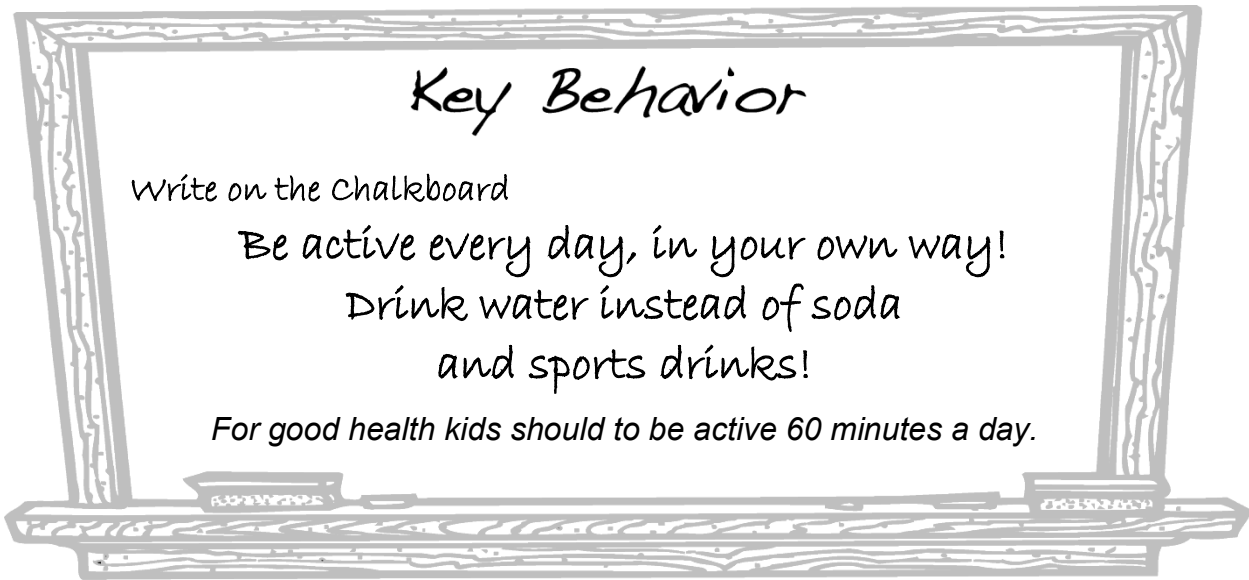


Ask Exercise Kid (3rd Grade)



NUTRITION OBJECTIVES CHECK LIST

Students will be able to:

- Students **perform** an exercise activity.
- Students **express ways** they can **eat well and be active every day.**
- Students **explain** the **health benefits** of eating well and being active.
- Students **identify** those fruits and vegetables fit in the food groups of MyPlate and are healthy.

MATERIALS AND INGREDIENTS

Bins	Teacher Provides	Will be Delivered
<p><u>In Kitchen Bin</u></p> <ul style="list-style-type: none"> - cutting board (teacher only) - chef knife (teacher only) - bowls - pitcher <p><u>In Paper Goods Bin</u></p> <ul style="list-style-type: none"> - plastic spoons or forks* (if needed) - small paper plates* (if needed) 	<ul style="list-style-type: none"> - family letter/recipe copies* - letters to Exercise Kid copies* - blank letter* - napkins* 	<ul style="list-style-type: none"> - book: "The Busy Body Book" by Lizzy Rockwell - 2 oranges - Seasonal fruits and/or vegetables - 5 oz. drinking cups*

*one per student

SET-UP

Copies:

- Make copies of the “Letters to Exercise Kid” (each student) or plan to show on overhead, blank letter (each student), and recipe (each student).

Work area:

- Students will work individually at their desks.
- For brain boost, have some space that allows students to move around freely.
- Have nutrition table ready for lesson ingredients and materials.

Food-prep:

- Wash and slice oranges (one per student). Put orange slices in water cups for students. Fill pitcher with water. **Tip:** To save time slice oranges into 4 pieces and squeeze them directly into the pitcher. Add slices to pitcher, rind and all.
- Wash seasonal fruit or vegetables for snack. Cut and divide the food into an appropriate number of pieces for the class.
- Have drinking cups and small paper plates ready to pass out to each student.

Other prep:

- Have the book “The Busy Body Book” ready to read to the class.
- Have sample letter from Exercise Kid ready to show the class.

INTRODUCTION WITH STUDENTS



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

- 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?

