

# Healthy Classroom Goals (Kinder)



## NUTRITION OBJECTIVES CHECK LIST

Students will be able to:

- ☒ **prepare food** and **taste** a healthy snack.
- ☒ **express ways** they can **be healthy and why.**
- ☒ **identify** classroom goals that will help everyone be healthy.

## MATERIALS AND INGREDIENTS

Bins	Teacher Provides	Will be Delivered
<b><u>Paper Goods Bin</u></b> - 8 pairs of plastic gloves	- colorful markers for filling in healthy goals for classroom on provided poster (blank) - pictures for healthy classroom goals poster (one copy of each) (optional) - napkins*	- Healthy Classroom Goals Poster (blank) - 1 beach ball - shredded carrots (10 oz.) - string cheese* - grapes (1lb.) - pretzels sticks (15 oz.) - raisins/3 small boxes (3 oz.) - large paper plates (non-coated) * - 10 serving containers - Family Letters

\*one per student

## Reinforcing Colorado Comprehensive Health Standards

Kindergarten, Standard 2. Physical and Personal Wellness. 1. Apply knowledge and skills to engage in lifelong healthy eating. 3. Apply knowledge and skills related to health promotion, disease prevention and social well-being.

While INEP nutrition lessons focus on the Colorado Comprehensive Health Standards, you will find you may utilize lessons to reinforce mathematics, physical education, reading, writing & communicating, science & social studies standards for your class.

### SET-UP

#### Copies:

- Copies of pictures to color in and tape on Healthy Classroom Goals poster (one of each).  
**Note:** Another option is to write in or draw classroom goals instead of using pictures from the lesson.

#### Work area:

- Students will work individually at their desks.
- Have nutrition table ready for lesson ingredients and materials.

#### Food-prep:

- Have cheese sticks (one per student) ready to pass out.
- Wash grapes and have along with the pretzels, shredded carrots, and raisins ready to pass out. Use serving containers.
- Have napkins and large paper plates ready to pass out to students.
- Have one plate with each ingredient on it ready for teacher demonstration.

#### Other-prep:

- Review and be prepared to show the YouTube video “Healthy Kids Rock” found at: <https://www.youtube.com/watch?v=2zTib1a6Sq>
- Cut-out and color-in pictures for Healthy Classroom Goals poster (optional).  
**Suggestion:** Instead of using pictures for poster, take pictures of students eating fruits and vegetables, drinking water, washing their hands, and being active, print them off, and tape them on the poster.
- Have beach ball blown up and ready for classroom brain boost.
- Have blank Healthy Classroom Goals Poster, tape, and pictures and/or markers ready for filling in poster.
- Have family letters ready to pass out for students to take home.
- **Note:** The end of this lesson has ideas for teachers to support healthy classroom policies.

### INTRODUCTION WITH STUDENTS



#### Let's Wake Up Our Brains! Brain Boost Exercise!

##### Brain Boost with Beach Ball

- Have students stand up with enough room to move around
- Holding the beach ball; shout out a short exercise...

- Toss ball to a student and have them toss it back to you; shout out another short exercise; toss the ball to another student and have them toss it back; and so on...

### Example Exercises:

- ♥ Hop on one foot (10 times)
- ♥ Hop on the other foot (10 times)
- ♥ Jump-Squat-Jump (10 times)
- ♥ Do Jumping Jacks (10 times)
- ♥ Touch your toes (10 times)

Now that our minds are ready to go, let's get started on our nutrition lesson.

- Show students the "Healthy Kids Rock" YouTube video, found at link below.  
<https://www.youtube.com/watch?v=2zTib1a6Sg>
- Discuss what being healthy means with students.
  - ✓ *Eat fruits and vegetables*
    - Have students act out eating their favorite fruits and vegetables.  
For example: peel a banana and eat it slowly or eat a crunchy carrot.
  - ✓ *Exercise*
    - Have students act out being active.  
For example: jumping up and down.
  - ✓ *Drink Water*
    - Have students act out drinking water.
  - ✓ *Wash your hands*
    - Have students act out washing their hands.
- **Refer to the Key Behavior on the board and tell students that as a class, "Together we can succeed." Tell them that eating healthy foods and being active every day is good for their growing bodies and will help keep them be healthy and strong.**
- Show students "Our Healthy Classroom Goals" poster.
- Show the pictures one at a time and talk about each one. Tape them on the poster.
- Hang up the poster in the classroom for all to see every day.
- Tell students that now they are going to make and eat a healthy snack with fruits and vegetables!

