**Title**

Family Health Tree – Part 2 of 2

**Time**

Pre-session preparation for learners:  5 minutes

Session:  15 minutes

**Materials Checklist**

Family Health Tree

\*My Family Health Tree (Part 1 - Use with/before this lesson)

Pen/Pencil

**Objectives**

To identify healthy food choices to decrease health conditions

To identify lifestyle choices to decrease health conditions

**Learners will be able to:**

Decide which healthy habits they will incorporate

Identify healthy food and lifestyle choices to decrease family health conditions

**Exercises and Activities to Complete Before and During the Session**

Complete My Healthy Habits Check List

**Pre-session Preparation**

**Read (5 minutes)**

Review My Family Health Tree

**During the session**

**Present/Review (5 minutes)**

Tell Participants there are many things to do to help protect their health: eating well, being physically active, visiting their doctor, and getting enough sleep. Keeping healthy habits can help reduce risk for developing health conditions.

**Discuss (10 minutes)**

Discuss other healthy habits and have participants fill in their own choices on the checklist.