



Foods of the Month
Fun Being Active

September



www.nrpa.org/CommitToHealth
[#CommitToHealth](https://twitter.com/CommitToHealth)

Be Physically Active Your Way

Directions:

- » Begin by listing several activities like walking, swimming, gardening, jumping, skipping, etc. and ask the students what those things are examples of (physical activity). Explain to the students that physical activity is a very important part of staying healthy. The energy we get from food is used when we are active.
- » Most children and adolescents need 60 minutes of physical activity each day. Ask the students to share their favorite ways to be physically active. Then have them list some ways that families can be active together.

ACTIVITY: MyPlate Relay

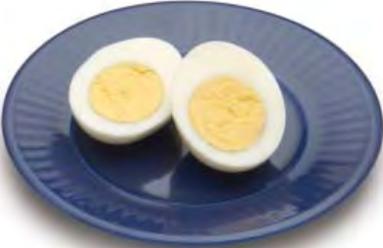
You will need:

- ✓ One set of food and activity cards cut out for each relay line
- ✓ One bowl or basket per relay line
- ✓ One MyPlate printout per line

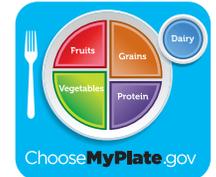
Directions:

- » Print out the number of food and activity card sets you need. (1 per team)
- » Divide the students into even teams (at least 2) and have them line up behind a starting line. Place one basket at the starting line for each team. The cards should be placed in the starting line basket. The MyPlate printout should be placed at the finish line for each team.
- » Students line up single file behind the basket. The first child draws a card and does the activity listed on it (running, walking, skipping, crab walking, etc.) to get to the finish line. He or she then places the card on the corresponding part of the plate (i.e. grilled chicken on purple protein section). The child runs back to the starting line and tags the next player. The team that finishes first and has their cards on the right parts of the plate wins.



	<p>jump carrots</p>		<p>skip whole-wheat bread</p>
	<p>crab walk peaches</p>		<p>gallop milk</p>
	<p>tip-toe grilled chicken</p>		<p>crawl egg</p>
	<p>spin spinach</p>		<p>hop on two feet grapes</p>
	<p>hop on one foot cheese</p>		<p>dance eggplant</p>

	<p>sway</p> <p>squash</p>		<p>roll</p> <p>sunflower seeds</p>
	<p>walk</p> <p>whole-wheat pasta</p>		<p>run</p> <p>watermelon</p>
	<p>walk heel-to-toe</p> <p>peanut butter</p>		<p>walk backwards</p> <p>low-fat yogurt</p>
	<p>take giant steps</p> <p>red pepper</p>		<p>grape-vine walk</p> <p>sweet potato</p>
	<p>duck-walk</p> <p>brown rice</p>		<p>wheelbarrow-walk (with a friend)</p> <p>fish</p>



Fit kids are physically active and play for at least 1 hour every day. Look for ways to make physical activity a part of your day. Do activities that build your muscles, get your heart pumping, and make you feel good about yourself.

1 tie up your laces and walk

Go for a walk around your neighborhood or walk to your friend's house instead of taking the bus or asking for a ride. Forget the elevator and take the stairs every chance you get! Remember to be safe by using sidewalks and crosswalks.

2 turn up the music

Shake, rattle, and roll to your favorite songs. Turn on some hip hop, country, salsa, or pop music and move your body. Dancing is a great way to get some physical activity.



3 ride a bike

Grab your helmet and safety gear and go for a bike ride. Ride your bike to school or grab your friends and enjoy a ride in the neighborhood.

4 join a team

Show your team spirit and join a sport at your school or community center. There are tons of fun teams such as basketball, baseball, gymnastics, dancing, soccer, swimming, and tennis. Choose an activity that you like and have fun!

5 go out and play

Ditch the TV and go outside with friends, family, and even your pets! Walk your dog. Make a snowman. Fly a kite. Have a Hula-Hoop contest. Play basketball with friends. Try jumping rope. Or simply play a game of tag.



6 dive right in!

Go to your local indoor or outdoor pool and swim. Swim laps, play water games with friends, or have diving contests for fun.

7 get paid to be fit

Earn extra cash by mowing lawns, washing cars, shoveling snow, or walking dogs for your family or for your neighbors. Listen to music while you work to keep you going.

8 try skating or skateboarding

Grab your friends and go to a local park or indoor skating rink! It's easy to learn and a great way to be active while still having fun! Remember to wear your helmet and safety pads.



9 plant a garden

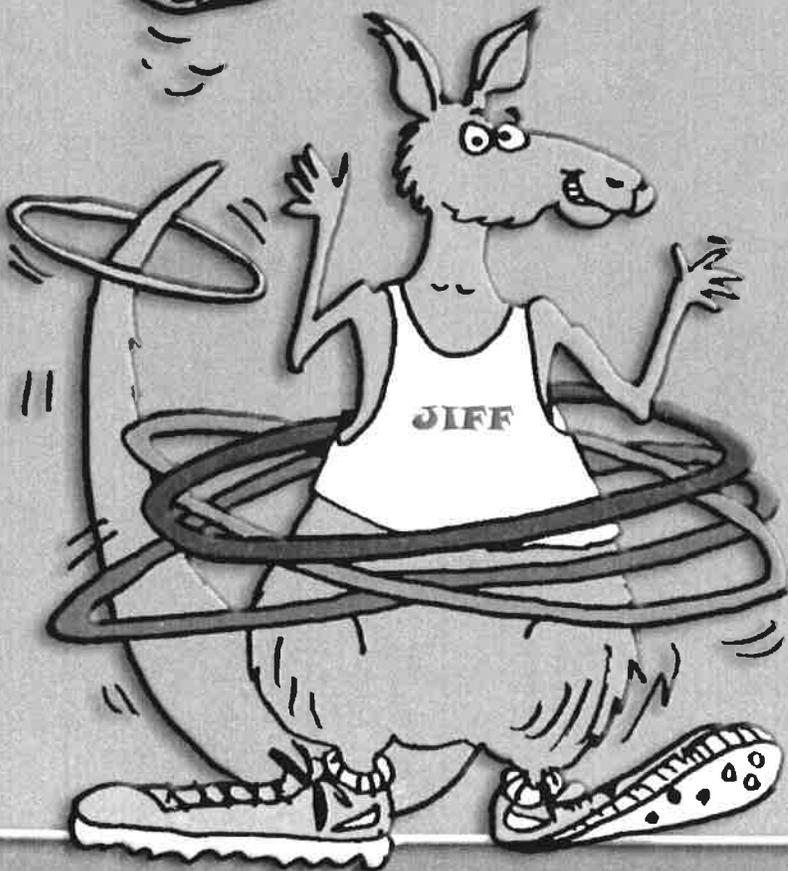
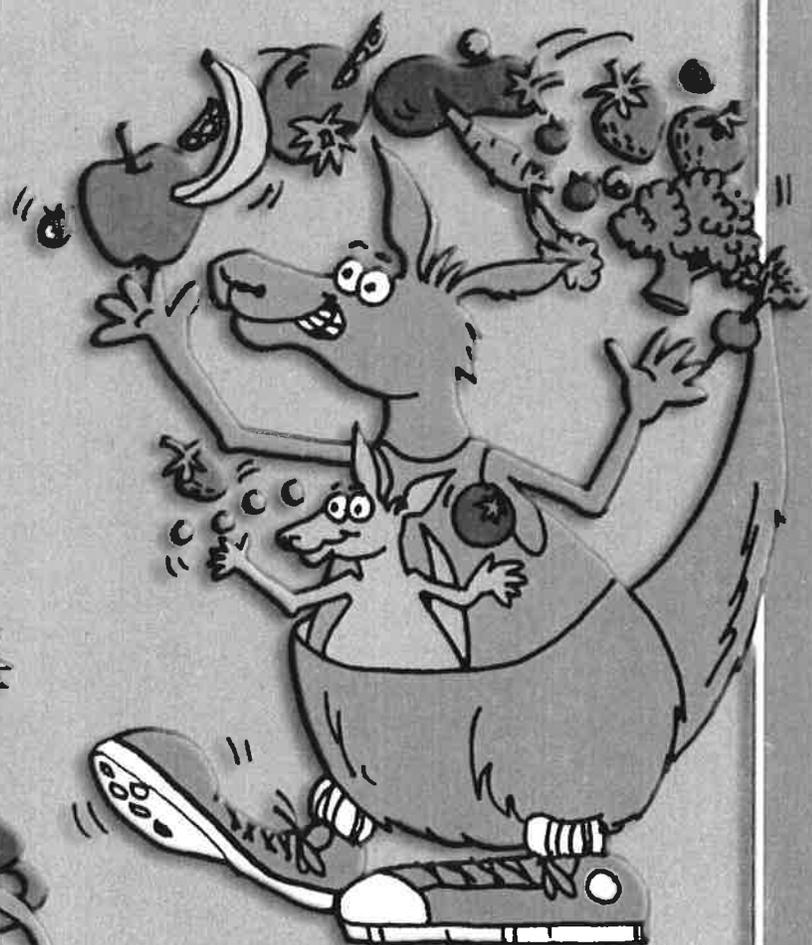
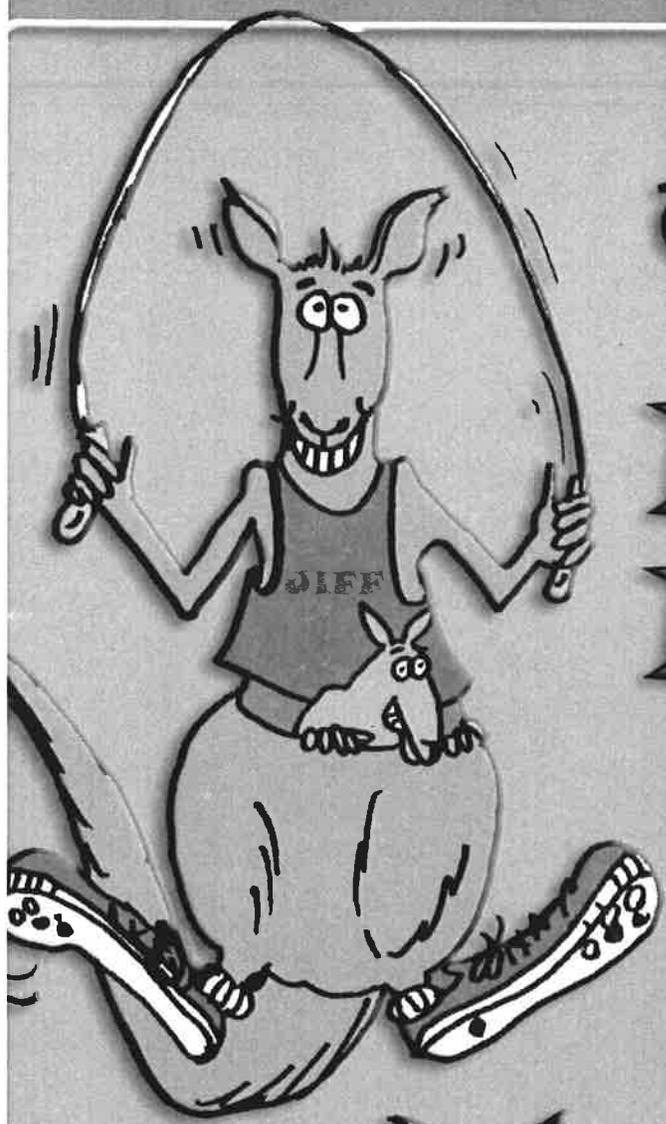
Plant and grow flowers, fruits, and vegetables with your family, or even with your friends! Creating a garden is tough work and a good way to keep fit. Be sure to check on your plants and water them every day!

10 stuck inside?

Play a game of hide-and-seek or plan a scavenger hunt in your house with friends and family. Another great way to stay active indoors is by doing crunches and jumping jacks—see how many you can complete!



JUMP Into Foods & Fitness



MICHIGAN STATE
UNIVERSITY
EXTENSION

4-H Youth Development
Family & Consumer Sciences

JUMP INTO FOODS:

Great Grain Obstacle

Course*

Objectives:

The children will:

- Identify a variety of foods made from grains.
- Be encouraged to be physically active using a food theme.
- Learn how grain foods provide energy to fuel activity.

Learning & Life Skills:

- Acquiring knowledge
- Understanding nutrition information

Materials:

- Newsprint or other large paper
- Markers
- Masking tape
- Objects for obstacle course stations
- A variety of food picture cards, magazine or other pictures of food representing a variety of foods from the grain group (see Helpful Resources section)
- "Kangaroo Food 'N' Fitness Activity Log" (one per person)
- Fast, upbeat music and music player (optional)

Time:

20 minutes

Procedure:

Before the meeting:

1. Decide how many and which of the obstacle course stations in the following list you want to set up. (Adapt the stations on the list or create entirely different stations to suit your group's needs.) Make and display newsprint posters to identify each obstacle course station. Station suggestions include:
 - Spaghetti Stretch – Players stretch up, down, to the left and to the right
 - Rice Run – Players run in place to a count of 15
 - Popcorn Hop – Players hop on one foot 10 times
 - Bread Basket – Players march in and out of a row of chairs
 - Cracker Crunch – Players jump in place to a count of 15
 - Cereal Circles – Players walk in a circle around two chairs twice

(Volunteer Note: An alternative for groups with physically challenged members or limited space might be to match food in this group to the grains from which they come – or show grains such as flour or cornmeal and see how many foods made from this they can name.)

2. Gather the materials you'll need for the stations and have the kids help you set them up.

During the meeting:

1. Introduce the grain group to the children. Explain that foods in the grain group supply the body with energy, and that our bodies need energy to grow, to play, to work and to do just about everything. Point out that grain foods are the "go foods," helping kids do many of the activities on the MyActivity Pyramid.
2. Ask the children to name favorite foods in the grain group that they have tried. Explain that we need to eat grain foods every day and at least half of all grains consumed should be whole grains. In general, recommended daily amounts range from 5 to 7 ounces for children aged 8 to 11. More active children require amounts at the higher end of the range than children who are the same age and sedentary, for example. Please see the charts on page 26 for more specific information on grain group recommendations for children aged 8 to 11. Use food picture cards to show examples of amounts.
3. To give kids an idea of ounces, show them the actual samples or photographs of grain foods (such as 1 slice of bread, 1 cup of ready-to-eat cereal, or ½ cup of cooked cereal, rice or pasta). Point out that a typical sandwich with two slices of bread is actually two ounces from the grain group.

* Adapted from the *Team Nutrition Community Nutrition Action Kit (MP-1538)* by the U.S. Department of Agriculture Food and Consumer Service, 1996.

4. Tell the kids that now they're going to tackle the "Great Grain Obstacle Course." Explain that the activity is designed to remind them that grain foods give us energy. Describe and demonstrate the activity they'll be doing at each station.
5. Depending on the number of stations and the size of your group, divide the kids into three- or four-person groups. Have one group begin at each station. At your signal, have them go through whatever obstacle course is near them. At the next signal, have the groups move to the next station and complete that activity, too.
6. Pass out the "Kangaroo Food 'N' Fitness Activity Log" and explain how to complete it by the next meeting.

Try This, Too:

- For added fun, play fast, upbeat music while the groups move around the stations.
- Have the kids hop, skip, walk backward or move in some other fashion to get from one station to another.
- Be creative with the station names. For example, use the names of different grains (such as rice, oats, wheat or cornmeal) or grain foods (such as bread, biscuits, pizza crust or tortillas).
- At each of the obstacle course stations, set up a display of the grain food that the station is named after. For example, at the "cereal circle" station, display a variety of cereals and at the "spaghetti station," display a variety of pastas. The children can then view and interact with the sample grain foods as they work their way around the stations.

Talking It Over:

1. Have the group form a circle. Remind the kids that foods in the grain group give us the energy we need to be able to run, play, learn and do just about everything on the MyActivity Pyramid.
2. Ask the group the following questions:

Share It:

What are some foods made from various grains (wheat, cornmeal, rice, oats)?

Process It:

Why is it important to eat foods made from grains every day?





Foods of the Month Fun Being Active

September

5 Tips for Staying Active during Rainy Days

Active Play can be a part of every day – even when it is raining!

Rainy days may require creativity to figure out ways to get kids moving while we are stuck inside. It certainly doesn't take fancy equipment or a gym membership! Think about ordinary items around the house, school, or recreation center that can get kinds (and you!) jumping, running, and moving around!

Here are 5 tips for active play on a rainy day:

Scarves – make a game out of tossing it up and trying to catch it. Try twirling around before catching it.

Balloons – blow them up and start batting them around. How high can you toss it? Can you toss it up, do a jumping jack and catch it before it hits the ground? Play a game of toss with a partner. Pretend each balloon is a tasty fruit or veggie in that color and name as you toss!

Paper Plates – use as a Frisbee or scatter a few on the ground and pretend to be a frog leaping from one to the other.

Paper – crunch up a piece of paper into a ball shape and practice shooting hoops into a small bucket or trash can.

Music - put some tunes on and join in with your kids! You will get to spend quality time and have fun with them as well as get your heart pumping.

Adapted from: <https://www.healthykidschallenge.com/5-tips-active-play-kids-rainy-day>



DON'T JUST SIT THERE!

Kids need at least 60 minutes of physical activity every day. A great way for you to get your 60 minutes of physical activity is to get moving while watching TV. Finding fun ways to stay active is a great way to be part of #MIKIDSCAN.

KEEP TRACK OF HOW MANY TIMES YOU CAN DO EACH EXERCISE DURING EACH COMMERCIAL BREAK:



	Jumping Jacks	Sit-ups	Push-ups
Commercial Break #1			
Commercial Break #2			
Commercial Break #3			
Commercial Break #4			

Did you eat a rainbow today?

Fruits and vegetables are the key to a healthy diet. They are low in calories and are packed with vitamins, minerals and nutrients. You should try to eat a rainbow of fruits and vegetables every day — the brighter, the better — to make sure you are getting all of the nutrients and vitamins you need.

Can you list fruits and vegetables for each color in the rainbow below? Circle your favorite fruit or vegetable in each color and show your parents so they can start including them in your breakfasts, lunches and dinners.

Make your own rainbow by coloring in the fruits and vegetables below!

Red	Orange	Yellow	Green	Purple
.....
.....
.....