### PROCESS

- Step 1: Have the students wash their hands with soap and warm water.
- Step 2: Go over each of the ingredients for the "Healthy Me" snack.
- Step 3: Demonstrate to students how to make a "Healthy Me" snack by taking the ingredients on the demo plate and creating a person. *Have students be creative and come up with their own ideas.*

#### For example:

- Cheese - body
- Carrots- hair
- Grapes- head and feet (*tear in half*)

- Pretzels- neck, arms and legs
- Raisins- eyes, mouth, buttons

Other ideas:



- Step 4: Pass out ingredients for the “Healthy Me” snack or have students serve themselves family style.
- Step 5: Have students create and eat their own “Healthy Me” snacks.
- Step 6: **Let’s Eat, Let’s Talk.** While students are eating ask them what they learned, by having them explain ways they can follow their healthy classroom goals. Ask and discuss the questions in the box **Make Health Happen!**
- Step 7: *Pass out family letters for students take home to share with their families.*

## Make Health Happen

☒ How do healthy foods help your body?

☒ What do you like to do during recess?

☒ When are some good times to drink water?

☒ When are some good times to wash your hands?

**Cut-Out and Color-In  
Pictures for Healthy Classroom Goals Poster  
(Teacher Only)**

**Lava tus manos**



**Wash Your Hands**

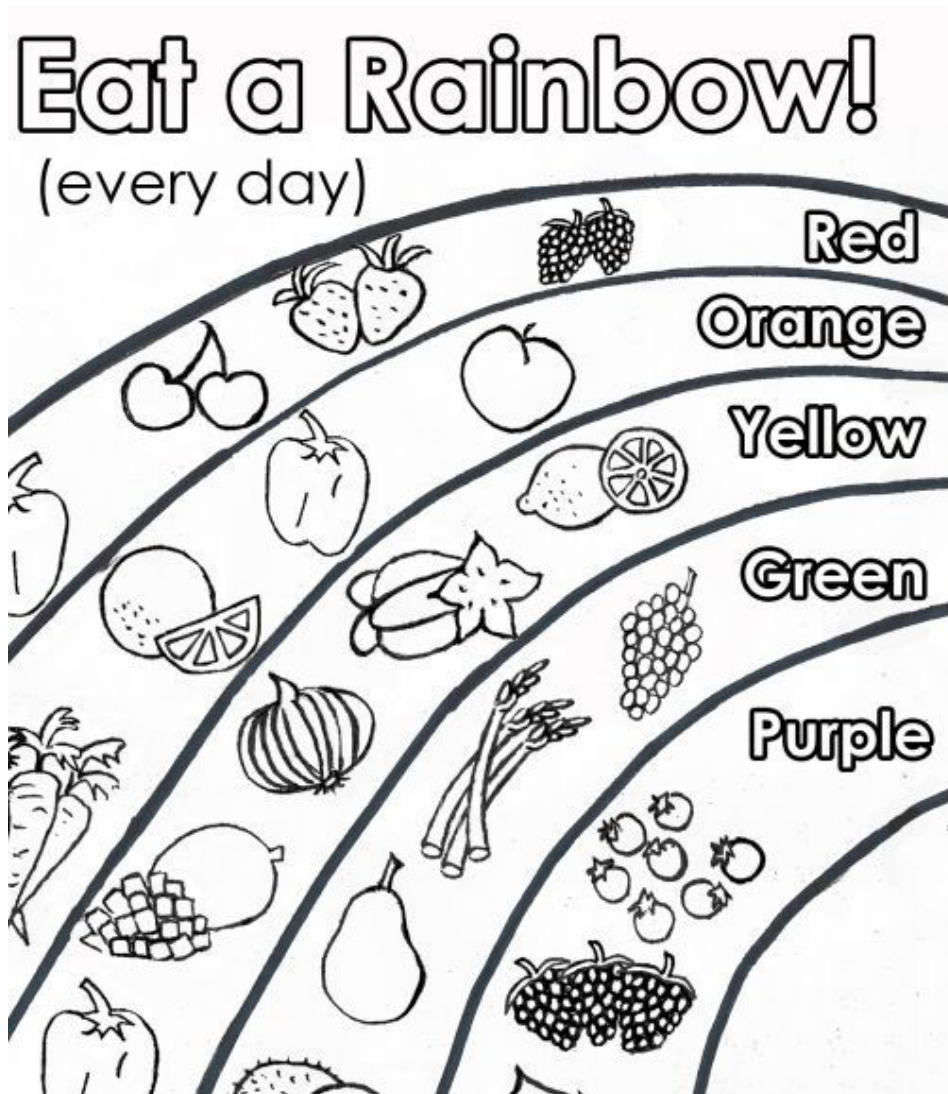
**Corre. Salta. Juega. Todos los días.**





