

## HEALTHY FOOD EXERCISE



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Compound exercises such as squats, deadlifts, and the bench press will be your primary focus. You must concentrate on these exercise since they allow you to use the most amount of weight, which increases muscle growth. With these exercises, focus on lifting a weight that will challenge you, but avoid training to failure.

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In this game, students list as many healthy foods as possible by initial letter. Post 25 letter pages (A-Z, no X) around the room. Students with pencils or pens stand in the middle of the room. When the facilitator says, go, students run to any letter page and list healthy foods that begin with that letter.

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### **English exercises the Food**

FOOD THIS IS A GREAT EXERCISE TO REVIEW THE NAME OF SOME FOOD AND THE PLURAL OF FRUITS AND VEGETABLES ! HOPE U LIKE IT !!!! HAVE FUN. Level: elementary Age: 7-12

Author:fofuda Fullscreen : Healthy Foods Students find out which foods are good for our health, match pictures to their descriptions and complete a wordsearch.

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