



Take-Home Talk

Lesson 1: Environmental Health 101

To Share:

- The environment is everything that affects a living thing and helps it survive.
- All living things need air, water, food, and shelter to survive.
- Kids and babies can be more heavily impacted by unhealthy environments because their bodies are growing and developing at a faster rate than that of adults.

To Do and Talk About:

- **Alive and Thrive Search!** Can you and your family think of 20 living beings in your neighborhood? Can you think of 100 living beings that you know?
- **So Many Shelters!** What kind of shelter has your family spent time in before? Apartment buildings? Houses? Trailers? Hotels? Motels? Tents? Cabins? Campers? Condos? What else? What are your favorite stories from these places?
- **Get the Straight Scoop!** We all need food to survive and luckily there are lots of different kinds of food and everyone likes something a little different. Interview people you know to find out what their favorite food is and the strangest thing that they have ever eaten.

Person: _____ Favorite Food: _____ Strangest Food: _____

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To Take Back:

- What was the coolest thing that you learned from talking about this topic with your family and friends?