

May - Lesson Plan Grades 2-3

EAT SMART. PLAY HARD.



Objectives

Identify healthy food choices on MyPyramid.

Learn why food choices are important for good health.

Learn why physical activity is important for good health.

Supplies Needed

May

Pick a **better snack**[™] & **ACT** bingo card

2nd Grade – “Enter the FUN ZONE” worksheet

3rd Grade – “Power Profile” worksheet

MyPyramid poster

Note to Teachers

The May lesson will focus on the Eat Smart. Play Hard. [™] campaign, in addition to the Pick a **better snack**[™] & **ACT** fruit, vegetable and physical activity lessons.

The Eat Smart. Play Hard. [™] campaign was developed by Food and Nutrition Services of the United States Department of Agriculture. Eat Smart. Play Hard. [™] is about making America’s children healthier. It offers practical suggestions that will help motivate children and their caregivers to eat healthy and be active. The Eat Smart. Play Hard. [™] campaign messages and materials are fun for children and informative for caregivers.

The Power Panther[™] is the spokes-character for the Eat Smart. Play Hard. [™] campaign. The Power Panther[™] is proud to be very fast and physically fit. He can jump as high and as long as a tractor-trailer and can climb the tallest trees. He’s also a great swimmer and hiker. The Power Panther[™] loves to walk, run or bike most days of the week. He can cover 20 miles a day!

Because the Power Panther[™] plays hard everyday, he needs to keep his energy level up. He eats smart and uses MyPyramid as a guide. The Power Panther[™] eats a variety of fruits, vegetables and whole grain foods. He hopes boys and girls everywhere will make healthy food choices and be physically active!

Power Panther’s nephew, Slurp, lives with him. Power Panther tries to set a good example by showing Slurp how to make healthy food choices and keep active every day. Slurp doesn’t always make the best choices but he wants to be strong and fast – just like his Uncle Power Panther!

Background

Balance Your Day With Food & Play is one of the Power Panther’s messages to children. For good health, individuals need to combine making nutritious food choices with physical activity. Both are important to keep our bodies strong.

Healthy food choices will help children

- be mentally and physically fit,
- maintain a healthy weight,
- reduce risks of certain diseases like heart disease and high blood pressure,
- grow and develop, and
- have energy to learn and play.

Use MyPyramid as a guide to healthy eating. Eat plenty of fruits and vegetables, whole-grains, low-fat dairy products, lean meats and dry beans. Limit foods that are high in saturated fats and sugar.

Move More. Sit Less. is another one of Power Panther's favorite sayings. Physical activity is fun, makes us strong and makes us feel good.

Physical activity helps:

- promote sound sleep,
- boost energy,
- people feel good,
- keep the heart and lungs happy,
- control weight to decrease the risk of many diseases, and
- builds and maintains healthy bones, muscles, and joints.

Activities that encourage sitting should be balanced with active play. Watching television and playing computer and electronic games should be limited to less than two hours per day.

(Adapted from www.fns.usda.gov)

Web Site Resources

www.idph.state.ia.us/pickabettersnack
www.fruitsandveggiesmorematters.org
www.mypyramid.gov/kids/index.html
www.fns.usda.gov/eatsmartplayhardkids

Do the Activity: 2nd Grade

Distribute an "Enter the FUN ZONE" worksheet to each student. Read through the worksheet. As a class, "Crack the Secret Power Code."

3rd Grade

Review Power Panther's Profile on an overhead. Pair up students and have them interview each other using the blank "Power Profile" worksheet. Encourage them to be good listeners and record their partner's answers accurately.

Talk It Over:
2nd Grade

What is the Power Panther doing for fun? (*swimming*)

What are other ways to “pump up your energy level?” (*jump rope, biking, playing basketball, soccer or baseball*) Students can demonstrate their ideas next to their desk.

