



## CHOICES LIST: EATING & GROWING

**Directions:** Set out two chairs at the front of the room, and on each chair, tape one of the two *Good Choice/Bad Choice* labels. Line students up in two lines. Read from this list, and have the first student in each line run to the correct chair that identifies whether the listed choice is a good choice or a bad choice.

- drinking milk every day
- not washing my hands before I eat
- sleeping enough hours every night
- chewing my food before I swallow it
- snacking on a whole bag of potato chips
- stealing apple slices during lunch
- playing video games every night
- stretching my muscles after soccer
- refusing to help wash dishes
- exercising a little every day
- eating candy before dinner
- never eating my vegetables
- drinking lots of water
- learning how to swim