After watching the video *The Five Essential Habits of Healthy Teens* and participating in the class activities included in this Teacher’s Resource Book, your students will be able to:

- understand what constitutes a healthy, nutritious diet
- identify ways to incorporate healthy foods into their diets
- make an action plan for developing healthy habits
- explain why breakfast is the most important meal of the day
- identify healthy and convenient breakfast items that will give them energy to start their day
- recognize the importance of incorporating physical exercise into their daily routines
- name the three essential elements of exercise
- know the physical and mental benefits that arise from getting an adequate night’s sleep
- identify tips for improving their sleep habits
- recognize that alcohol and other drugs are dangerous and can often lead to addiction