**Drink water when you're thirsty.**  
**Bebe agua cuando tengas sed.**

**¡Come un arco iris todos los días!**





# Family Letter: Healthy Classroom Goals



Dear Families,

Today, your student set goals for the school year. Their goals involve eating nourishing foods, moving their bodies, drinking water, and washing their hands. Check out some ideas below and think about how you could try them at home.

## Eating Environment

- Set a family goal to eat more fruit and vegetables with each meal.
- Make half of your dinner plate fruit and vegetables.
- Have cut-up fruit and vegetables for easy to reach for a snack.
- Reward your students with praise or games together instead of sweets.

## Fun Ways to Get Active

- Set a goal to make exercise a part of your daily family routine. Even 5 minutes counts.
- Limit screen time to 2 hours a day (example: limit TV or computer).
- Try a new exercise each week until you learn what the whole family likes to do for fun.

## Drink Water

- Set a goal to flavor your water with oranges, cucumbers, etc.
- Send your student to school with a reusable water bottle.
- When participating in your favorite activities, drink water. It's the best sports drink.

## Handwashing

- Set a goal to wash your hands for 20 seconds with soap and warm water before eating and cooking, after going to the bathroom, playing outside, and petting animals.
- Sing the "ABC's" together as you wash your hands or make up your own 20 second song.

### Tips for Goal Setting:

Be a role model for your student. When they see you trying to set these goals, they will want to, also. We recognize there are things out of our control like rising food prices and access to fresh produce. When trying to achieve these goals around health, show yourself kindness and compassion. Try to focus on one goal at a time. Use the supporting handout to keep track of your progress.

# Carta Familiar: Hacer Metas



Queridas familias,

Hoy, su estudiante hizo metas para el año escolar. Estas metas incluyen comer alimentos nutritivos, mover sus cuerpos, beber agua y lavarse las manos. Revise las ideas a continuación y piense en cómo lo pudieran hacer en casa.

## Ambiente para comer

- Haga una meta familiar para comer más frutas y verduras con cada comida.
- Llene la mitad de su plato de la cena con frutas y verduras.
- Tenga frutas y verduras cortadas, que sean fáciles de usar como bocadillos.
- Recompense a sus estudiantes con elogios, o jugando juntos en lugar de postres o dulces.

## Formas divertidas de estar activos

- Haga una meta para que el ejercicio sea parte de su rutina familiar diaria. Aún 5 minutos cuentan.
- Limite el tiempo de pantalla a 2 horas al día (ejemplo: limite TV o computadora).
- Prueben un ejercicio nuevo cada semana hasta que aprendan lo que a toda la familia le gusta hacer para divertirse.

## Beban Agua

- Haga una meta de dar sabor a su agua con naranjas, pepinos, etc.
- Mande a su hijo(a) a la escuela con una botella de agua reutilizable.
- Cuando participe en sus actividades favoritas, beba agua. Es la mejor bebida deportiva.

## Lavado de manos

- Haga la meta de lavarse las manos por 20 segundos con jabón y agua tibia antes de comer y cocinar, después de usar el baño, jugar al aire libre y acariciar a los animales.
- Canten el "ABC's" (canción del abecedario) juntos mientras se lavan las manos, o hagan su propia canción que dure 20 segundos.

## Consejos para el cumplimiento de objetivos:

Sea un modelo a seguir para sus estudiantes. Cuando le vean tratando de hacer estas metas, ellos también querrán hacerlo. Sabemos que ocurren cosas fuera de nuestro control como el aumento de precios en los alimentos y el acceso a frutas y vegetales frescos. Cuando esté tratando de lograr estas metas relacionadas con la salud, no sea tan duro con usted mismo(a), trate de enfocarse en una meta a la vez. Utilice el folleto de apoyo a las metas para llevar seguimiento de su progreso.

















# Tracking My Wildly Important Goals

1. Give yourself 1 point for every day you reach your goal.
2. Count up all the points at the end of 4 weeks and celebrate a healthy you!



