Warm-up Activity

Instructions: Take a look at the two posters illustrating and promoting healthy daily activities for Chinese youth. Then consider and compare your own daily activities in the US with those depicted on the posters. What are the similarities and differences in your and the poster activities?

Chinese activities:
- wash face and brush teeth every day;
- wash hands before a meal;
- play with friends outdoors;
- gargle after meal;
- use dental floss and brush teeth after meal;

American activities:
- wash face and brush teeth every day;
- wash hands before a meal;
- play with friends outdoors;

Chinese public health posters can be found at: