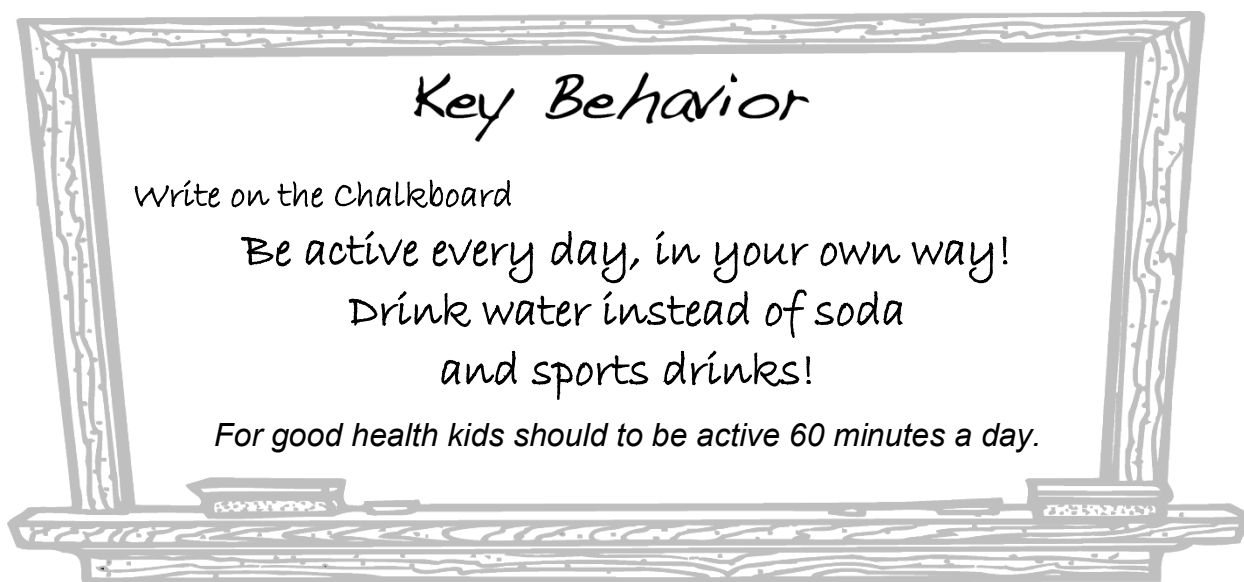


Ask Exercise Kid (3rd Grade)



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
<u>In Kitchen Bin</u> <ul style="list-style-type: none"> - cutting board (teacher only) - chef knife (teacher only) - bowls - pitcher <u>In Paper Goods Bin</u> <ul style="list-style-type: none"> - plastic spoons or forks* (if needed) - small paper plates* (if needed) 	<ul style="list-style-type: none"> - 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* - family letter/recipe copies*

*one per student

Reinforcing Colorado Comprehensive Health & Physical Education Standards

Comprehensive Health Third Grade, Standard 2. Physical and Personal Wellness.

1. Apply knowledge and skills to engage in lifelong healthy eating.

Physical Education Third Grade, 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 Third Grade, Standard 2. Physical and personal wellness. 4. Participate and understand the benefits of regular physical activity.

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:

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

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.

Dear _____,

Sincerely,

Exercise Kid

Estimado(a) _____,

Sinceramente,

El niño(a) activo(a)

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

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

Family Letter: Rethink your drink

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.



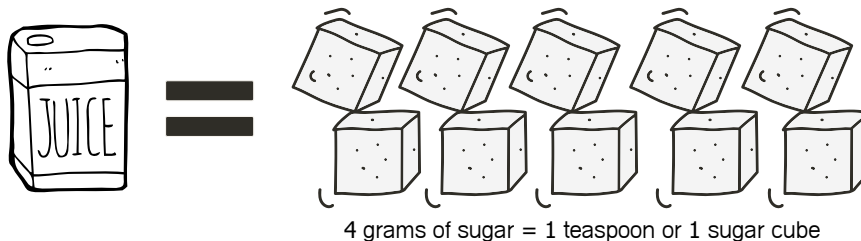
Be a savvy shopper and reduce your sugar intake:

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
% Daily Value*	
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.

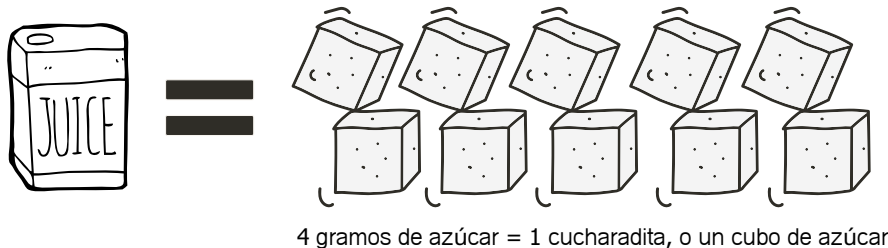


Sea un comprador inteligente y reduzca su consumo de azúcar:

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.



Nutrition Facts

8 servings per container	
Serving size	8 fl oz (254g)
Amount per serving	
Calories	160
% Daily Value*	
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)

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.