

## Ask Exercise Kid (3<sup>rd</sup> Grade)

### Materials and Ingredients

- ✓ *The Busy Body Book* by Lizzy Rockwell
- ✓ 2 oranges for fruit water
- ✓ seasonal fruits and/or veggies
- ✓ drinking cups and paper plates
- ✓ pitcher, teacher knife, cutting board, bowls
- ✓ activity sheet copies



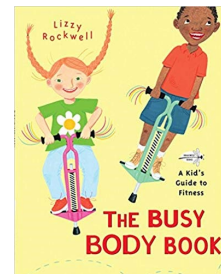
### Food Preparation

- ✓ Wash and slice oranges
- ✓ Squeeze into pitcher of water; add to pitcher, rind and all
- ✓ Wash and cut up fruits and/or veggies



### Introduction

- ✓ Start off with a short brain boost (see next page)
- ✓ Discuss why being active is good for our bodies
- ✓ Read *The Busy Body Book*
- ✓ *Be active for 60 minutes every day, in your own way! Drink water instead of soda and sports drinks.*



### Process

- ✓ Read the "Ask Exercise Kid" letters together
- ✓ Have students "be" Exercise Kids and answer the letters
- ✓ Have students wash their hands
- ✓ Serve the fruit water and fruits or vegetables
- ✓ *Be Active & Drink Water Every Day! Drink fewer sodas & sports drinks.*



### Family Letter

- ✓ Send home the family letter to let parents know about the fun activity students did in class.





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

### **Move Your Body! Let's get our hearts pumping!**

- Tell students that they are going to do a special activity and during the activity they are not to say a single word. Challenge them to listen without talking.
- Have them stand up and find some space that will allow them to move around freely.
- Tell students to think about how their bodies feel as they do this activity.
- Have students follow your actions without talking.
  - ✓ stretch hands up to the ceiling
  - ✓ bend from side to side gently stretching
  - ✓ drop hands down and touch your toes
  - ✓ walk in place (15 seconds)
  - ✓ run in place (3 minutes) until heart rate increases
  - ✓ walk in place to slow down heart rate
  - ✓ stretch again
- Now have students close their eyes. Tell them to listen to your voice and think about how their bodies feel. Ask them these questions. **Important:** Tell them to answer the questions in their minds not out loud.
  - ✓ What is your heart doing?
  - ✓ What is your breath doing?
  - ✓ How does your mind feel?
  - ✓ How does your body feel?

## Ask Exercise Kid

Dear Exercise Kid,

I want to try something new that gets me active, but I'm afraid I won't be good at it. I am interested in basketball and soccer. What should I do?

Sincerely,  
Juan

Dear Exercise Kid,

I want to be more active on the playground during recess. What are some fun and active things I can do with my friends during recess?

Sincerely,  
Shane

Dear Exercise Kid,

My mom wants our whole family to do something active together. I am 9, my brother is 6 and my sister is 13. What can we do together that we will all enjoy and is good exercise? Please help!

Sincerely,  
Sophia

Dear Exercise Kid,

I love to have fun! I am in third grade and my teacher told me that it is good for me to exercise every day. Could you give me some ideas on how to make exercise fun?

Sincerely,  
Linda

## Pregúntele al niño(a) que hace ejercicios

Estimado(a) Niño(a) Activo(a) ,

Quería probar algo nuevo que me mantenga mas activo(a), pero tengo miedo que no me vaya bien en la actividad que elija. Me interesan el básquetbol y el fútbol. ¿Qué debo hacer?

Sinceramente,  
Juan

Estimado(a) Niño(a) Activo(a),

Mis amigos y yo queremos estar más activo(a) en el área de los juegos a la hora del recreo. ¿Cuáles son algunas actividades divertidas que podemos hacer durante el recreo?

Sinceramente,  
Shane

Estimado(a) Niño(a) Activo(a),

Mi mamá quiere que toda la familia haga ejercicios juntos. Tengo 9 años, mi hermano tiene 6 años, y mi hermana 13 años. ¿Qué ejercicios son buenos para que toda la familia se divierta y para estar sanos? ¡Ayúdame por favor!

Sinceramente,  
Sofía

Estimado(a) Niño(a) Activos(a),

¡Me encanta divertirme! Estoy en tercer grado y mi maestra me dijo que es bueno para mí hacer ejercicio todos los días. ¿Podría darme algunas ideas sobre cómo hacer que el ejercicio sea divertido?

Sinceramente,  
Linda

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Dear \_\_\_\_\_,

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Sincerely,

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Exercise Kid

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Estimado(a) \_\_\_\_\_,

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Sinceramente,

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El niño(a) activo(a)

Dear Families,

Today, your student explored the benefits of drinking water. Consider replacing sugar-sweetened beverages or drinks that have added sugar or other sweeteners with water. Some examples of sugar-sweetened beverages include soda, energy drinks, fruit-flavored drinks, and *even juice*. They are not recommended because they often take the place of healthier foods in the diet.



