Don't miss today's block of educational broadcast programming on the WGBH and WGBY WORLD CHANNELS, for middle and high school students. We're highlighting meteors, Yellowstone, The Great War, and Luther and the Reformation. See the schedule for programming for the rest of the week. Programming for younger students is available much of the day on WGBH 2, 44, and the 24/7 Kids app.

### Healthy Choices

**Nutrition: What Your Body Needs**

In this self-paced lesson, students develop their literacy skills through a science focus on personal health and the importance of making good food choices. They will read informational text, learn and practice vocabulary words, and explore content through videos and interactive activities. *Grades 6-12*

**How the Body Responds to Exercise**

In this resource from NOVA scienceNOW, learn about the effect of exercise on the body, how the entire cardiovascular system benefits from exercise, and how the body's response to the demands of physical activity is a survival mechanism. *Grades 5-8*

**Making the Case for Health**

Students develop and present an evidence-based argument about a change they would like to bring about at their school to make it a healthier place for all students. In this interactive lesson designed for both full-class and individual or small-group work, students examine a similar effort, chronicled in **BASIC BLACK**: Youth Fighting Fat. *Grades 5-8*

### Webinars

**PBS LearningMedia Jump Start**

Morning and afternoon, 15-minute, jump start webinars you can use to get started with PBS LearningMedia for the first time, or dust off your skills. Daily tips and tricks, with brief content ideas. Two time options TOMORROW, so sign up now.

Join us to explore the world of Molly of Denali, a multi-layered show that blends the educational goals of informational text, cultural representation, social-emotional skills, and subject-related knowledge. In this three part virtual professional learning series for educators and caregivers, we’ll uncover easy and fun ways to use Molly to teach complex concepts like informational text and cultural responsiveness. Sign up for one session, or all three.
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