- Encourage students to think about how exercise makes them feel refreshed, awake and energized. **Important:** Some kids may say that exercise makes them feel tired. This is true, exercise does make us feel tired but after we catch our breath it usually makes us feel energized.
- Have students open their eyes. Ask them the same questions and write their answers on the board.
- Tell students exercise is very good and important for our bodies. It makes our hearts, lungs, bones, and muscles work harder, which makes us stronger. It is good for our brains. It also makes our bodies feel good and its fun!
- Ask students, “What do you like to do that gets you active?”
- **Refer to Key Behavior on the board and tell students that they need to be active for at least 60 minutes every day for their health.**
- Read the book “The Busy Body Book” to the class. Discuss the different ways exercise helps our bodies.
- Tell students that today they are going to be Exercise Kids and they will help another child become more active by giving advice to him/her on how to do it.

PROCESS

- Step 1: Explain that Exercise Kid is an expert on being physically active.
- Step 2: Pass out the “Ask Exercise Kid” letters to students or show on overhead device. Read the different letters to Exercise Kid together. Remind students that they are all Exercise Kids and that they will need to choose and answer one of the letters as Exercise Kid would.
- Step 3: Discuss the problems that are presented in each letter. Help students to make connections between their lives and each individual’s situation.
- Step 4: Brainstorm ideas for solutions or advice. Discuss what good advice is. Remind students that people have different ways of looking at things and when giving advice its helpful to try and “put yourself in the other person’s shoes.” **Look at teacher sample letter for ideas.**
- Step 5: Have students write and share their letters with the class.
- Step 6: Have students wash their hands with soap and warm water.
- Step 7: Ask students what they drink when they exercise. Some may say sports and energy drinks or juice. Tell students that water is the best thing to drink.
- Step 8: Explain that when we exercise we need to drink water because we get warm and sweaty and lose water from our bodies. **Drinking water with fresh fruit in it gives it a sweet taste and is a great choice. Sports drinks, juice and soda are full of sugar. Remember soda, juice and sports drinks are not every day drinks, but water is!**
- Step 9: Show students the fruit water and explain that adding a flavor of fruit can make water delicious! Pour water into cups. Pass out orange water, napkins, fruits and/or vegetables to students.

Step 10: **Let's Eat, Let's Talk.** While students are eating ask them what they learned by having them explain why it is important to exercise every day. Help students understand it is up to them to get active 60 minutes every day. Ask and discuss the questions in **Make Health Happen.**

Step 11: **Pass out the "Real Fruit Water" recipe and have students take it home to share with their families.**

Make Health Happen

- What have you done today that is active?
- What should you drink after exercising, why?
- How will you make sure to get active for at least 60 minutes a day? Set a goal!

REINFORCING STANDARDS

Physical Activity

- **GR.3-S.2-GLE.1** Identify the benefits of sustained physical activity that causes increased heart rate and heavy breathing.
- **GR.3-S.2-GLE.2** Understand that the body is composed of water, muscle, bones, organs, fat, and other tissues.

Comprehensive Health

- **GR.3-S.2-GLE.1** Demonstrate the ability to make and communicate appropriate food choices.

Reading, Writing and Communicating

- **GR.3-S.1-GLE.1** Oral communication is used both informally and formally.
- **GR.3-S.1-GLE.2** Successful group activities need the cooperation of everyone.
- **GR.3-S.2-GLE.2** Comprehension strategies are necessary when reading informational or persuasive text.
- **GR.3-S.2-GLE.3** Increasing word understanding, word use, and word relationships increases vocabulary.
- **GR.3-S.3-GLE.1** A writing process is used to plan, draft, and write a variety of literary genres.

- **GR.3- S.3-GLE.3** Appropriate spelling, capitalization, grammar, and punctuation are used and applied when writing.
- **GR.3-S.4-GLE.2** Inferences and points of view exist.

BACKGROUND INFORMATION

- Studies have been shown that adults as well as children in the United States are increasingly leading sedentary lifestyles. There are health risks associated with a sedentary lifestyle. Lack of exercise can lead to problems such as obesity and cardiovascular diseases.
- Exercise is vital to all human beings. The benefits of being physically active are many. Exercise makes us healthier. It makes our hearts, lungs, bones, and muscles work harder, and thus make us stronger. Exercise releases tensions and makes us feel good about ourselves. Being physically active boosts our immune systems, and keeps us from getting sick.
- It is very important for kids to understand that they need to do physical activities that are strenuous enough to make their hearts beat faster. Encourage your students to play hard on the playground at recess and at P.E.
- Being aware of what beverages children drink is also important. Soda, energy and sports drinks, some juices and other sugar-sweetened drinks provide a lot of extra and unnecessary calories without the essential nutrients. Energy drinks contain caffeine and should be off limits for children.
- The American Academy of Pediatrics recommends that children drink water and low-fat milk. 100% fruit juice can be part of a healthy eating pattern. However, it is lower in fiber than whole fruit and when consumed in excess can add extra calories. When consuming juice, make sure it is 100% fruit juice without added sugar and limit to $\frac{1}{2}$ - $\frac{3}{4}$ cup (4-6 oz) per day.
- Encourage kids to drink water by adding a piece of orange, lemon or cucumber to their glass. Unsweetened fruit iced tea is another flavorful drink choice.