## My Wildly Important Goals:

- ☐ I will eat fruit every day.
- ☐ I will eat vegetables every day.
- ☐ I will be active for 60 minutes every day.
- ☐ I will drink water instead of sugary drinks every day.

	Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total Points
	Fruits								
	Veggies								
	Water								
	Exercise								
	<b>Week 2</b>								
	Fruits								
	Veggies								
	Water								
	Exercise								
	<b>Week 3</b>								
	Fruits								
	Veggies								
	Water								
	Exercise								
	<b>Week 4</b>								
	Fruits								
	Veggies								
	Water								
	Exercise								
								<b>Total</b>	

Signature \_\_\_\_\_

Congratulations on your work to reach your healthy goals!

















## Dándole seguimiento a mis metas súper importantes

1. Darse un punto (1) por cada día que alcance su meta.
2. ¡Cuenta todos los puntos al final de 4 semanas y celebre su salud!



### Mis metas súper importantes:

- ☐ Comeré fruta todos los días.
- ☐ Comeré vegetales todos los días.
- ☐ Estaré activo durante 60 minutos todos los días.
- ☐ Tomaré agua en lugar de bebidas azucaradas todos los días.

	Semana 1	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo	Total de Puntos semanales
	Frutas								
	Vegetales								
	Agua								
	Ejercicio								
	<b>Semana 2</b>								
	Frutas								
	Vegetales								
	Agua								
	Ejercicio								
	<b>Semana 3</b>								
	Frutas								
	Vegetales								
	Agua								
	Ejercicio								
	<b>semana 4</b>								
	Frutas								
	Vegetales								
	Agua								
	Ejercicio								
								<b>Totales</b>	

Firma \_\_\_\_\_

¡Felicitaciones por su trabajo para alcanzar sus metas de salud!

# Tips for Teachers

Promoting  
Healthy Eating  
&

Physical  
Activity in  
the Classroom



## ALLOW ACCESS TO DRINKING WATER

- Allow students to visit the water fountain throughout the school day and to carry water bottles in class.
  - Send a note to parents that students will be allowed to bring water bottles to your class, though not mandatory. If bottles are filled at home, ask parents to use only plain water.
- Inform school maintenance staff if water fountains are not clean or are not functioning properly.



[Access to drinking water](#) throughout the day gives students a healthy alternative to sugar-sweetened beverages.<sup>1</sup> Staying hydrated may also improve student cognitive function.<sup>2</sup>

## USE STUDENT REWARDS THAT SUPPORT HEALTH

- Do not use food or beverages to reward student achievement or good behavior.
  - Avoid giving students candy or food coupons.
- Use nonfood items, activities and opportunities for physical activity to recognize students for their achievements or good behavior.
  - Offer stickers, books, extra time for recess, or walks with the principal or teacher.



### [Ideas for nonfood rewards](#)



- Do not withhold food, beverages, or physical activity time to discipline for academic performance or poor classroom behavior.



Children are at risk of associating food with emotions and feelings of accomplishment when food is used in the classroom as a reward. This reinforces the practice of eating outside of meal or snack times and encourages students to eat treats even when they are not hungry. This practice may create lifetime habits of rewarding or comforting oneself with unhealthy eating.

<sup>1</sup> Sugar-sweetened beverages are liquids that are sweetened with various forms of sugars that add calories. These beverages include, but are not limited to, soda, fruitades and fruit drinks, and sports and energy drinks. Source: U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2010*. 7<sup>th</sup> Edition, Washington, DC: U.S. Government Printing Office, December 2010.

<sup>2</sup> Centers for Disease Control and Prevention. Water Access in Schools web site. <http://www.cdc.gov/healthyyouth/npao/wateraccess.htm>. Accessed November 21, 2013.



## MAKE CELEBRATIONS AND FUNDRAISERS HEALTHIER

- Encourage parents to provide healthy foods and beverages for birthday and classroom parties if food is served.
  - Send a note to parents suggesting healthier options, such as fruits, vegetables, or whole grain snacks.
- Consider nonfood celebrations such as guest speakers, an extra recess period, or class games.
- Use healthy foods, physical activity events, or nonfood items for fundraising activities.
  - Consider selling items such as produce, wrapping paper, candles, or student artwork.
  - Organize events that engage students, families, and the community.
    - » Basketball or golf tournaments, bicycle rides, walk-a-thons, dance-a-thons, car washes, or auctions are healthy fundraising alternatives.



