

Directions- Use this organizer to help you gather your information for each one of the articles for your final activity.

How Healthy Are You Really? (Five key pieces of information that show teens how to make good choices for their overall health)

1.

2.

3.

4.

5.

Kids Need Recess - (Three key pieces of information that show teens how to make good choices for their overall health)

1.

2.

3.

How Do You Say Yum Around the World? - (Four key pieces of information that show teens how to make good choices for their overall health)

1.

2.

3.

4.

Generation ZZZZZZ - (List FOUR facts that help teens get more rest)

1.

2.

3.

4.