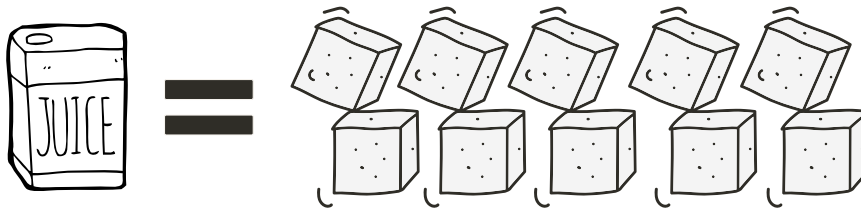
### Be a savvy shopper and reduce your sugar intake:

Use the nutrition label found on the back of your drink to see if or how much sugar was added. As seen in the example of the cranberry grape juice, it has 41 grams of added sugars in one 8-fl oz serving.

What does 41 grams of sugar look like?

*Divide the total added sugars by 4 to see how many teaspoons of sugar was added.*

*For the cranberry grape juice, there are around 10 teaspoons of sugar in one serving.*



4 grams of sugar = 1 teaspoon or 1 sugar cube

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	8 fl oz (254g)
<b>Amount per serving</b>	
<b>Calories</b>	<b>160</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 35mg	2%
<b>Total Carbohydrate</b> 42g	15%
Dietary Fiber 0g	0%
Total Sugars 41g	
Includes 41g Added Sugars	82%
<b>Protein</b> 0g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0mg	0%
Potassium 30mg	0%

**Ingredients:** Cranberry Grape Juice Cocktail (Filtered water, high fructose corn syrup, grape juice, cranberry juice, fumaric acid, ascorbic acid, natural flavors)

Water is always the best option. If you want to add excitement to your water without the sugar, make the recipe below. Try different types of herbs (basil, rosemary) and fruit (citrus peels, raspberries, limes) until you find your favorite flavor!



Scan the QR code to watch how to make the refreshing low-sugar beverage.

### Real Fruit Water

Makes About: 1 pitcher

Total Recipe Cost: \$3.80

#### Ingredients

- 1 pitcher of water or sparkling water
- 1 orange, sliced, remove seeds
- 2 sprigs of mint (optional)

#### Directions

1. Squeeze slices of orange into pitcher with water.
2. Drop orange slices into water, rind and all. Add mint sprigs.
3. Keep in fridge and drink often.
4. Serve and enjoy.

Queridas familias:

Queridas familias:

Hoy, su hijo(a) explore los beneficios de beber agua. Consideren cambiar bebidas endulzadas con azúcar, o bebidas que contienen azúcares agregadas, u otros endulzantes por agua. Algunos ejemplos de bebidas endulzadas con azúcar incluye: refrescos gaseosos (sodas), bebidas energéticas, bebidas con sabor a frutas y incluyendo jugo. Las bebidas azucaradas no son recomendadas porque a menudo toman el lugar de alimentos más saludables en la dieta.

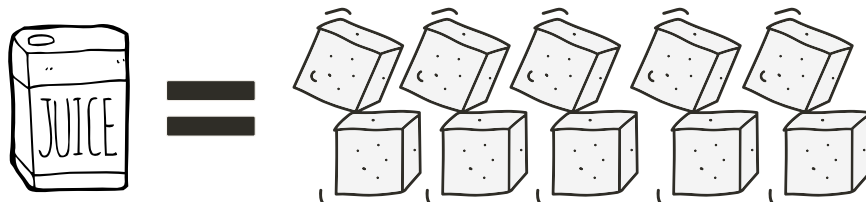


### Sea un comprador inteligente y reduzca su consumo de azúcar:

Use la etiqueta nutricional que se encuentra en la parte de atrás de su bebida para ver si tiene, o cuánto contiene en azúcares agregados. Como se ve en el ejemplo del jugo de uva y arándanos, éste jugo tiene 41 gramos de azúcares agregados en un vaso de 8 onzas (240ml).

¿Cuánto son 41 gramos de azúcar?

Divida el número total de azúcares añadidos entre por 4, para ver cuántas cucharaditas de azúcar se le agregaron a su bebida. Para el jugo de uva y arándanos, hay alrededor de 10 cucharaditas de azúcar en una porción.



4 gramos de azúcar = 1 cucharadita, o un cubo de azúcar

Agua es siempre la mejor opción. Si desea hacer su agua mas interesante, y sin el azúcar, haga la receta a continuación. Pruebe diferentes tipos de hierbas (albahaca, romero) y frutas (cáscaras de cítricos, frambuesas, manzanas, limas) para encontrar la combinación que mas le guste.

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Escanee el código QR para ver cómo hacer esta bebida refrescante y baja en azúcar.

### Agua con frutas

Hace alrededor de: 1 jarra Costo total de la receta: \$3.80

#### Ingredientes

- Una jarra de agua o agua mineral
- 1 naranja, rebanada, quitar semillas
- 2 ramas de menta (opcional)

#### Instrucciones

1. Exprima algunas rebanadas de naranja en la jarra con agua.
2. Coloque las rebanadas de naranja en el agua, con cáscara. Agregue las ramas de menta.
3. Refrigere, y tómelala con frecuencia.
4. Sirva y disfrute.