**Title**

My Family Health Tree – Part 1 of 2

**Time**

Pre-session preparation for learners:  5 minutes

Session:  20 minutes

**Materials Checklist**

My Family Health Tree

\*Family Health Tree (Part 2 - Use with/after this lesson)

Pen/Pencil

**Objectives**

To discover which health conditions may run in the family

To identify healthy choices to prevent conditions listed on Family Tree

**Learners will be able to:**

List health conditions that run in their family

Identify healthy choices to prevent conditions listed on Family Tree

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

Fill in My Family Health Tree with health conditions that run in the family.

**Pre-session Preparation**

**Read (5 minutes)**

Review Family Health Tree

**During the session**

**Present/Review (10 minutes)**

Ask Participants if they knew that just like the color of our eyes or how tall we are, other things like health conditions can be passed down from one family member to another? Remind them that it is important to know what health conditions and diseases are in their family history so they can make healthy choices to help reduce their risk for getting those conditions.

**Discuss (10 minutes)**

Discuss the health conditions participants listed on the tree.

Remind them to post the completed family tree on the refrigerator to remind them of the importance of making healthy choices.