

Name: _____ Date: _____

Creative Thinking: Reverse Healthy Habits

Activity 1 Think about healthy things you should do. What can make this healthy habit a BAD habit? Write about why.

| Healthy Habits | How this can be a BAD habit. | | |
|--|---|---|---|
| Eat small meals with a small number of calories. | If you only eat one small meal it is not healthy. You can hurt yourself if your diet is not balanced. | If you eat too many small meals you may over eat. It is bad to eat too much food. | If small meals are meals that include lots of sugar, like cake, or ice cream, it's not healthy. Healthy meals need to have healthy foods. |
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Activity 2 Tell your partner about healthy habits. Tell them when it is not healthy.

Activity 3 Role play with your partner. Pretend to do something healthy in an unhealthy way. Have your partner tell you why this is not healthy.