

Healthy Habits Book

HEALTH & SAFETY



Book Builder

Overview

Students build a book that explains one healthy habit and why it works, practising evidence-based persuasion.

Steps for Teachers

1. Students choose a habit: sleep, handwashing, moving, eating, screen breaks
2. Students research what the habit actually does inside the body
3. Students find one number worth remembering
4. Students plan pages: what the habit is, what it does, what happens without it, how to start
5. Students write each page for a reader their own age, avoiding scare tactics
6. Students illustrate with photographs of the habit being done, or drawings of what happens inside
7. Students add a final page with a one-week plan a reader could actually follow

Example

A student's handwashing book explains that soap molecules pull apart the fatty shell around many germs, which is why twenty seconds of scrubbing matters more than hot water. The final page is a seven-day chart with the five moments that matter most.

Grading Rubric

Criteria	Excellent	Proficient	Developing
Health Accuracy	Claims are accurate and come from a reliable source	Claims are broadly right but oversimplified	Claims are inaccurate or based on rumour
Persuasion Without Fear	Makes the case with evidence and benefits, not frightening the reader	Mostly positive with a scare-tactic page	Relies on fear or shame
Actionability	The reader is left with something specific they could do tomorrow	Advice is given but stays general	No practical guidance is offered
Book Craft	Text is easy to read, art supports every page, and the layout is consistent throughout	Pages are readable with some crowding or uneven placement	Text overlaps art or is hard to read; layout is inconsistent