

# Healthy Choices

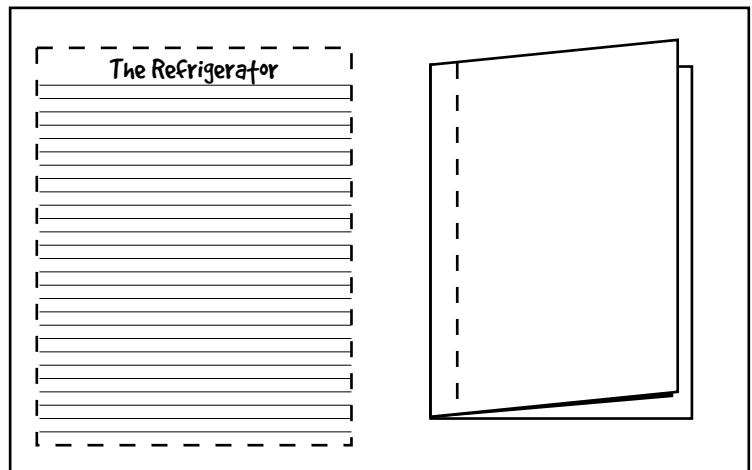
## Activity BLM: A Refrigerator Class Book

### Materials

- 12" x 18" construction paper, various colours
- 10" x 7" white paper – 2 pieces each
- 8.5" x 11" writing paper
- glue, crayons

### Directions

1. Use the construction paper as the background and the white paper rectangles as the refrigerator. Glue one white sheet to the right side of the large construction paper. Fold back the left edge of the second white sheet and glue that edge to the first white paper so that the refrigerator door opens and closes.
2. Outline the refrigerator door in black. Use crayons to add other details to the front.
3. Draw shelves inside, then different "healthy choices" foods.
4. Add a writing page to the left side of the background paper.
5. Collect pages from several students. Add a title page and cover. Bind together (staple, ribbing, spiral, etc.) to make a class book.



### Language Activity

Students list "healthy choices" foods and draw these in the refrigerator. On the writing paper, students can write about these foods and tell why they are healthy choices.