

**6th Grade Health Education
Alternative Family Life Assignment**

Day 1

**How Healthy Are You ...Really?
Choices Magazine
September 2016**

1. Please read the article, “How Healthy Are You... really?”
2. Next, watch the video “How to Deal: Building a Healthy Lifestyle”
3. Please complete the following papers after you read the article:
 - Close Reading Questions
 - SMART School Year
 - Critical Thinking Questions
4. Complete the organizer to keep your research in order for your final project.