

Goal Setting for Health (3rd-5th Grade)

This lesson is for 3rd-5th grade. Teachers, please adapt for your students' grade level.



NUTRITION OBJECTIVES CHECK LIST

Students will be able to:

- prepare food** and **taste** a healthy snack.
- express ways** they can **set and reach individual health goals**.
- explain** the **health benefits** of having a health goal to reach.
- identify** behaviors that are healthy.

MATERIALS AND INGREDIENTS

Bins	Teacher Provides	Will be Delivered
<u>Paper Goods Bin</u> - small paper plates* - plastic spoons/forks for serving.	- goals check-list copies - activity sheet copies* - markers and/or crayons - napkins*	- card stock paper* - 2 cans pineapple chunks (20 oz.) - 8 cheese sticks - 2 large green bell peppers - 8 serving containers - kabob sticks* - family letter copies* - goal tracking sheet copies*

*one per student

Reinforcing Colorado Comprehensive Health Standards

3rd-5th Grade, Standard 2. Physical and Personal Wellness. 1.Apply knowledge and skills to engage in lifelong healthy eating.

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:

- Optional: Goal check list. Plan to do as a class or pass out to each student.

Work area:

- Students will work individually at their desk.
- Have some space that allows students to move around freely.
- Have nutrition table ready to set up 2 healthy kabob snack stations.

Food-prep:

- Wash and cut up green peppers. Cut up so each student can put 2-3 pieces of green peppers on their kabob. Divide into 2 serving containers.
- Open and drain cans of pineapple chunks. Divide into 2 serving containers.
- Remove plastic from cheese sticks and cut into pieces so there is enough for each student to have 1 -2 pieces. Divide into 2 serving containers.
- Make a demonstration plate to show students how to make a kabob snack.
- Have kabob sticks, paper plates and napkins ready at the snack stations.

Other-prep:

- Review and be prepared to show the videos "*Healthy Eating*" or "*What do humans need to stay healthy*" found at <https://www.youtube.com/watch?v=kteZneJm1EI> and <https://www.youtube.com/watch?v=UxnEuj1c0sw>
- Have cardstock paper ready to pass out to students with markers and/or crayons.
- Have activity sheets, family letters and goal tracking sheets ready to pass out.

INTRODUCTION WITH STUDENTS



Let's Set a Goal for our Brain Boost Exercise!

Have students set a classroom exercise goal for their brain boost today. Write the goal on the board and see if you all can reach it together! (see examples below)

- If you can't reach it the first time, have the class adjust it so it is reachable, or if it was too easy to reach have the class adjust it to make it more challenging.

Brain Boost Classroom Goal Setting (Examples):

- ♥ Do 100 jumping jacks in 2 minutes.
- ♥ Hop on one foot 10 times, then the next 10 times, and repeat 10 times.
- ♥ Jump up as high as you can 50 times.

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

- Show students one of the videos found at the links below.
<https://www.youtube.com/watch?v=UxnEuj1c0sw> “What Do Humans Need to Stay Healthy”
<https://www.youtube.com/watch?v=kteZneJm1EI> “Healthy Eating”
- Discuss the different things that can kids do to be healthy and why it is important to be healthy.
- If your “Healthy Classroom Goals” poster is up in the classroom, refer to the goals you set at the beginning of the school year. Discuss the ways your class was successful with goals and what some of the challenges were in reaching them.
- ✓ Eat fruits and vegetables
 - Fruits and veggies are full of vitamins and minerals that our bodies need to grow.
- ✓ Be Active
 - Being active keeps our brains, hearts and muscles strong and healthy.
- ✓ Drink water, instead of sugary drinks
 - Water is the best drink when we are thirsty; sugary drinks are full of sugar and not everyday drinks.
- **Refer to the Key Behavior on the board and tell students that, “setting a personal goal to eat healthy foods and be active every day is good for their growing bodies and will help keep them healthy and strong.**
- Tell students that setting Wildly Important Goals for health can help us remember to be healthy every day. Today we are going to work on setting healthy goals for ourselves.
- Go over goals check list with students. Pass out or do as a whole class.

