

Student Resource: Staying Healthy Outdoors - Self-Check (primary)

1. Place a checkmark beside all the foods you would pack in your lunch for a hike.

- ☐ apple
- ☐ carrots
- ☐ ice cream
- ☐ nuts
- ☐ granola bar
- ☐ peanut butter sandwich

2. Place a checkmark beside which drink would be best for your hike.

- ☐ energy drink
- ☐ pop
- ☐ water
- ☐ drinkable yoghurt
- ☐ juice box

3. Place a checkmark beside the following items you should take with you to make sure you are prepared.

- ☐ clean hand wipes

- ☐ hand sanitizer
- ☐ a bowl or plate
- ☐ a garbage bag

Answers:

Question 1: Check all but ice cream.

Question 2: Check water.

Question 3: Check all.