

Active Bodies (4th/5th Grade)

Lesson Objective

Be Active every day, in your own way!
Drink water every day!

Empower students to be physically active for 60 minutes, drink water and fuel their bodies with nutritious foods, every day.

Materials and Ingredients

- ✓ 2 oranges for fruit water
- ✓ seasonal fruit and/or vegetables
- ✓ drinking cups and paper plates
- ✓ Kitchen Bin- pitcher, teacher knife, cutting board, bowls
- ✓ Google Slides and activity sheets



Food Preparation

- ✓ Infused Fruit Water: Wash and slice oranges, squeeze oranges into pitcher of water; add fruit to pitcher, rind and all, at least an hour before serving to students.
- ✓ Optional: Slice oranges into pieces one per student, add to each cup along with water.
- ✓ Wash and cut up seasonal fruits and/or veggies to serve along with the infused fruit water.

Introduction

- ✓ Start off with a short **brain boost** (choose between the 2 below)
 - [Gobble Gobble Turkey Wobble \(Dance-A-Long\)](#) – Koo Koo Kangaroo
 - [Chair Exercises](#) – PE Bowman
- ✓ **Key Vocabulary**- What is moderate to vigorous physical activity (MVP)?
 - This kind of physical activity is full of energy! We know we are getting this kind of activity when our heart pumps faster than normal, our breathing gets heavy, and we may even start sweating.
- ✓ Discuss why being active is good for our bodies and why moderate to vigorous physical activity is important. (*it makes our heart and muscles strong, it's fun, it keeps us healthy*)
- ✓ How many minutes a day should children be active? (*60 minutes*)
- ✓ What are some of your favorite ways to get active?

Lesson Activity

Compare and Contrast: Resting, Moderate, and Vigorous Activity

1. Before any movement, have students take a deep breath and feel their heartbeat. Ask them to describe what they are feeling.
2. Now have them walk around the room in a circle starting slowly for 1 minute, then complete the same reflection.
3. Next, have them skip around the room for 1 minute.
 - a. How is their heart feeling? How fast are they breathing?
 - b. How easy is it for them to talk?
 - c. Would they call this moderate or vigorous PA?
4. Lastly, have them dance along to the Footloose [video](#) (or run around the room if video is not available).
 - a. After the video, have students check in with themselves again. How is their heart feeling and breathing? How easy is it to talk? Is this moderate or vigorous PA?
5. Each reflection should show their heart rate increasing and breathing heavier.
6. Remind students it is good to get all kinds of movement, fast and slow.

Explain- Students can achieve their daily goal of 60 minutes of moderate to vigorous physical activity by breaking activities into chunks throughout the day. Encourage students that physical activity or PA can be done in many, different ways. Have students explore the ways they like to be active and the benefits of PA.
7. Have students fill in plan for exercising for the week to include both moderate and vigorous physical activity. (attached)

Fueling our Active Bodies

Introduce the seasonal fruit or vegetable and fruit infused water and discuss the importance of fueling our bodies and drinking water instead of sugary drinks like soda and sports drinks.

Different nutrition “fuel” foods help keep us energized for physical activities!

- Carbohydrates provide most of the energy your body needs. Foods from the grains group give long lasting energy. Fruits and vegetables also give your body carbohydrates. Carbohydrates are also found in very sweet, sugary foods like candy and soda. The energy you get from those foods is not long lasting.
- Proteins supply your body with energy, too. They also help build and repair your muscles, skin, brain, blood, bones, and internal organs. Foods with protein include milk, meat, beans, nuts and eggs.
- Fat also provides your body with energy. Fat is in oil, butter, mayonnaise, salad dressing, meat, cheese, milk, seeds, and nuts.

Water! When we are physically active throughout the day, we lose fluids by sweating and using the restroom. Water **MUST** be replaced for our bodies to function at their best. Drink water it's the best drink for our bodies!

