

Appendix B: Lifestyle Pie Chart

Name: _____

Day: _____

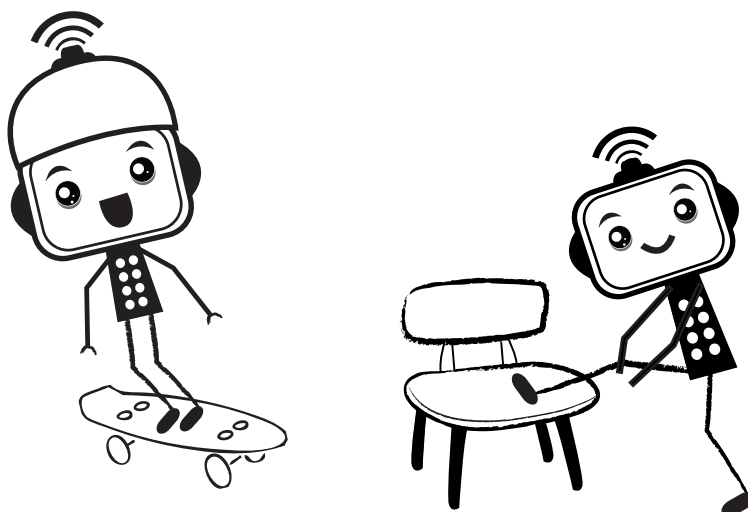
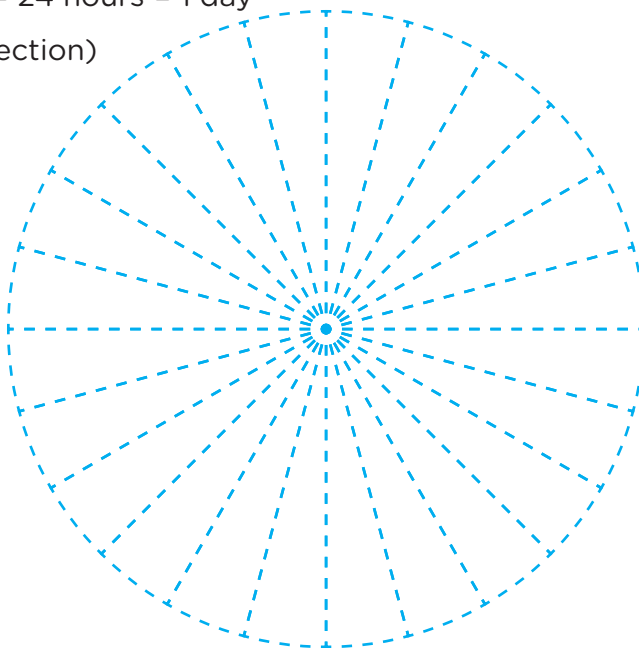
Use the same colours of pencil crayons to colour your Lifestyle Pie Chart categories on Day 1 and Day 5. Colour your chart based on how you think you will spend your time today.

1 section = 1 hour Total pie chart = 24 hours = 1 day

(If less than 1 hour, fill in part of a section)

LEGEND FOR CHART:

- ☐ Sleep Time
- ☐ Travel Time
- ☐ School Time
- ☐ Active Time
- ☐ Screen Time
- ☐ Meal Time
- ☐ Reading/Homework Time
- ☐ Other



Appendix B: Lifestyle Pie Chart (Teacher Instructions)

Lifestyle Pie Chart (Teacher Instructions)

Show Overhead #1 (from Appendix C). This is a sample Lifestyle Pie Chart that illustrates one student's lifestyle.

Explain that the Lifestyle Pie Chart illustrates how this person spends his or her time in a 24 hour day.

Explain the legend categories, which together describe typical activities in a person's day. It works well to colour in the charts As you will be asking students to use specific colours for their Lifestyle Pie Charts.

Sleep needed to grow and be healthy

Travel going to/from school

School from arrival at school to departure

Active when engaged in physical activities, e.g., sports, walking, dancing, biking

Screen watching, playing, using any type of screen

Meals breakfast, lunch, dinner, snacks

Reading/Homework

Other interesting fun activities, crafts, talking/playing with friends, etc. (time to complete remaining 24 hours)

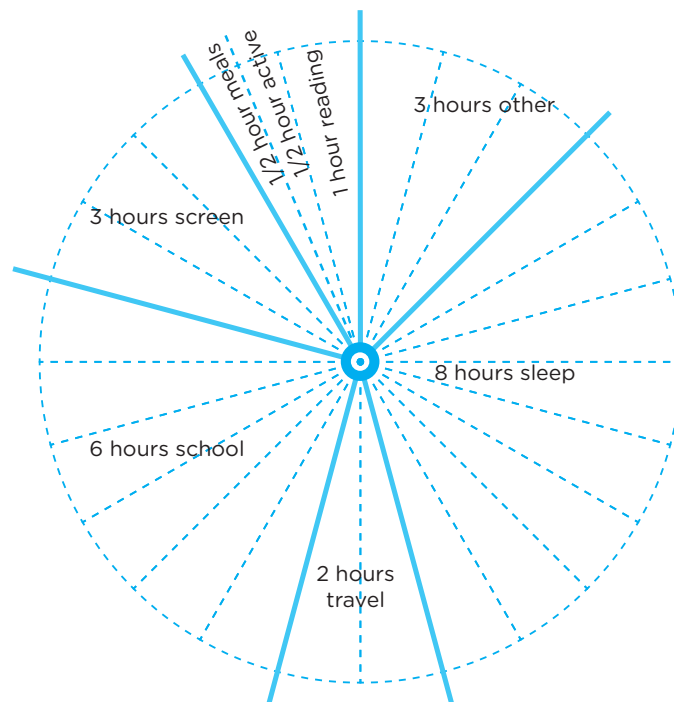
Show Overhead #2, the sample Lifestyle Pie chart that illustrates a healthy lifestyle.

Compare and contrast the lifestyles illustrated on the two overheads.

Assign and record colours for each category in the legend, so it is easy for the class to compare pie charts afterwards.

Ask students to complete their own pie charts. This is an estimate and will involve some guessing. Encourage the students to shade half of a section if they need to represent half an hour. The shading can be along the "slice", or across it, and degree of accuracy will vary by student grade level.

Overhead #1 Sample Lifestyle Pie Chart for Grade 4 Students



Overhead #2 Sample of a Healthy Lifestyle Pie Chart for Grade 4 Students

