

Media and Health Student Worksheet 1st - 5th Grade - Win a sticker!

Name: _____ Grade: _____ Teacher: _____

Dear Parents, In PE this week we are discussing how the news media may present products or ideas that influence the way students spend their time and what they may eat. Please discuss this question with your child: Do you feel that viewing or hearing Media influence the way your family spends their time and what you choose to eat? Yes, No Sometimes? (Circle one)

Directions: Everyone answers questions 1-5 then 3rd, 4th & 5th answer your individual questions. Please bring in a picture of what you saw if possible. Do Not turn this in – bring it to class and present it to your PE class and get your sticker!

1. Choose one or more (you can also add one of your own)

☐ Radio ☐ Television

☐ Instagram/ Facebook ☐ Tik Tok

☐ Twitter ☐ Internet

☐ YouTube Other: _____

2. What product did you hear about or see?

3. Did your family buy it? Yes or No If so, was it something you eat or drink or something you play with? (Circle one) Eat Drink Toy Game or other: _____

4. If it was something to eat or drink, was it Healthy or Unhealthy? (Circle one). If it is unhealthy it's okay to eat treats every now and then. Try to eat a healthy breakfast before coming to school to learn or before an important game.

5. Everyone needs to spend 30 minutes a day walking or playing. What do you like to do?

Circle one: Walk Hike Run Ride your bike Play ball Other: _____. Did what you heard or saw on social media effect your physical activity? For example do you spend more time sitting at your tablet or game station? (Circle one) Yes or No

3rd Grade:

6. If they said the product was healthy how can I check if that is true?

7. Describe why it is important to know if the health information is true?

4th & 5th Grade only:

8. Explain how physical fitness or exercise can help your body grow physically?

9. Explain how physical fitness or exercise can help you mentally?

10. Explain how physical fitness or exercise helps you socially?