Dear Family,

Today I learned about my heart and that being active every day for 60 minutes keeps my heart healthy. Running outside, playing on the playground and chasing the dog are all fun ways to be active. Let's think of a fun way to be active together. How about having a dance party while we clean up after dinner?

Parent Tip: Being active and drinking water go together. Limit drinks with added sugar, such as soda pop, sports drinks, juice and other sugary drinks. Good choices today can improve your overall wellness and prevent illness and disease later in life.

Real Fruit Water

Makes: 1 pitcher
Total Cost: \$1.29
Serving Cost: \$0.16



Ingredients

- 1 pitcher of water or sparkling water
- 3 slices of orange or lemon
- 2 sprigs of mint (optional)

Directions

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

Did you know that kids drink a lot of sugar?

100% orange juice (8 oz.) – 23 grams sugar
100% apple juice (8 oz.) – 26 grams sugar
soda pop (8 oz.) – 26 grams sugar
sports drinks (8 oz.) – 14 grams sugar

Kids should limit added sugar to 25-30 grams per day, for example soda and sports drinks have added sugar!

100% fruit juice can be part of a healthy diet, but limit juice to ½ to ¾ cup (4-6 oz.) per day.

Water Facts

- ❖ 85% of a child's body weight is water.
- ❖ The water we drink today could have the same molecules that the dinosaurs drank!
- ❖ There has always been the same amount of water on Earth.

**Be active every day in your own way!
Drink water instead of sugary drinks!**

Querida familia,

Hoy aprendí sobre mi corazón y que el estar activo durante 60 minutos todos los días mantiene mi corazón sano. Correr afuera, jugar en el parque y perseguir al perro son maneras divertidas para estar activo. Pensemos en una forma divertida para estar activos juntos. ¿Qué tal tener una fiesta y bailar mientras limpiamos después de la cena?

Consejo para padres: La actividad física y beber agua van de la mano. Limite las bebidas con azúcar agregada tales como refrescos, bebidas deportivas, jugos y otras bebidas azucaradas. Tomar buenas decisiones de hoy puede mejorar su bienestar general y prevenir enfermedades más adelante en la vida.

Agua de Fruta Verdadera

Rinde: 1 jarra

Costo Total: \$1.29

Costo por Porción: \$0.16



Ingredientes

- 1 jarra de agua o agua mineral
- 3 rodajas de naranjas
- 2 ramitas de menta (opcional)

Instrucciones

1. Exprimir las rodajas de naranja en una jarra.
2. Colocar las rodajas de naranja o limón en el agua, con cáscara y todo.
3. Añadir ramitas de menta.
4. Guardar en la nevera y beber a menudo.
5. ¡Servir y disfrutar!

¿Sabías que los niños beben una gran cantidad de azúcar?

100% jugo de naranja (1 taza) – 23 gramos de azúcar

100% jugo de manzana (1 taza)- 26 gramos de azúcar

Refresco (1 taza) 26 gramos de azúcar

¡Los niños deben limitar el azúcar añadido de 25 a 30 gramos por día, por ejemplo refrescos y bebidas deportivas han añadido azúcar!

100% jugo de fruta puede ser parte de una dieta saludable, pero limite el jugo de ½ a ¾ de taza (4 a 6 oz.) por día.

Datos sobre el agua

- ❖ 85% del peso corporal de un niño es agua.
- ❖ ¡El agua que tomamos hoy podría tener las mismas moléculas que los dinosaurios bebieron!
- ❖ Siempre habido la misma cantidad de agua en la tierra.

**¡Manténgase activo todos los días de la manera que prefiera!
¡Beba agua en lugar de bebidas azucaradas!**

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

Response Example
(Teacher Only)

Dear Juan,

Thank you for your letter. I think it is great that you are interested in playing basketball and soccer. They are fun sports. Why don't you try asking a trusted adult if they could help you find a soccer or basketball team in your neighborhood that you could join?

It can be scary to try something new at first but after a little practice you will get better, feel better and be healthy!

Sincerely,

Exercise Kid

