

Help! You're the Doctor

Name _____



Directions

Read the following paragraphs and solve the problems that follow. Use the Eat Well & Keep Moving Fortune Teller.

Mr. Lee lives with his wife, son, and two daughters. He works at a local bank that is two miles from his house and catches the bus to the office at 8:00 each morning. He often oversleeps and has to rush out of the house without eating breakfast. He usually eats lunch at one of the five fast-food restaurants that are on the same street as the bank. He gets a sandwich on white bread or some pepperoni pizza, and he drinks soda or lemonade with his meal. After work, he catches the bus home and then watches television after dinner and late into the evening. His family is concerned because he does not have much energy to enjoy weekend outdoor activities.

Take three turns with the Eat Well & Keep Moving Fortune Teller. After each turn, write down the revealed healthy living message. If a message appears twice, try again. At the end of three turns, there should be three separate healthy living messages. For each message, write down one tip that will help Mr. Lee improve his health and feel more energetic.

1. Healthy living message: _____

Tip for Mr. Lee: _____

2. Healthy living message: _____

Tip for Mr. Lee: _____

3. Healthy living message: _____

Tip for Mr. Lee: _____

Susan is a fourth grader who enjoyed playing basketball last season for the school team. This year she has decided not to play because she spends all her free time after school on the computer. She snacks on candy while she sits. She's becoming less active, and her bedroom is a real mess. She watches TV at night when her homework is done. Her friends are getting annoyed with her because they never see her anymore.

Explain why it is important for Susan to think about her current lifestyle. Give four suggestions that will help Susan change her current lifestyle. (*Hint: Use the Eat Well & Keep Moving Fortune Teller for ideas.*)

Shawn is 14 years old. On Saturday mornings he enjoys cycling with his friends on a bike trail. He never eats breakfast, however, and he brings only junk food (such as potato chips) and no water on the ride. After just 10 minutes of cycling, he's usually really tired. In contrast, his friends eat a healthy breakfast, drink water, and eat nutritious snacks such as raisins, carrot sticks, 100% whole-wheat crackers, and nuts during the ride. By the end of the morning, they are much less tired than Shawn is.

Why do you think Shawn's energy level is low? What are two ways Shawn can increase his energy level? (*Hint: Use the Eat Well & Keep Moving Fortune Teller for ideas.*)

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).