PROCESS

Step 1: Do the following goal setting activities with the class.

Fruit and Vegetable Goal Setting Activity with Sample Lunch Menu

- Ask students if they eat fruits and vegetables in the lunchroom or bring fruits and vegetables in their lunches from home.
- Discuss with students the importance of choosing fruits and vegetables in the lunchroom and at home.
- Pass out the “WIG” (*Wildly Important Goals*) activity sheet.
- Go over directions as a class. Share with students some of your favorite and least favorite fruits and vegetables and model setting your own WIG goals.
- Have students complete the activity sheet.
- When finished ask students to share the different fruits and vegetables they chose to try.

Fruit Water Goal Setting Activity

- Remind students that drinking water instead of soda, sports drinks and other sugary drinks is a healthy thing to do.
- Ask students if they remember how to make fruit water. Have them describe the process of making fruit water.
- Have them set a goal to ask their parents to help them add a favorite fruit to water

at home and drink fruit water instead of a sugary drink. Some fun fruits to add are oranges, strawberries or cucumbers.

- Step 2: Have students wash their hands with soap and warm water.
- Step 3: Go over the different foods for the Healthy Kabob Snack. Demonstrate how to make one. Tell students how much of each ingredient they can take to make sure there is enough for all students.
- Step 4: Have students go to the kabob stations and collect the ingredients to make their kabob.
- Step 5: Ask students if they can reach their fruit and/or vegetable goal by eating the Healthy Kabob Snack.
- Step 6: **Let's Eat, Let's Talk.** Ask students what they learned, by having them explain why they should set and follow healthy goals and ask them how they plan to reach their goals. Ask and discuss the questions in the box **Make Health Happen!**
- Step 7: After students have finished eating their kabobs pass out the cardstock paper and markers. Have students draw pictures of themselves being healthy.
- Drawing Ideas:
- favorite fruits and vegetables
 - picture of themselves and/or family growing fruits and vegetables in the garden
 - picture of themselves and/or family eating healthy foods
 - picture of themselves and/or family being active
- Note:** We love to see student artwork around being healthy. We can use them in various ways. Please consider putting the student artwork in the delivery area for us to collect.
- Step 8: Pass out family letters and goal tracking sheets. Go over the different goals and ways to reach them. Discuss with students how they can use their tracking sheets to keep track of how they are doing reaching their goals.
- Step 9: Have students take these home so their families can help them keep track of how they are doing reaching their daily goals.

Make Health Happen

- Why should we set goals to be healthy?
- What are some ways you plan to reach your goals every day?
- What will be your easiest goal to reach and why?
- What will be your hardest goal to reach and why?

✓ My Wildly Important Goals for Health Check List

Fruits and Vegetables

I will eat more fruits and vegetables every day by:

- Helping in the kitchen to make healthy recipes
- Eating a fruit and a vegetable for school lunch
- Making half my plate fruits and vegetables
- Adding vegetables to my sandwiches
- Adding fruit to my cereal

- Write your own! _____



Being Active

I will be active every day by:

- Playing hard on the playground at recess
- Doing jumping jacks when I watch TV
- Making a plan with friends or family to be active
- Taking a swim or sports class or other fun activity
- Joining a sports team

- Write your own! _____



Drinking Water instead of Sugary Drinks

I will drink water every day by:

- Bringing a water bottle to school
- Not bringing sugary drinks to school
- Drinking water instead of sports drinks after being active
- Drinking water instead of soda at home
- Adding lemon or oranges to flavor my water

- Write your own! _____



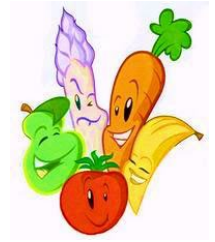
✓ Mis metas súper importantes para la salud

