Happy Feet, Healthy Food Journal

Introduction: While walking is a great way to stay healthy, nutrition also plays an important role. The best way to develop good health habits is to start young and record daily exercise and eating habits. The Happy Feet, Healthy Food journal by Carol Goodrow is an organized, informative, and fun way for students to begin a lifetime of healthy habits.

Grade Level and Subject: Fourth grade Health, ELA, P.E.

TEKS: Health 1a, 1b, 1d, 1f  
P.E. 1a, 1c, 1d, 1e, 4b, 4c, 4e, 4f, 4g, 7a, 7b, 7c, 7d  
ELA 7a, 7c, 7d, 8b, 8c, 15a, 15c, 15f

Materials: colored pencils, small stickers


Activity: Each week in the journal is on two pages and is organized into eight parts.

The first page contains helpful health information and suggestions for the week. Part one is an exercise suggestion and the reason that the particular exercise is good (RUN…Reason to Run – “Heat” You’ll burn calories). Part two, “Fun Feet,” gives examples of how to make the suggested exercise fun (play chase with your puppy). Part three, “Pack-A-Snack,” gives a snack for the week and suggestions about how to change it up (apple…half of an apple spread with peanut butter). Part four “Good Stuff,” gives nutritional information on the suggested snack (it has lots of vitamin C to help your skin heal).

The second page is where students will record their physical activity and track their healthy eating. Part five is the “Physical Activity Log,” which is divided and labeled for each day of the week. Students will write about the physical activities in which they participated each day. Part six, “Time Tracker,” is a grid of seven rows (one for each day of the week) and six columns (one box for every 10 minutes of exercise). Students shade in a box for every 10 minutes of physical activity, with the goal of at least one hour per day. Part seven is the “Healthy Food 9-Square” where students draw, write about, or use stickers to indicate nine healthy foods they have eaten for that week. Part eight is the “Writer & Artist’s Corner” where students can sketch or write about their healthy habits for the week.

Evaluation: Collect the journals once a week and evaluate based on participation. Have students share their journals in small groups.