Family Letter

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

Reinforcing Colorado State Standards

Comprehensive Health Fourth/Fifth Grade, Standard 2. Physical and Personal Wellness.

1. Apply knowledge and skills to engage in lifelong healthy eating. 2. Describe the connection between food intake and physical health. 3. Apply knowledge and skills related to health promotion, disease prevention, and health maintenance.

Physical Education Fourth/Fifth, Standard 1. Movement competency and understanding.

1. Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

Physical Education Fourth/Fifth, Standard 2. Physical and personal wellness.

3. Demonstrate the knowledge and skills to achieve and maintain a healthy-enhancing level of physical activity and fitness.

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.

BACKGROUND INFORMATION

- **Physical activity** is good for the brain and the body. There are many health benefits to being active. It makes our hearts, lungs, bones, and muscles work harder, and thus make us stronger. Exercise also releases stress, improves sleep, and makes us feel good about ourselves. Plus, being physically active boosts our immune systems. Finally, exercise reduces your risk of many health conditions including cardiovascular disease, type 2 diabetes, metabolic syndrome, depression, and even some cancers.
- The Dietary Guidelines for Americans 2020-2025 recommends that school aged children and adolescents need at least 60 minutes of activity per day including aerobic (**physical activity that increases the heart rate and the body's use of oxygen**) and muscle and bone strengthening activities. Adults should aim for at least 150 to 300 minutes of moderate intensity physical activity (dancing, brisk walking, running) per week and perform muscle strengthening exercises (lifting weights, climbing stairs, sit-ups, push-ups, squats) at least 2 days per week.
- **Sugar-sweetened beverages** are any type of drink that has added sugar. Examples include soda, energy and sports drinks, fruit flavored drinks, and even some juices. These drinks provide extra sugar with little to no nutrients. They are not recommended because they often take the place of more nutritious foods in the diet. Note, energy drinks also contain caffeine and should be off limits for children.
- The American Academy of Pediatrics recommends that children should limit sugar sweetened beverages and rather drink water and milk. 100% fruit juice can be part of a healthy eating pattern; however, it is lower in fiber than whole fruit. When consuming juice, try to make sure it is 100% fruit juice without added sugar. It is recommended that no more than 4 to 6 ounces for children ages 4 through 6, and no more than 8 ounces for children ages 7 through 14.
- Encourage kids to drink water by adding a piece of orange, lemon, or cucumber to their glass.

Moderate or Vigorous – Plan for the Week

Name: _____ Date: _____

List 3 moderate physical activities you would like to do this week.

1. _____

2. _____

3. _____

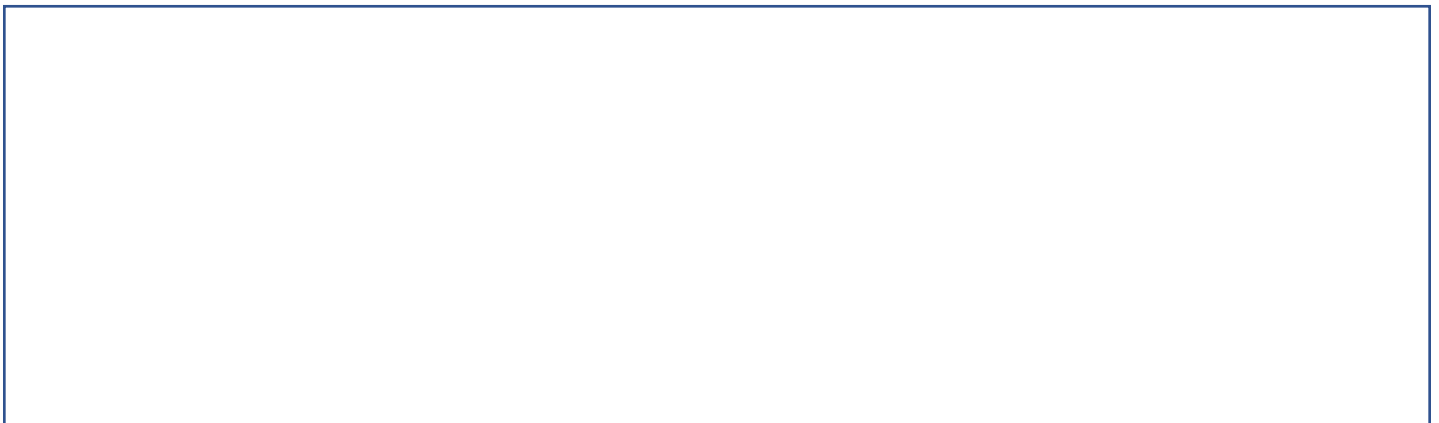
List 3 vigorous physical activities you would like to do this week.

