13. Health Goals

Objectives Learners will:
• Learn the words “healthy” and “unhealthy.”
• Discuss healthy and unhealthy habits.
• Set health goals.

Materials Needed Board or chart paper
Markers
Picture cards: “Healthy”/“Sick” [Teacher only]
Handouts: 13a (Is it healthy?), 13b (What do you do…?), 13c (Health goals)

Activity 1 Is it healthy?
1. Show a picture card of someone with a cold. Ask what’s the matter? You may hear, he has a cold, etc. Say: he has a cold. He’s sick Show another person. He has a fever. He’s sick.” Show a person jogging or clearly not sick. “Is she sick?” “No, she’s not sick. She’s healthy.” If needed, show a series of healthy/sick cards to reinforce “healthy” or “sick.” [Note: You can use the symptom cards from sessions 1 and 2.]
2. Ask: “What can we do to be healthy?”
3. Write one example (e.g., “Don’t smoke”). As a class, continue the list. Write items on the board.
4. Pass out worksheet 13a, “Is it healthy?” showing healthy and unhealthy activities. As a class or in small groups, ask learners to write health advice underneath the picture (e.g., for photo of a man smoking: “Don’t smoke”; “Eat vegetables”; “Exercise every day”).

Activity 2 What healthy things do you do?
1. Using worksheet 13b, “What do you do for your health?” ask each learner to check the things that they do now.
2. Discuss as a class
3. Extension: As a class, rewrite each phrase as a question to ask classmate (e.g., “Do you exercise every day?”). Then ask learners to ask these questions to three classmates. [NOTE: You may wish to remind them that they can choose to tell the truth, or invent their answer.]

Activity 3 Health Goals
1. Pass out worksheet 13c, “What’s your goal?”
2. Read the first example together.
3. Discuss “goal.”
4. Work as a class or in partners to complete the worksheet.
5. Ask the learners to write two health goals for themselves.
6. Ask for volunteers to share their goals with the class.
Is it healthy?

1. What are they doing? Write under each picture.
2. Write “It’s healthy” or “It’s not healthy.”

*The first one is done for you.*

1. She’s smoking.
   It’s not healthy.

2. She’s eating cake (or a cupcake). It’s not healthy.

3. She’s riding a bike (bicycle). It’s healthy.

4. She’s playing tennis.
   It’s healthy.

5. They’re taking a walk.
   It’s healthy.

6. He’s drinking alcohol.
   It’s not healthy.

7. He’s eating candy.
   It’s not healthy.

8. He’s eating junk food and watching TV. It’s not healthy.

9. He’s eating an apple.
   It’s healthy.
What do you do for your health?

Read the list. Check (✓) what is true for you.

1. ☐ I exercise 30 minutes every day.
2. ☐ I drink 6 to 8 glasses of water every day.
3. ☐ I don’t smoke.
4. ☐ I don’t eat a lot of sugar.
5. ☐ I don’t eat a lot of fried food.
6. ☐ I have a regular doctor (or health care provider).
7. ☐ I don’t drink too much alcohol.
8. ☐ I eat fruits.
What’s Your Health Goal?

Read the stories. Circle the healthy things.
Then write a health goal for each person.  

**Note: Answers may vary.**

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**Example:**
Ben is **19 years old**. He eats a lot of candy every day.  
He **walks every day**. He smokes cigarettes.

Ben’s goal: *I will stop smoking. I will eat less candy.*

1. Lisa is **42 years old**. She doesn’t eat vegetables. She drinks a lot of soda.  
She **eats fruit**.

Lisa’s goal: *I will eat vegetables. I will not drink soda.*

2. Rani is **55 years old**. He eats healthy food. He doesn’t exercise. He  
never gets check-ups.

Rani’s goal: *I will get a check-up. I will go to the gym. I will walk everyday.*

3. Wen is **52 years old**. She never gets a mammogram. She doesn’t  
smoke. She drinks three beers every day. She eats a lot of vegetables.

Wen’s goal: *I will not drink beer everyday. I will get a mammogram.*

4. Eric goes to the gym. He runs three times a week. He doesn’t have a  
regular health care provider. He drinks a lot of soda.

Eric’s goal: *I will go to the doctor. I will drink less soda.*

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Now write about you. Write two health goals:

I will ______________________________.

I will ______________________________.