



## Educator guide: “For Your Health” song

### **Recommended for grades:**

6<sup>th</sup> grade

### **Time:**

3 minutes

### **National Health Education Standards:**

This activity aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: [shapeamerica.org](http://shapeamerica.org).

### **Learning objectives:**

After completing this lesson students will be able to:

1. Describe at least three healthy behaviors (including one that specifically helps keep the mind healthy) they can do each day.

### **Activity description:**

“For Your Health” is a fun, high energy song written and performed by The Figureheads. The song talks about making healthy nutrition and physical activity choices each day. It may be fun for each student to get a copy of the song lyrics to sing along and think about what the lyrics mean.



## **Vocabulary:**

Use the following list of vocabulary as a reference for yourself or your students as you complete the “For Your Health” song. You may choose to use this list in any way that fits your needs.

- Exercise – activity requiring physical effort, done to sustain or improve health and fitness
- Protein – a nutrient found in food that builds, maintains and repairs the tissues in the body
- Refined grains – grains that are not whole because they are missing one or more of their three key parts (bran, germ or endosperm)
- Type 2 diabetes – a condition where the body’s cells cannot use blood sugar efficiently for energy
- Whole grains – grains that contain 100% of the original kernel (all of the bran, germ and endosperm)

# “For Your Health” lyrics

Chorus:

When I look at all the problems with the world and with myself  
When that junk food and that soda got me feeling not so well  
Then it makes me wanna put some healthy food up on my shelf  
And yell to anybody that'll listen - This is for your health  
This is for your health  
This is for your health - for your health

Verse 1:

Now I'm tripping off the fact that all these sugars and these fats  
Got me hungry for what I don't even need let me step back  
And think about the nutrition that's been right here since the beginning  
That natural energy is the stuff that keeps us spinning  
Get that water in my system, let me glisten, let me shine  
Get some fruit up in my roots, help to clarify my mind  
Protein, dairy and some veggies, 'lil grain all combined  
That's exactly what I need to get it movin' every time

Chorus



Verse 2:

Now I'm tripping off these images from magazines and shows  
Tellin' me to look a certain way on all these videos  
I just wanna be myself taking small steps for my health  
But it's hard when everybody's tryin' to be somebody else  
So I leave that mess behind take it one day at a time  
Go outside a little more, exercise first then recline  
Cuttin' down on that refined stuff so I can re-find  
A healthy body and a healthy mind that I can call mine

Chorus

Bridge:

Simple decisions can make for better living - every day is a new beginning  
Greens, proteins, dairy, grains and fruit  
Eat the good stuff that puts nutrition deep in our roots  
And if we start now we can avoid problems later  
Obesity, diabetes and heart failure

Chorus



# Handouts

Included on the following pages are additional resources that you and your students' families may find useful.



# Nutrition and physical activity resources for parents, caregivers and educators

- American Heart Association, [heart.org](https://www.heart.org)
- Centers for Disease Control and Prevention (CDC), [cdc.gov](https://www.cdc.gov)
- Children's Wisconsin, [childrenswi.org](https://www.childrenswi.org)
- KidsHealth, [kidshealth.org](https://kidshealth.org)
- Mental Health America, [mhanational.org](https://mhanational.org)
- National Institute of Mental Health (NIMH), [nimh.nih.gov](https://www.nimh.nih.gov)
- Society of Clinical Child & Adolescent Psychology, [effectivechildtherapy.org](https://www.effectivechildtherapy.org)
- U.S. Department of Agriculture (USDA), [myplate.gov](https://www.myplate.gov)
- Wisconsin Department of Public Instruction Student Services/Prevention and Wellness, [dpi.wi.gov/sspw](https://dpi.wi.gov/sspw)



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