1. _____

2. _____

3. _____

Draw yourself being physically active.

A large empty rectangular box with a blue border, intended for drawing oneself being physically active.

Moderado o vigoroso - Plan para la semana

Nombre: _____ Fecha: _____

Haga una lista de 3 actividades físicas moderadas que le gustaría hacer esta semana.

1. _____

2. _____

3. _____

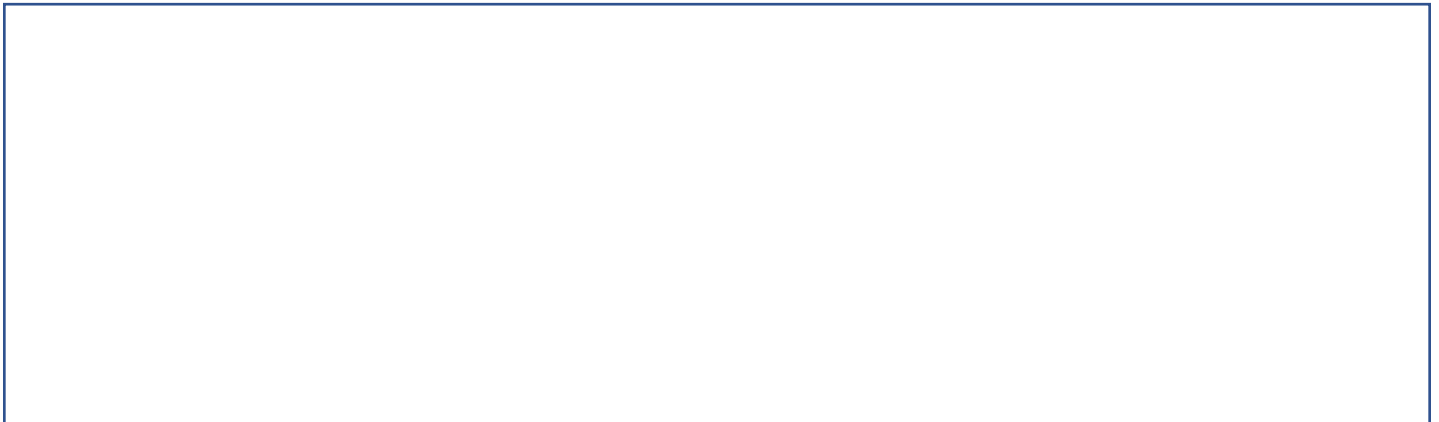
Haga una lista de 3 actividades físicas vigorosas que le gustaría hacer esta semana.

1. _____

2. _____

3. _____

Dibújese a usted siendo físicamente activo.

A large empty rectangular box with a blue border, intended for drawing a person being physically active.

Dear Families,

Today, your student explored the benefits of replacing sugar-sweetened beverages with water. Sugar-sweetened beverages are drinks that have added sugars or other sweeteners. Some examples 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.



