okay if you get a little **sweaty**,

because that means your body is clearing out stuff it doesn't need!

We can also stay **healthy** by talking to our family and friends, and doing things that make us **happy**!

*What do you do that keeps you **healthy**?*

Comprehension Mad Libs

Use the News story to fill in the blanks to correctly answer the comprehension questions. If able, the member can also fill in the Mad Libs spots!

- This week we are talking about _____ habits.

  What kind?

- _____ and _____ are healthy foods.

  What?   What?

- You may get a little _____ when you exercise.

  Adjective

- We need to make sure the food we eat is _____.

  Adjective

- Sweets are a kind of _____ food.

  Adjective

- Doing things that make us feel _____ is a good way to stay healthy.

  How?

Word Bank (use some of these terms to complete the red blanks):

Sweaty	Happy	Fruits	Healthy
Vegetables	Unhealthy	Fresh	

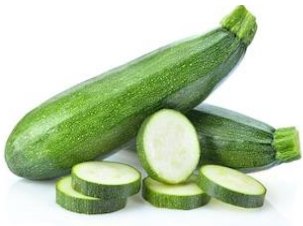|	
	Fruits
	Vegetables
	Grains
	Running
	Walking
	Stretching
	Happy
	Healthy

It's not on the board

BINGO!

Categories

Instructions: Have each member draw a line to match the question with the corresponding picture. If drawing a line is difficult, feel free to encourage members to point to the corresponding picture.

Fruits

What kind of fruits did you find?

Vegetables

What kind of vegetables did you find?

Concepts

Activity: Discuss the pictures on the page and ask members to select the corresponding answers to the questions that explore basic concepts.

How many fruits are OUT of the basket?   2   5   4

What kind of fruit is ONLY in the basket on TOP?
    Apples   Oranges   Grapes

Do you LIKE apples?   YES   NO

1	2

Which person is IN FRONT?   1   2

They are BOTH….   Eating   Jogging   Stretching

WHERE are they running?   In the mountains   At the beach

What would you do?

Directions: State the problem and present both solutions verbally. Circle or select the solution that makes the most sense.

Problem	Solution 1	Solution 2
I don't like to run **I should**	Go for a walk instead 	Stay inside on the couch
I don't like to eat vegetables **I should**	Eat just candy 	Try it if you've never had it before
I am allergic to apples **I should**	Tell someone, eat something else 	Eat them anyway
I am very tired during the day **I should**	Go to bed earlier 	Take a nap during program hours

Answering Wh- Questions

Instructions: Show a member the picture and talk about what you see. Ask them the corresponding wh-questions, looking for an appropriate answer.

Who is running the fastest?   _____

What are they doing? _____

Where are they? _____

When are they exercising?_____
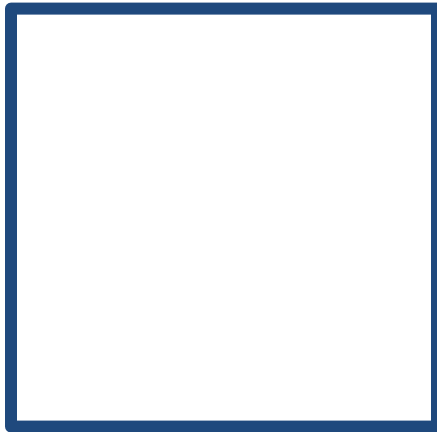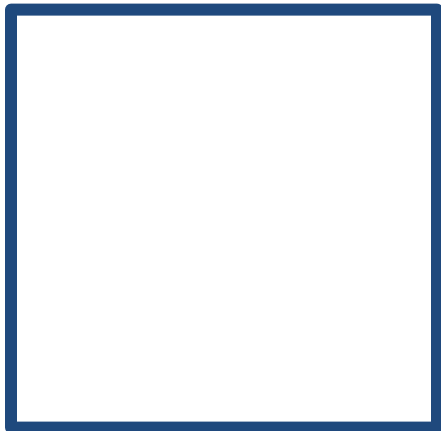
How do they feel?   _____

5 Pictures:

Draw, find on device, cut out a picture, find a picture on the internet, etc. related to the topic. You can use the word bank or think of different words on your own!
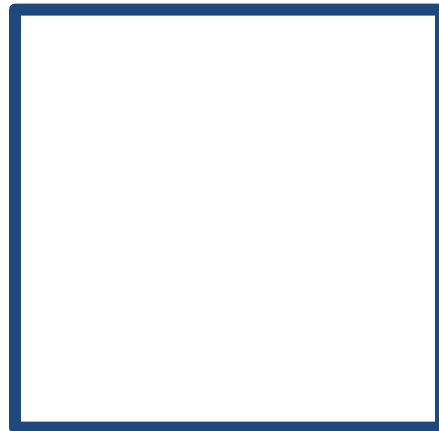
Word Bank: fruits, vegetables, healthy, happy, habits, exercising, jogging, stretching, sweaty

Journal

On the last day of the week, remind members during journal about the theme this month. Ask the members to name the theme or write/say one thing they learned about the theme this week.

Theme: Healthy Habits

Target words: eat, sleep, talk, happy, healthy, habits, fresh, fruits, vegetables, exercise, walking, stretching

Conversation Starters:

The staff can assist members in having a conversation about the topic. These questions are intended to initiate the conversation, please elaborate to support on topic responses.

What are some healthy habits you have?

What could you do better or more often?

What is your favorite kind of exercise?

Do you like fruits or vegetables better?

Have you tried any new healthy foods recently?

Do you like to exercise inside or outside?