## CREATE A PHYSICALLY ACTIVE CLASSROOM

- Incorporate movement into academic lessons or add short bursts of activity (5-20 minutes) to regularly planned break times.
  - Read a book aloud while students walk at a moderate pace around the room, and then ask students to identify the verbs or action words in the book by acting them out through physical activity.
  - Take students for a walk indoors or outdoors as part of a science lesson.
- Include content about fitness, movement skills and the importance of physical activity as part of math, science or writing lesson plans.
- Work with the physical education teacher to get ideas, information, and resources to help students stay physically active throughout the school day.



[The Association Between School-Based Physical Activity, Including Physical Education, and Academic Performance](#)



Incorporate physical activity breaks in the classroom to help keep students focused and well-behaved.



[Ideas for classroom physical activity breaks](#)



## MAKE RECESS PART OF EACH SCHOOL DAY

- Schedule at least 20 minutes of recess per day for elementary school students, in addition to their regularly scheduled physical education class.
- Encourage students to play during recess.
  - Provide equipment, such as jump ropes and sports balls.
  - Organize games, such as four-square, active tag, or flag football.
- Provide opportunities for students to be active indoors when the weather is bad or times when outdoor play space is unavailable.

## Do Not Use Physical Activity as Punishment

- Do not punish students by forcing them to participate in or by withholding opportunities for physical activity.
  - Do not punish students by requiring them to run laps or do push-ups.
  - Do not exclude students from physical education class or recess.



Children may have negative feelings toward physical activity if they are forced to participate in physical activity as punishment. Further, withholding students from physical education or recess for bad behavior or poor academic performance deprives them of the health benefits of physical activity and the chance to develop essential physical activity skills. Physical education and recess may even improve students' behavior, attention, and test scores.



## Include Healthy Eating and Physical Activity Topics in Health Education

- Teach students about healthy eating and physical activity recommendations.
  - Encourage students to participate in 60 minutes or more of physical activity every day, consume a healthy diet based on the Dietary Guidelines for Americans,<sup>3</sup> and reduce sedentary screen time (e.g., television, video games, computer usage).
  - Encourage students to identify their own healthy behaviors and set personal goals for improvement.
  - Incorporate health education into other subjects such as math and science.
- Extend healthy lessons outside of school by assigning homework for families to complete together.
- Meet with the school nurse to promote consistent health messages in your classroom. Consider asking the school nurse, or other health services staff, to lead a specific health lesson.



## Watch Out for Student Weight Concerns and Stigma

- Address and intervene on all types of [bullying](#), including weight discrimination and teasing about body shape or size.
- Refer students with signs of eating disorders, binge eating, or other weight concerns to the appropriate school staff such as the school nurse, counselor, psychologist, or school social worker.

3. US Department of Agriculture, US Department of Health and Human Services. Dietary Guidelines for Americans, 2010. 7th ed. Washington, DC: US Government Printing Office; 2010.



## ENCOURAGE STUDENTS TO PARTICIPATE IN SCHOOL PHYSICAL ACTIVITY PROGRAMS

- Support students in participating in intramural sport programs, interscholastic sports, physical activity clubs, or walk-and-bike to school programs.
- Promote school-led physical activity events, such as walk to school days, fun runs, and field days.
- Volunteer to organize or provide adult supervision to before and after school physical activity programs.



[National Center for Safe Routes to School](#)

[CDC's Youth Physical Activity: The Role of Schools](#)



## BE A HEALTHY ROLE MODEL

- Model healthy behaviors to students by being active and consuming healthy foods and beverages.
- Get involved in your school's employee wellness program or consider starting one.
  - School wellness programs can include onsite opportunities for physical activity such as walking clubs, point-of-decision prompts that encourage use of stairwells, increased access to healthy foods, educational activities such as lectures or written materials, skill-building activities, or reward programs.



[School Employee Wellness: A Guide for Protecting the Assets of our Nation's Schools](#)

## BECOME FAMILIAR WITH YOUR SCHOOL'S HEALTH POLICIES

- Read your district's [local wellness policy](#) and understand how the policy affects practices in your classroom.
- Get involved in your school health council or school health team.
  - Suggest that the council or team [assess healthy eating and physical activity policies and practices](#). If there is no school health council or school health team, consider starting one at your school by bringing together a variety of school staff, parents, and community members.



