

Goal Setting for Health (K-2nd Grade)

This lesson is for kinder-2nd grade. Teachers, please adapt for your students' grade level.

Materials and Ingredients

- ✓ Paper for student drawings
- ✓ pineapple chunks (20 oz each), cheese sticks (cut into pieces)
green bell pepper (cut into pieces)
- ✓ kabob sticks & small paper plates (1 per student)
- ✓ can opener, teacher knife, cutting board, serving containers & utensils
- ✓ Goal check-list copies or plan to do as a class



Food Preparation

- ✓ Wash bell pepper & cut up, cut up cheese, open & drain pineapple
- ✓ Put ingredients in serving containers
- ✓ Students will use kabob sticks to make their own kabobs



Introduction

- ✓ Start off with a goal setting brain boost (see next page).
- ✓ Show students the *H is for Healthy* video.
<https://www.youtube.com/watch?v=I0FuQucsi5k>
- ✓ Discuss things students can do to be healthy. (see check-list)
 - *Eat Fruits & Vegetables & Be Active*
 - *Drink Water instead of sugary drinks*
- ✓ *Set a goal to eat healthy foods and be active every day!*



Process

- ✓ Start off with goal activities (see next page).
- ✓ Pass out & go over the goal setting family letter (delivered) with students; have them pick 1 or 2 goals to work on in each area.
- ✓ Students draw pictures of themselves reaching their healthy goals.
- ✓ Students wash their hands with soap and warm water.
- ✓ Demonstrate how to make a *Healthy Kabob*.
- ✓ Students make and eat their own kabobs.
- ✓ *Set a goal to eat healthy foods and be active every day!*



Family Letter

- ✓ Send home the family letter and goal tracking sheet for parents to do with students at home.





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

Move Your Body! Let's get our hearts pumping!

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!

- ♥ 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.

Healthy Me Drawings (Examples)

- ♥ 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

✓ 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! _____



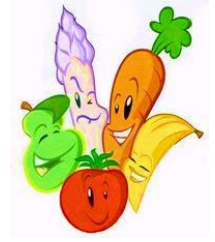
✓ Mis metas súper importantes para la salud

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! _____



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

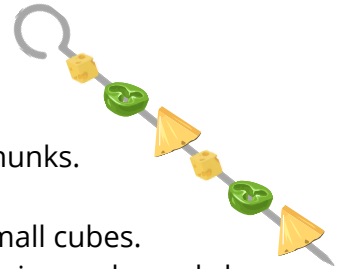
Total Recipe Cost: \$4.24

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

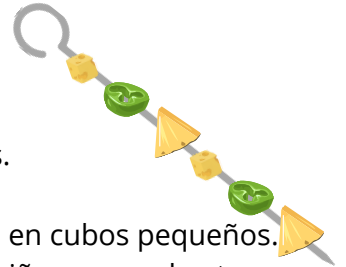
Precio total de la receta: \$4.24

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!

















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!



SNAP-Ed
Division of Food & Energy Assistance

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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!