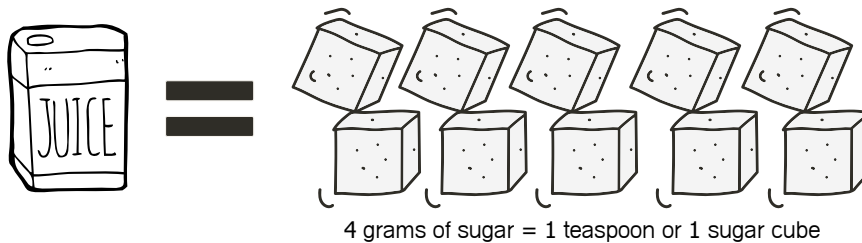
Be a savvy shopper and reduce your sugar intake:

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.



Nutrition Facts

8 servings per container	
Serving size	8 fl oz (254g)
Amount per serving	
Calories	160
<small>% Daily Value*</small>	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	2%
Total Carbohydrate 42g	15%
Dietary Fiber 0g	0%
Total Sugars 41g	
Includes 41g Added Sugars	82%
Protein 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:

Hoy, su hijo(a) exploró los beneficios de cambiar las bebidas azucaradas por agua. Las bebidas azucaradas son bebidas que tienen azúcares añadidos u otros endulzantes. Algunos ejemplos incluyen refrescos gaseosos (sodas), bebidas energéticas, bebidas con sabor a frutas y *también jugo*. Las bebidas azucaradas no son recomendadas porque a menudo toman el lugar de alimentos más saludables en la dieta.

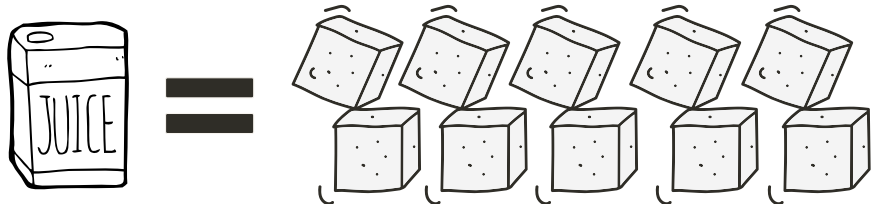


Sea un comprador inteligente y reduzca su consumo de azúcar:

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 añadidos en un vaso de 8 onzas (240ml).

¿Cuánto son 41 gramos de azúcar?

Divida el número total de azúcares añadidos 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

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

Agua es siempre la mejor opción. Si desea agregar emoción a su agua 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.



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

Agua de frutas

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

Ingredientes

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

Instrucciones

1. Exprima las 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.

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.



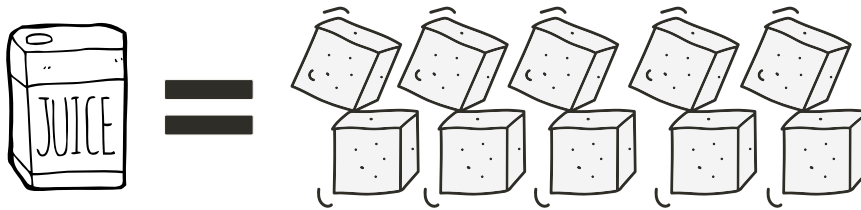
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4 grams of sugar = 1 teaspoon or 1 sugar cube

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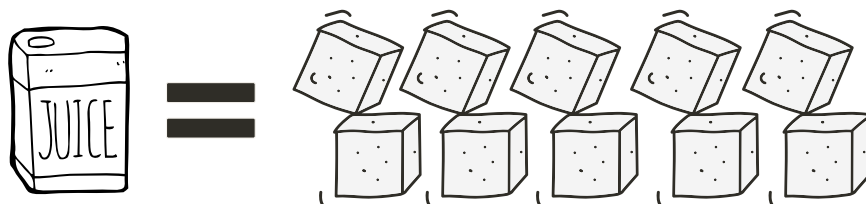


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Agua con frutas

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Ingredientes

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

Instrucciones

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2. Coloque las rebanadas de naranja en el agua, con cáscara. Agregue las ramas de menta.
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