Frutas y Verduras

Voy a comer más frutas y verduras todos los días haciendo lo siguiente:

- Ayudando en la cocina para hacer recetas saludables
- Comiendo una fruta y una verdura para el almuerzo escolar
- Hare que la mitad de mi plato sea de frutas y verduras
- Agregaré verduras a mis sándwiches
- Agregaré fruta a mi cereal

¡Escriba el suyo! _____



Ser Activo

Seré activo todos los días haciendo lo siguiente:

- Jugaré intensamente durante el recreo
- Haré saltadillas cuando esté viendo la televisión
- Hacer un plan con amigos o familiares para ser activo
- Tomaré una clase de natación u otra actividad divertida o clase deportiva
- Me unieré a un equipo deportivo

¡Escriba el suyo! _____



Tomar Agua en lugar de bebidas azucaradas

Tomare agua todos los días haciendo lo siguiente:

- Trayendo una botella de agua a la escuela
- No trayendo bebidas azucaradas a la escuela
- Tomaré agua en lugar de bebidas deportivas después de estar activo
- Tomaré agua en lugar de refresco en la casa
- Agregaré limón o naranjas para darle sabor a mi agua

¡Escriba el suyo! _____



My Wildly Important Goal (WIG) for “Trying Something New”

1. Read the different fruits and vegetables in the sample lunch menu below.
2. Put a circle around the fruits and vegetables that you like.
3. Put a rectangle around the fruits and vegetables you have never tried.
4. Put a line under the fruits and vegetables you don't like.

WIG Goal: Put a star ☆ next to one fruit and one vegetable that you will try in the lunchroom next week. Or pick a different fruit and vegetable that is not on the menu.

I will reach my goal of trying _____ and _____

I will do this by _____

Sample Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Crunchy Cauliflower	Baby Carrots	Fresh Cut Green Beans	Spinach Salad	Baby Tree Broccoli
Banana Halves	Watery Watermelon	Mandarin Oranges	Apple Slices	Cantaloupe Slices
Sweet Potato Sticks	Spicy Corn Salad	Oven Browned Potatoes	Cucumber Coins	Cherry Tomatoes
Pineapple Chunks	Orange Slices	Fresh Strawberries	Fresh Blackberries	Fresh Cherries
Sliced Avocado	Celery Sticks	Chinese Cabbage Salad	Garden Green Salad	Red Radishes
Green Grapes	Grapefruit Slices	Kiwifruit	Peachy Peaches	Juicy Pears
Zucchini Squash	Red & Green Bell Peppers	Snappy Snap Peas	Crazy Kale Salad	Brussels Sprouts
Red Raspberries	Blue Blueberries	Mango Slices	Papaya Slices	Ripe Red Pomegranate

Mi Meta Súper Importante (MSI) por “Probar Algo Nuevo”

1. Lea las diferentes frutas y verduras en el ejemplo del menú del almuerzo que seguirá a continuación.
2. Haga un círculo alrededor de las frutas y verduras que le gusten.
3. Haga un rectángulo alrededor de las frutas y verduras que nunca ha probado.
4. Haga una línea debajo de las frutas y verduras que no le gustan.

La Meta de MSI: Ponga una estrella ☆ al lado de una fruta y una verdura que usted va a “Ser valiente y va a probar” en la sala de almuerzo la próxima semana. O elija una fruta y verdura diferente que no esté en el menú.