What does the “Secret Power Code” say? (*Being physically active is fun and helps you feel good too! Balance what you eat with what you do. Eat a variety of fruits, vegetables, and whole grain foods. Balance each day with food and play.*)

3rd Grade

Have students report one interesting fact they learned from their partner interview.

Apply:

Healthy food choices are pictured at the bottom of MyPyramid where there is more space. This is to encourage you to eat these foods most often. Let’s think of some healthy foods that belong at the bottom of the pyramid. (Select as many food groups as there is time to discuss.)

Can anyone name healthy food choices from the milk food group on MyPyramid? (*milk, cheese, yogurt*)

Note to teacher: The Dietary Guidelines recommend low fat dairy products made with skim and 1% milk. Encourage low-fat versions of dairy in the discussion as appropriate. “1% or less, yes!”

Milk is found at the bottom or base of the pyramid. Ice cream is at the top of MyPyramid because it has extra sugar and fat added to it.

Can anyone name healthy food choices from the grain food group on MyPyramid? (*whole wheat bread/toast, oatmeal, brown rice, whole wheat crackers*)

What snack foods are less healthy choices? (*cookies, cakes, soda pop, chips, candy*) These foods have extra amounts of sugar and fat. We should eat them once in awhile rather than everyday for snacks.

Food provides energy. Our bodies can balance the extra energy that we eat from added sugar and fat by using the energy to play hard.

What do you like to do when you want to play hard?
Remember to balance your day with food **and** play.

Teacher: Remind the students that when they eat one of these foods, or do one of the activities in the pictures, they can put an "X" through it. On the back of the Pick a **better** snack™ & **ACT** bingo card for each month, there is information for their families. At the end of the day remind the students of Power Panther's advice: "Move more. Sit less."

Extended Activities



Art, Music & PE

Surprise the students. Take the class for a 10 minute walk around the playground, in addition to their PE and recess time.

Have students create a personal logo for their Power Profile. Draw this in the box provided on the activity sheet.



Language Arts & Reading

Go to the library and check out books on healthy activities and food. Look for books that describe what other animals eat. Have a quiet reading time for students to read the books independently.



Math

Have the students add the minutes of physical activity they get at recess each day for a week. How many minutes were they active for the week? Convert minutes to hours. Chart daily totals for the class. Remind them to be active the entire recess period if they want to include all of their minutes.



Science & Health

After completing the quiet reading time for language/reading, have each student tell the class something they learned from the health books they read.



Social Studies

In China and India the bicycle is a common form of transportation. This is true in Holland, too. Find these countries on a map. Discuss if it would be possible to use a bicycle as the main form of transportation for families that live in the community around your school.

Enter the FUN ZONE



Crack the Secret Power Code

Use your detective skills and the code at the right to complete the activity.

- Being physically shoes grapes banana nuts pineapples tennis ball is fun and helps you feel good too!
- Balance what you eat with ice cream lollipop sneakers banana
broccoli onion cucumber pepper onion.
- Eat a variety of fruits, vegetables, and eggplant cucumber pepper leaf sneakers mushroom foods.
- Balance each day with ice cream onion pepper
and apple mushroom sneakers broccoli.

Code

- a- shoes b- grapes
- c- grapes d- pepper
- e- tennis ball f- ice cream
- g- banana h- lollipop
- i- cucumber j- onion
- k- tennis ball l- mushroom
- m- soccer ball n- mushroom
- o- onion p- apple
- q- apple r- leaf
- s- ice cream t- banana
- u- cucumber v- grapes
- w- tennis ball y- broccoli
- z- ice cream

Funnies

Q: How do birds get ready to exercise?

Tip: Pump up your energy level! Swim, jump rope, or go biking with your friends.

Watermelon Ice



You need:
1 cup cubed seedless watermelon;
1/2 cup cracked ice;
3 teaspoons of sugar;
A squeeze of lime juice.

Prepare this treat ahead of time and grab it on your way out the door.

Using an adult's help, in a blender, place cracked ice, sugar, lime juice and watermelon. Process until well blended.

Put in cup and place into freezer until slushy and ready to serve.

Makes 1 serving. Enjoy!

POWER FACT:

Power Panther™ was a part of which of these major events? Check 5 correct answers.

- Cherry Blossom Parade
- World Cup
- World Series
- Pro Rodeo
- Super Bowl
- NBA Finals
- Special Olympics
- Macy's Thanksgiving Day Parade

Power Profile

Power Panther™ is a high scorer when it comes to food and fun. Create your own Power Panther Profile to see what you have in common with Power Panther™.

Power Panther™ Profile

Height	5'10"
Shoe Size	13
Favorite Snacks	Pretzels, Yogurt, Fruit, Nuts
Favorite Activities	Running, Basketball, Skateboarding, Dancing
Favorite Subject	Geography
Interesting Fact	Traveled over 400,000 miles and to most States.
Famous People I Met	President of the U.S. Ken Harvey (Pro Football Player)



Profile

Height		My Picture
Shoe Size		
Favorite Snacks		
Favorite Activities		
Favorite Subject		
Interesting Fact		
Famous People I Met		



PHYSICAL ACTIVITY

Objectives

Understand that physical activity is something you choose to do.

Realize how fun physical activity can be.

Supplies Needed

May

Pick a **better snack™** & **ACT** bingo card

One “Tic-Tac-Toe” worksheet per set of partners

Bean bags or other objects for Tic-Tac-Toe boards

Lively music

CD or Tape Player

Background

Children are innately physically active if they have the opportunity. They should receive some type of physical activity at least every two hours. Children benefit most from play rather than from formal exercise. Children will be more likely to remain active throughout life if they have positive experiences in physical activity when they are young. School performance is better when children have the opportunity to be active during the day.

Compared to inactive kids, children who are active experience higher self-esteem and confidence, reduced stress and anxiety and improved overall health. Children should aim for 60 minutes of activity per day.

Web Site Resources

www.idph.state.ia.us/pickabetersnack
www.mypyramid.gov/kids/index.html

Do the Activity: Tic-Tac-Toe

Begin by discussing with students what activities they enjoy. Spring has finally arrived – what activities have they been looking forward to doing outside?

Note: before class you will need to copy tic-tac-toe boards, or have the students create them. Another option is to use sidewalk chalk on the playground outside to create a tic-tac-toe board.

Have the students find a partner and an open space in the classroom where they can place their Tic-Tac-Toe board and be physically active.

Begin the game with simulating jump roping. Partners must get into position, one on each side of the Tic-Tac-Toe board. They will play a game of Tic-Tac-Toe, remaining in position

until the game is ended. The players decide who will go first.

On the “go” signal (music starts), both players jump together. When the music stops the first player places a beanbag on the board. The music then starts up again and then stops to allow the second player to place a beanbag on the board. Play continues in this fashion until there is a winner or the game is a draw. For each new game, the students will choose a different physical activity to perform in-between turns. Some other physical activities might be:

1. Jumping jacks
2. Running in place
3. Skipping in place
4. Leaping
5. Dancing
6. Inventing their own move

After two games have the students find a different partner to play two more games of Physical Activity Tic-Tac-Toe. Let the students create or invent their own moves to teach their partners.

Talk It Over:

Ask the students:

- What other activities do you find fun?
- Are there certain activities you like to do every day?
- What activities are fun to do in the different seasons?
- What is your favorite physical activity?
- Who is ready to be active this summer?

Apply:

After the students have completed the Physical Activity Tic-Tac-Toe ask them what bingo card activity could be checked off. (*Students will be able to check off “jump rope.”*)

Remind students of other activities they could do with a friend or by them self and that would help them complete their bingo card.

- | | | |
|---------------|-------|------|
| • Run | Play | Ride |
| • Jump rope | Plant | |
| • Rollerblade | Slide | |
| • Bowl | Walk | |

Tic - Tac - Toe

