

## Exercise Zoo (Kindergarten)



### PHYSICAL ACTIVITY OBJECTIVES CHECK LIST

Students will be able to:

- ✓ **perform** different movements that get them active.
- ✓ **express ways** they can set goals to **be active every day**.
- ✓ **explain** the **health benefits** of being active, drinking water and eating healthy.
- ✓ **identify** that fruits and vegetables fit in the food groups of MyPlate and are healthy.

### MATERIALS AND INGREDIENTS

Bins	Teacher Provides	Will be Delivered
<b><u>In Kitchen Bin</u></b> <ul style="list-style-type: none"> <li>- pitcher</li> <li>- chef knife (teacher only)</li> <li>- cutting board</li> <li>- bowls</li> </ul>	<ul style="list-style-type: none"> <li>- activity sheet copies*</li> <li>- drawing materials (e.g. markers, crayons, colored pencils)</li> <li>- water</li> <li>- napkins*</li> </ul>	<ul style="list-style-type: none"> <li>- book: "From Head to Toe" by Eric Carle</li> <li>- 2 oranges</li> <li>- seasonal fruits and/or vegetables</li> <li>- 5 oz. drinking cups*</li> <li>- family letter/recipe copies*</li> </ul>
<b><u>In Paper Goods Bin</u></b> <ul style="list-style-type: none"> <li>- paper plates* (if needed)</li> <li>- forks or spoons* (if needed)</li> </ul>		

\*one per student

## Reinforcing Colorado Comprehensive Health & Physical Education Standards

Comprehensive Health Kindergarten, Standard 2. Physical and Personal Wellness.

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

Comprehensive Health Kindergarten, Standard 2. Physical and Personal Wellness.

3. Apply knowledge and skills related to health promotion, disease prevention and health maintenance.

Physical Education Kindergarten, 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 Kindergarten, 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 activity sheet (each student).

#### Work area:

- Students will work individually at their own desk.
- Have some space that allows students to move around freely.

#### Food-prep:

- Wash and slice oranges (one slice per student). Put orange slices in water cups for students. Use pitcher to fill each cup with water. **Tip:** To save time slice oranges into large 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 book "From Head to Toe" by Eric Carle ready to read.
- Have activity sheets and drawing materials of your choice ready to pass out.

### INTRODUCTION WITH STUDENTS

**Let's Wake Up Our Brains! Brain Boost Exercise!**  
**Move Your Body! Let's get our hearts pumping!**



- ♥ Jog in place. (30 seconds)
- ♥ Jump in place. (30 seconds)
- ♥ Squat up and down. (30 seconds)
- ♥ High knees in place. (30 seconds)

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

- Ask students to tell you what they know about exercise and why it is important for our bodies. (It makes our hearts, lungs, bones, and muscles work harder, which makes us stronger. It also makes our bodies feel good and its fun!)
- **Refer to key behavior on board and tell students to be active every day! Can you, do it? Yes, you can!**
- Ask students what their favorite physical activities are. Remind them that anything that gets their bodies moving is a physical activity. **Note:** Students don't always realize that running outside and playing on the playground or chasing the family dog is also exercise.
- Go over all the different movements that students usually do, such as playing sports, swimming, biking, catch, tag, swinging on the monkey bars, etc.
- Ask students why they like to exercise. If students say, "Because it's fun" tell them that exercise IS fun, and they are on the right track!
- Have the students stand up and find some space that will allow them to move around freely. Make sure if they swing their arms, they will not hit their neighbors.
- Read the book "From Head to Toe".
- As you read the book have the students move like the animals.
- Ask students if they think animals exercise like we do. Explain that they are going to make pictures using animals that encourage people to be more active.
- Have students imagine themselves as animals. Have them choose their favorite exercise, and then pick an animal that has a similar movement.

- ✓ Running -cheetah, dog, horse
- ✓ Climbing-monkey, cat, lizard
- ✓ Jumping-frog, rabbit, kangaroo

**Tip:** Suggest that each student choose a different animal so that there will be a variety of animals in the zoo.

- Tell students that after they match themselves with an animal, and a movement, they are going to make pictures to show their animals exercising.

## PROCESS

- Step 1: Pass out the activity sheet and drawing materials to students.
- Step 2: Write *I can \_\_\_\_\_ like a \_\_\_\_\_* on the board. Write *action word* underneath the first blank and *an animal* underneath the last blank. Have students help you fill in the blanks with different animals and their action.
- Step 3: Have students create their own pictures and fill in the blanks at the bottom of the page on their activity sheets.
- Step 4: Have students share their pictures with their classmates, demonstrate the movements and practice the movements together. Remind students that being physically active is very important for their health.
- Step 5: Have students wash their hands with soap and warm water. Pour water into cups. Pass out orange water, napkins, fruits and/or vegetables to students.