Voy a alcanzar mi meta de probar _____ y _____

Haré esto al hacer _____

Ejemplo del menú del almuerzo

Lunes	Martes	Miércoles	Jueves	Viernes
Coliflor Crujiente	Zanahorias Pequeñas	Ejotes Frescos	Ensalada de Espinaca	Trozos de brócoli
Mitad de Plátano	Sandía Jugosa	Mandarinas	Rebanadas de manzana	Rebanadas de Melón
Papitas de camote	Ensalada de elote picante	Papas Doradas en el Horno	Ruedas de Pepino	Tomates ‘Cherry’
Trozos de Piña	Rebanadas de Naranja	Fresas Frescas	Moras Frescas	Cerezas Frescas
Aguacate en Rajas	Pedazos de Apio	Ensalada China de Repollo	Ensalada Verde del Jardín	Rábanos Rojos
Uvas Verdes	Rebanadas de Toronja	Fruta de Kiwi	Duraznos	Peras Jugosas
Calabacín	Pimiento Rojo y Verde	Guisantes Energéticos	Ensalada Loca de Col	Coles de Bruselas
Frambuesas Rojas	Arándanos	Rebanadas de Mango	Rajas de Papaya	Granada Roja madura








Tracking My Wildly Important Goals

1. Give yourself 1 point for every day you reach your goal.
2. Count up all the points at the end of 4 weeks and celebrate a healthy you!



My Wildly Important Goals:

- I will eat fruit every day.
- I will eat vegetables every day.
- I will be active for 60 minutes every day.
- I will drink water instead of sugary drinks every day.

	Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total Points
 Fruits									
 Veggies									
 Water									
 Exercise									
Week 2									
 Fruits									
 Veggies									
 Water									
 Exercise									
Week 3									
 Fruits									
 Veggies									
 Water									
 Exercise									
Week 4									
 Fruits									
 Veggies									
 Water									
 Exercise									
								Total	

Signature _____

Congratulations on your work to reach your healthy goals!

Dándole seguimiento a mis metas súper importantes

1. Darse un punto (1) por cada día que alcance su meta.
2. ¡Cuenta todos los puntos al final de 4 semanas y celebre su salud!



Mis metas súper importantes:

- Comeré fruta todos los días.
- Comeré vegetales todos los días.
- Estaré activo durante 60 minutos todos los días.
- Tomaré agua en lugar de bebidas azucaradas todos los días.

	Semana 1	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo	Total de Puntos semanales
 Frutas									
 Vegetales									
 Agua									
 Ejercicio									
Semana 2									
 Frutas									
 Vegetales									
 Agua									
 Ejercicio									
Semana 3									
 Frutas									
 Vegetales									
 Agua									
 Ejercicio									
semana 4									
 Frutas									
 Vegetales									
 Agua									
 Ejercicio									
								Totales	

Firma _____

¡Felicitaciones por su trabajo para alcanzar sus metas de salud!



Dear Families,

Over the past 8 months, your student has been exploring different ways to eat more fruits and vegetables, drink more water and limit sugary beverages, and increase their daily physical activity! Goal setting can be a helpful way to make healthy changes. Below is a checklist of different ways to accomplish these goals. Put a check mark next to the ways you plan to reach your healthy goals or create your own. Remember, even a small change makes a big difference!

Adult Tip: Be a healthy role model for your student! If they see you setting healthy goals, they will want to join!

Healthy Kabobs

Makes About: 10 kabobs

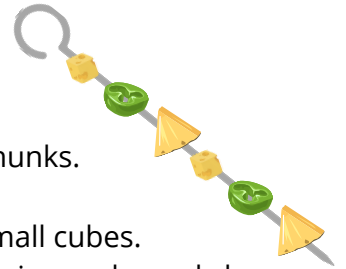
Total Recipe Cost: \$4.24

Ingredients

- 1 can of pineapple chunks, 100% juice
- 1 green bell pepper
- 4 cheese sticks
- 10 kabob sticks

Directions

1. Wash and cut green pepper into medium sized chunks.
2. Open and drain canned pineapple.
3. Remove plastic from cheese sticks and cut into small cubes.
4. Put together kabob by rotating pieces of pepper, pineapple, and cheese until you reach the bottom of the stick.
5. Enjoy!



