

StudentsXpress TODAY I CHOOSE HEALTH

What does "health" mean to you?
What can you do to stay healthy?
What are things you do that make you feel healthy?
How do you feel when you are healthy?

What do you love about healthy food?
What are your favorite healthy foods and why?
Why are gardens and farms important?
Submit a healthy recipe!

How do you exercise, what do you like about it?
What are your favorite ways to be active?
Write about a time that you made a healthy decision?
What did you do and how did it make you feel?
Draw a picture of you doing something healthy.

Please turn in your submissions to your teacher
or rachel@studentsxpress.com in Fall 2024

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