

Move Like an Animal (1st Grade)



NUTRITION OBJECTIVES CHECK LIST

Students will be able to:

- perform** different movements that get them active.
- express ways** they can set goals to **be exercise every day**.
- explain** the **health benefits** of being active, drinking water & 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
<p><u>In Kitchen Bin</u></p> <ul style="list-style-type: none"> - pitcher - chef knife (teacher only) - cutting board - bowls <p><u>In Paper Goods Bin</u></p> <ul style="list-style-type: none"> - paper plates* (if needed) - forks or spoons* (if needed) 	<ul style="list-style-type: none"> - MyPlate poster - family letter/recipe copies* - activity sheets copies* - water - napkins* 	<ul style="list-style-type: none"> - book: <u>You Are a Lion!</u> by Taeun Yoo - 2 oranges - seasonal fruits and/or vegetables - 5 oz. drinking cups*

*one per student

SET-UP

Copies:

- Make copies of recipe (each student) and 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 *You Are a Lion!* by Taeun Yoo ready to read.

INTRODUCTION WITH STUDENTS

- 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 it is 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!
- Read the book *You are a Lion!* to the class.
- Now have the students spread out so they have room to move. Read the book again. This time have students try each of the different stretches and movements.
- When you are finished ask students how they feel. Have them tell you their favorite stretches.
- Now its time to get our hearts pumping!

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)



- Have students close their eyes. Tell them to take deep breaths and think about how their bodies feel.
- Ask students to open their eyes and tell you how their bodies feel after exercise.
- Tell students that their hearts and lungs need to work faster when they exercise and that is great for their bodies. It makes them stronger and healthier, and most important, it is fun!

PROCESS

- Step 1: Pass out activity sheet to students.
- Step 2: Tell students they are going to write a routine of four actions that everyone could do in class and use “like an animal”. Brainstorm some good activities. Ask students to put a number with the action. For example: Jump like a frog 10 times. Roar like a lion 2 times. Run in place like a cheetah 5 times. Bark like a dog 1 time.
- Step 3: Tell students that after they write their routines you will ask for volunteers to come up and share their routines with the class.
- Step 4: After they are finished have students find a space where they can move and ask for volunteers to read their routines for the class to do.
- 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 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 exercise is important for their health. Help them personalize ways they can exercise every day! Have them set a goal around exercising. Ask and discuss the questions in the box **Make Health Happen.**
- Step 9: **Pass out the “Real Fruit Water” recipe and have students take it home to share with their families.**

Make Health Happen

- Why is exercise important for us?
- What is your favorite way to exercise?
- Set a goal to be active every day; tell me how you plan to exercise every day this week.

REINFORCING STANDARDS

Physical Activity

- **GR.1-S.1-GLE.1** Demonstrate basic loco-motor and non-loco-motor skills, and rhythmic and cross-lateral movements.
- **GR.1-S.1-GLE.3** Establish a beginning movement vocabulary.
- **GR.1-S.2-GLE.1** Identify the body's normal reactions to moderate and vigorous physical activity.

Comprehensive Health

- **GR.1-S.2-GLE.1** Eating a variety of foods from the different food groups is vital to promote good health.

Reading, Writing and Communicating

- **GR.1-S.1-GLE.1** Multiple strategies develop and expand oral vocabulary.
- **GR.1-S.1-GLE.2** Verbal and nonverbal language is used to express and receive information.
- **GR.1-S.2-GLE.1** Comprehending and fluently reading a variety of literary texts are the beginning traits of readers.
- **GR.1-S.2-GLE.2** Comprehending and fluently reading a variety of informational texts are the beginning traits of readers.
- **GR.1-S.2-GLE.3** Decoding words require the application of alphabetic principles, letter sounds, and letter combinations.
- **GR.1-S.3-GLE.1** Exploring the writing process develops ideas for writing texts that carry meaning.
- **GR.1-S.3-GLE.2** Appropriate spelling, conventions, and grammar are applied when writing.

BACKGROUND INFORMATION

- Studies have 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 up our immune systems, and keeps us from getting sick.
- The Dietary Guidelines for Americans 2015-2020 recommends that youth ages 6 to 17 years need at least 60 minutes of activity per day including aerobic, muscle and bone strengthening activities. Adults should aim for at least 150 minutes of moderate intensity physical activity per week and perform muscle strengthening exercises at least 2 days per week.
- Being aware of what beverages kids drink is also important. Many drinks contain added sugars and few nutrients. Soda, energy and sports drinks, some juices and other sweetened drinks provide a lot of extra and unnecessary calories. Make sports drinks and soda pop an occasional treat and since energy drinks have caffeine these 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 ice tea is another flavorful drink choice.
- Animals have always fascinated people. Some cultures have studied their movements and have adopted those movements into their practices. For example, there are many yoga poses that resemble animals. Some martial arts, such as Kung Fu, have interesting forms that correlate to animal movements. Their shapes, sizes, habitat, and environment influence the movements of all animals.
- Children love animals and often they have their favorite ones. The purpose of this lesson is to have students make the connections between their own activity levels and the movements of their favorite animals.
- By letting students mimic animal movements, they will learn that all animals are active, and that they should be active too. This lesson promotes the pleasure of exercise (being physically active).

Dear Family,

Today our class talked about our favorite ways to be active. 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.

Parent Tip: Being active and drinking water go together. Limit drinks with added sugar, such as soda pop, sports drinks, and other sugary drinks. Limit juice to $\frac{1}{2}$ to $\frac{3}{4}$ cup per day. Make the refreshing fruit water recipe below and keep it in the fridge to drink throughout the day.

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 $\frac{1}{2}$ to $\frac{3}{4}$ 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 en la clase hablamos de nuestras maneras favoritas de ser activos. Correr afuera, jugar en los juegos de la escuela o perseguir al perro son formas divertidas de estar activos. Pensemos en formas divertidas para que juntos estemos activos.

Consejo para padres: Ser activo y tomar agua van de la mano. Limita las bebidas con azúcar añadida como refrescos o sodas, bebidas energéticas (de deportes), entre otras. Limite jugo de $\frac{1}{2}$ a $\frac{3}{4}$ de taza por día. Prepara esta receta refrescante de agua de frutas, guárdela en la nevera y bébela durante el día.

Agua de Fruta Verdadera

Rinde: 1 jarra

Costo Total: \$1.29

Costo por porción: \$0.16

Ingredientes



1 jarra de agua o agua con gas



3 rodajas de naranjas o limón verde



2 ramitas de menta (opcional)

Instrucciones

1. Exprimir las rodajas de naranja en una jarra.
2. Colocar las rodajas de naranja o limón con cáscara y todo en el agua.
3. Añadir ramitas de menta.
4. Mantener 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 (8 oz.) – 23 gramos de azúcar

100% jugo de manzana (8 oz.)- 26 gramos de azúcar

Refresco (8 oz.) 26 gramos de azúcar

Bebidas deportivas (8 oz.) – 14 gramos de azúcar

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

100% jugo de fruta puede ser parte de una dieta saludable, pero limite el jugo de $\frac{1}{2}$ a $\frac{3}{4}$ 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 en su propia forma!

¡Beba agua en lugar de bebidas azucaradas!



Move like an animal!

Name: _____ Date: _____

Make up a routine. Write down four ways to get your classmates moving.

1. _____

2. _____

3. _____

4. _____

Move your body! It's good for you!



¡Muévete como un animal!

Nombre: _____ Fecha: _____

Haz una rutina de ejercicio. Escribe cuatro maneras para que tus compañeros de clase se muevan.

1. _____

2. _____

3. _____

4. _____

¡Muévete! ¡Es bueno para ti!