

Health Components Metaphor

Directions: Choose one of the metaphors below. Write the metaphor on a piece of paper and draw a picture to illustrate the exaggeration of the metaphor. For example, smoking does not literally cause you to cough up your lungs, but your picture should indicate that it does.

1. High fat food is an artery clogger.
2. Smoking cigarettes is coughing up your lungs.
3. Drug use is a trip to jail.
4. Feeling good about yourself is a bright day, full of sunshine.
5. Lashing out in anger is the destruction of those around you.
6. Friends who help you make good choices are guardian angels.
7. Regular exercise is the ticket to a longer, happier life.
8. A normal, healthy diet is CPR, saving you from a failing heart.
9. Honoring your parents is a key to a bright future.
10. Trusting in God is the solution to life's problems.
11. Tobacco is a thief, taking your breath away.
12. Your heart is a marathon runner, fleeing from fast food and tobacco products.
13. Good morals are a reward that you receive each day.
14. Believing in yourself is a dream come true
15. Unhealthy relationships are a painful and dreadful ride down a dangerous road.
16. A diet high in fast food is a heart attack.
17. Fruits and vegetables are your friends
18. Illegal drugs are abusers of teenagers.
19. Regular checkups with your doctor are a road map to a longer life.
20. Your confidence is a slingshot to success in high school and beyond.
21. Illegal drug use is a runaway train without an operator.
22. Participating in risky activities is building your own tombstone.
23. Smoking is a joke.
24. Abstaining from sex until marriage is a shield of protection from a broken heart.
25. Drinking alcohol and driving is playing with fire.
26. Failure to exercise as a teenager is a punch in the face when you become an adult.
27. An unhealthy dating relationship is a confusing puzzle with no solution.
28. Intentionally doing poorly in school is being flushed down the toilet.
29. An alcoholic is a foot stepping on his family.
30. If you don't get enough sleep, you're toast the next day.
31. A healthy breakfast is the engine to start your day.
32. Staying at a healthy weight is a sign of a long life.
33. Growing spiritually is carrying a smile with you all day long.