[CDC's School Health Index: Self-Assessment & Planning Guide](#)



[www.cdc.gov/healthyyouth](http://www.cdc.gov/healthyyouth)  
[www.cdc.gov/bam](http://www.cdc.gov/bam)  
**1-800-CDC-INFO**

**Source:** Centers for Disease Control and Prevention. School Health Guidelines to Promote Healthy Eating and Physical Activity. MMWR 2011; 60(5): 1-76. <http://www.cdc.gov/healthyyouth/npao/strategies.htm>. Accessed November 21, 2013.



## **Examples of beneficial rewards for children**

- **Social rewards**

- "Social rewards," which involve attention, praise, or thanks, are often more highly valued by children than a toy or food. Simple gestures like pats on the shoulder, verbal praise (including in front of others), nods, or smiles can mean a lot. These types of social rewards affirm a child's worth as a person.

- **Recognition**

- Trophy, plaque, ribbon, or certificate in recognition of achievement or a sticker with an affirming message (e.g., "Great job")
- Recognizing a child's achievement on the school-wide morning announcements and/or the school's website
- A photo recognition board in a prominent location in the school
- A phone call, email, or letter sent home to parents or guardians commending a child's accomplishment
- A note from the teacher to the student commending his or her achievement

- **Privileges**

- Going first
- Choosing a class activity
- Helping the teacher
- Having an extra few minutes of recess with a friend
- Sitting by friends or in a special seat next to or at the teacher's desk
- "No homework" pass
- Teaching the class
- Playing an educational computer or other game
- Reading to a younger class
- Making deliveries to the office
- Reading the school-wide morning announcements
- Helping in another classroom
- Eating lunch with a teacher or principal
- Listening with a headset to a book on tape or CD
- Going to the library to select a book to read
- Taking a walk with the principal or teacher
- Designing a class or hall bulletin board
- Writing or drawing on the blackboard/whiteboard
- Taking care of the class animal for a day
- Allowing a child to choose an extra recess activity for the class on his/her birthday.

- **Rewards for a class**

- Extra recess
- Eating lunch outdoors
- Going to the lunchroom first
- Reading outdoors, holding class outdoors
- Extra art, music, PE, or reading time
- Listening to music while working

- Dancing to music
- Playing a game or doing a puzzle together
- "Free choice" time at the end of the day
- A song, dance, or performance by the teacher or students
- A book read aloud to the class by the teacher
- A field trip
- **School supplies**
  - Pencils (colored, with logos, or other decorations), pens, erasers, notepads/notebooks, boxes of crayons, stencils, stamps, plastic scissors, bookmarks, highlighters, chalk (e.g., sidewalk chalk), markers, coloring books, rulers, glitter, or pencil sharpeners
- **Sports equipment and athletic gear**
  - Paddleballs, frisbees, water bottles, NERF balls, hula hoop, head and wrist sweat bands, or jump ropes
- **Toys/trinkets**
  - Stickers, yo-yos, rubber balls, finger puppets, stuffed animals, spinning tops, marbles, jacks, playing cards, stretchy animals, plastic or rubber figurines, toy cars, plastic sliding puzzles, slinkies, gliders, magnifying glasses, silly putty, bubbles, balloons, capsules that become sponges when placed in water, inflatable toys, small dolls or action figures
- **Fashion Wear**
  - Temporary tattoos, hair accessories, bracelets, rings, necklaces, sunglasses, eyeglasses with nose disguise, hat, t-shirt, sneaker bumper stickers, shoe laces
- **Miscellaneous**
  - Key chains, flashlights, cups, magnets, crazy straws, backscratchers, a plant or seeds and pot for growing a plant, books
- **A token or point system**, whereby children earn points that accumulate toward a bigger prize. Possible prizes include those listed above and:
  - Gift certificate to a bookstore or sporting goods store, movie pass or rental gift certificate, ticket to sporting event, puzzle, book, stuffed animal, magazine subscription, board game, step counter (pedometer), sports equipment (e.g. tennis racket, baseball glove, soccer ball, or basketball)

Children can be given fake money, tokens, stars, or a chart can be used to keep track of the points they have earned. Points can be exchanged for privileges or prizes when enough are accumulated. A point system also may be used for an entire class to earn a reward. Whenever individual children have done well, points can be added to the entire class's "account." When the class has earned a target number of points, then they receive a group reward.

*For more information, visit [www.cspinet.org/schoolfood/](http://www.cspinet.org/schoolfood/) or contact the Center for Science in the Public Interest at <[nutritionpolicy@cspinet.org](mailto:nutritionpolicy@cspinet.org)>.*