- Step 6: 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 and soda are full of sugar. Remember soda pop and sports drinks are not every day drinks, but water is!**
- Step 7: Tell students that our energy comes from foods we eat. Ask students where the fruits and vegetables fit in MyPlate. Tell them our bodies get energy from eating fruits and vegetables and we need to eat them every day.
- Step 8: **Let's Eat, Let's Talk.** While students are eating ask them what they learned today by having them explain why it is important to be active every day. Help them personalize ways they can exercise every day by setting an exercise goal! Ask and discuss the questions in the box **Make Health Happen.**
- Step 9: Pass out the recipe for "Real Fruit Water" and have students take home to share with their families.

## Make Health Happen

☒ How do you feel when you exercise?

☒ Tell me how you plan to be active today.

☒ Set a goal to be active every day; tell me how you plan to be active every day this week.

## 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.

## Exercise Zoo



Name: \_\_\_\_\_ Date: \_\_\_\_\_

Draw a picture of you and your favorite animal exercising.

I can \_\_\_\_\_ like a \_\_\_\_\_.

## Zoológico de ejercicio



Nombre: \_\_\_\_\_ Fecha: \_\_\_\_\_

Dibuja una foto de ti y tu animal favorito haciendo ejercicio.

Yo puedo \_\_\_\_\_ como un \_\_\_\_\_.

# Family Letter: Rethink your drink



**Tip:** If water gets a little boring, bring excitement to your drink by adding your favorite fruit, vegetables, and herbs to your cup. Find one recipe below.

Dear Families,

Today, your student explored the many benefits of drinking water. They examined how water helps the body in many ways such as removing waste and helping your bones and joints.

Water is vital for life. Humans can't live without it! As the adult, you can help encourage your student to choose water by:

- Setting a goal together to replace one sugar-sweetened drink a day with water.
- Being a role model for your student. Try to drink more water and replace drinks with added sugars with water or real fruit water (recipe below).
- Eating it! Hydrate by eating fruits and vegetables that contain over 90% of water. Examples include cucumbers, apricots, and blueberries.



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

## 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.

*Try different types of herbs (basil, rosemary) and fruit (citrus peels, raspberries, apples, limes) to find out what combination you like best.*



Scan this code with your phone's camera and fill out the T2LH form.

## Text2LiveHealthy

Find more tips on how to increase your water intake as well as other ideas that promote health for the whole family by signing up for Text2LiveHealthy! Text2LiveHealthy is the School Wellness Program's texting service that sends texts two to three times a week. Texts include recipes, local events, and physical activity ideas.

Message & Data Rates May Apply. Text HELP for information. Text STOP to 97699 to opt out. No purchase necessary. For Privacy Policy and Terms and Conditions, visit: <https://coloradosph.cuanschutz.edu/text2livehealthy>



**Idea:** Si el agua se vuelve un poco aburrida, haga su bebida más interesante agregando sus frutas, verduras y hierbas favoritas a su vaso. Encuentre una receta a más adelante.

Queridas familias:

Hoy, su hijo(a) exploró los beneficios de beber agua. Estudiaron como el agua ayuda al cuerpo de muchas maneras, como eliminar desechos y ayudar a los huesos y las articulaciones.

El agua es vital para la vida. ¡Los seres humanos no pueden vivir sin ella! Usted como adulto, puede ayudar a animar a su hijo(a) a elegir el agua por medio de:

- Establecer una meta juntos para cambiar una bebida azucarada al día por agua.
- Ser un modelo a seguir para su hijo(a). Trate de beber más agua y cambie las bebidas con azúcares añadidos por agua, o agua de fruta real (receta a continuación).
- Comer agua! Hidratarse comiendo frutas y verduras que contienen más del 90% de agua. Ejemplos incluyen pepinos, chabacanos y moras azúles.



Escanée 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 tómela con frecuencia.
4. Sirva y disfrute.

*Pruebe diferentes tipos de hierbas (albahaca, romero) y frutas (cáscaras de cítricos, frambuesas, manzanas, limas) para encontrar la combinación que mas le guste.*

### Text2LiveHealthy



Escanée este código con la cámara de su teléfono y conteste las preguntas.

¡Encuentre más consejos sobre cómo aumentar la cantidad de agua que toma al día, así como otras ideas que promueven la salud para toda la familia al inscribirse al programa de Text2LiveHealthy! Text2LiveHealthy es el servicio de mensajes de texto del Programa de Bienestar Escolar que envía mensajes de texto de dos a tres veces por semana. Los textos incluyen recetas, eventos locales e ideas para actividad física.

Se pudiera aplicar una tarifa a los mensajes y datos. Envíe por mensaje de texto la palabra AYUDA para más información, y la palabra PARAR al 97699 para dejar de recibir mensajes. No es necesario comprar algo para registrarse. Para Política de Privacidad, Términos y Condiciones, visite (sitio solo disponible en Inglés): <https://coloradosph.cuanschutz.edu/text2livehealthy>