



Research writing: Healthy living

Grade 5 Writing Worksheet

Research Prompt: What does it mean to have a healthy lifestyle? Research the various elements that contribute to a balanced and healthy way of living. In your essay, describe the importance of good nutrition and physical activity. Discuss findings or important facts you uncovered during your research.

Perform research and record your notes in the boxes below. Then write an essay to answer the prompt.

Facts	Sources:

Definitions	Sources:

Statistics	Sources:

Quotes	Sources:



