



Family Health Plan

Name: _____

Date: _____

Parent: In this lesson of THE GREAT BODY SHOP, we have been talking about the body's defense systems and how to keep them working to fight off germs. Students made up their own personal health plans. Now we would like you to work as a family to make up a plan to care for your defense system. Please read the worksheet and complete it as a family.

As a family we agree to:

1. Eat healthful food. List at least five healthful things to eat. _____

2. Exercise. List three things you can do to exercise as a family. _____

3. Get enough sleep. List bedtimes and wake up times for each family member.

4. Practice routines for preventing germs from spreading. List three ways to keep germs from spreading in your home. _____

Objective: To devise a plan for your family to take care of your defense system