*Feel free to adjust ingredients depending on allergies, preference and/or what you have at home.

My Wildly Important Goals for Health



Fruits and Vegetables

I will eat more fruits and vegetables every day by:

- Helping in the kitchen to make healthy recipes.
- Eating a fruit and a vegetable for school lunch.
- Making half my plate fruits and vegetables.
- Adding vegetables to my sandwiches.
- Adding fruit to my cereal.
- Write your own!



Drink Water Instead of Sugary Drinks

I will drink water every day by:

- Bringing a water bottle to school.
- Not bringing sugary beverages to school.
- Drinking water instead of sports drinks after being active.
- Drinking water instead of soda at home.
- Making infused water with my favorite fruits.
- Write your own!



Physical Activity

I will be active every day by:

- Playing hard on the playground at recess.
- Doing jumping jacks when I watch tv.
- Making a plan with friends or family to be active.
- Joining a sports team.
- Doing activities I enjoy so it is fun and exciting!
- Write your own!



Queridas Familias,

Durante los últimos 8 meses, su estudiante ha estado explorando diferentes formas de comer más frutas y verduras, beber más agua, limitar las bebidas azucaradas, y aumentar su actividad física diaria. El establecimiento de metas puede ser una forma útil de hacer cambios saludables. A continuación, se muestra una lista con diferentes maneras de lograr estas metas.

Ponga una marca de verificación junto a la manera en que planea alcanzar sus metas saludables o ponga su propia meta. Recuerde, ¡Incluso un pequeño cambio hace una gran diferencia!

Consejo para adultos: ¡Sea un modelo saludable a seguir para su estudiante! Si lo ven estableciendo metas saludables, querrán unirse!

Brochetas saludables

Rinde para unas 10 brochetas

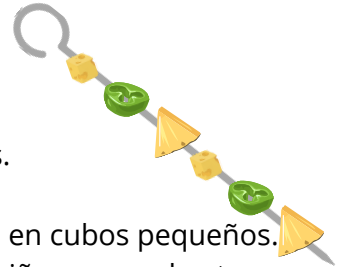
Precio total de la receta: \$4.24

Ingredientes

- 1 lata de piña en trozos, 100% jugo
- 1 pimiento verde
- 4 palitos de queso
- 10 palitos de brochetas

Instrucciones

1. Lave y corte el pimiento verde en trozos medianos.
2. Abra y escurra la piña enlatada.
3. Retire el plástico de los palitos de queso y córtelos en cubos pequeños.
4. Arme la brocheta girando los trozos de pimiento, piña y queso hasta llegar al fondo del palo.
5. ¡Disfrute!



*Siéntase libre de ajustar los ingredientes dependiendo de las alergias, preferencias y/o lo que tenga disponible en casa.

Mis metas más importantes para la salud

Frutas y verduras

Comeré más frutas y verduras todos los días al:

- Ayudar en la cocina a preparar recetas saludables.
- Comer fruta y verdura en el almuerzo escolar.
- Hacer que la mitad de mi plato sean frutas y verduras.
- Añadir verduras a mis sandwiches.
- Agregar fruta a mi cereal.
- ¡Escriba el suyo!

Beber agua en vez de bebidas azucaradas

Beberé más agua todos los días al:

- Llevar una botella de agua a la escuela.
- No traer bebidas azucaradas a la escuela.
- Beber agua en vez de bebidas deportivas después de estar físicamente activo.
- Beber agua en vez de soda en casa.
- Hacer infusión de agua con mis frutas favoritas.
- ¡Escriba el suyo!

Actividad física

Estaré activo todos los días al:

- Jugar duro en el patio en el receso.
- Hacer saltos cuando vea la televisión.
- Hacer un plan con amigos o familiares para estar activo.
- Unirme a un equipo deportivo.
- Hacer actividades que yo disfrute para que sean divertidas y emocionantes.
- ¡Escriba el suyo!