



Foods of the Month
Fun Being Active

April

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.

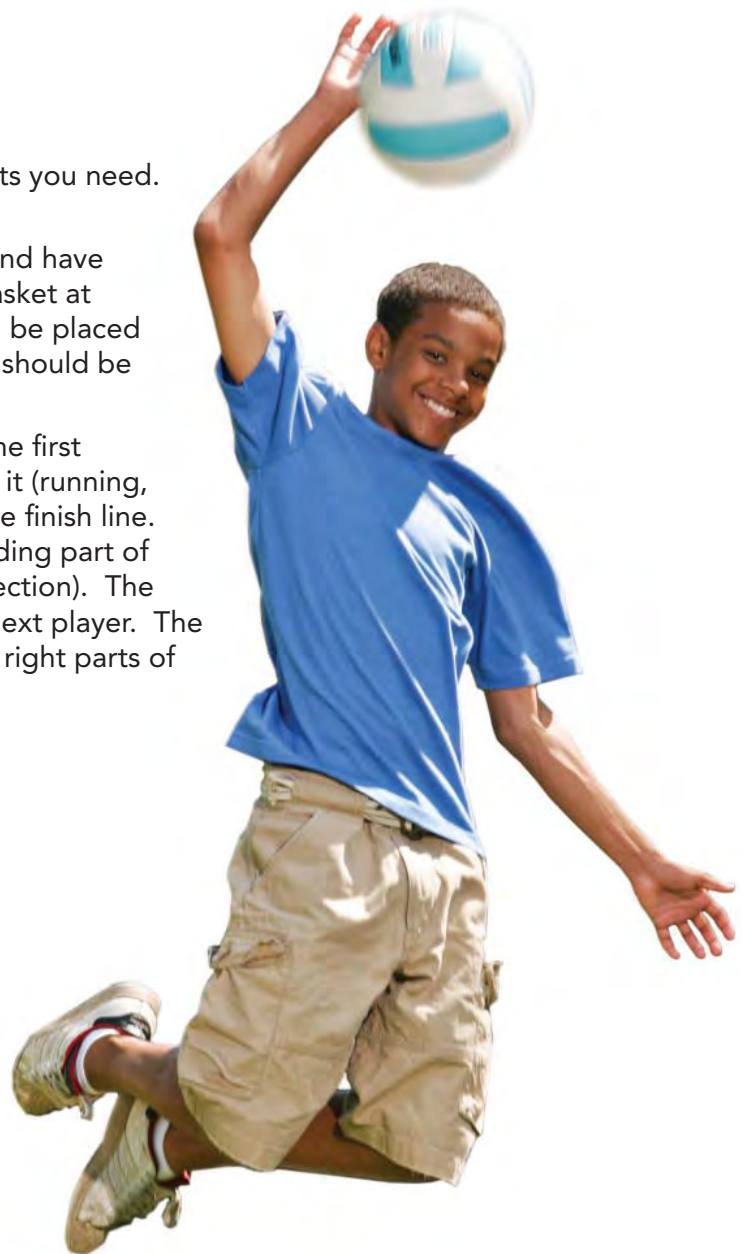
ACTIVITY: MyPlate Relay











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



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Physical Activity Fun: Favorite Super Hero Moves, and Favorite Energy Fruit or Veggie

- Ask the children to think about their favorite super hero (or cartoon character).
- Ask the children to think about their favorite fruit or vegetable that gives them energy.
- Then ask them to pretend that they are their favorite super hero (or cartoon character) and act out a movement of the character for all the children to do together for about 30 seconds.
- As students act out their movements have them call out their favorite fruit or vegetable that gives them energy.
- Repeat until all students have had a turn being a super hero.

Make-A-Salad Race

What You Will Need:

- 1 hula hoop per 3 students (“salad bowl”)
- A variety of items to represent “salad ingredients” (scarves, small balls, beanbags, crumpled paper, etc.)

Activity:

- Scatter the hoops throughout the activity area.
- Divide students into groups of three at each hoop.
- Divide items equally between all hoops.
- Have students decide what vegetable each item represents (ex: red balls are tomatoes).
- Students simultaneously begin collecting “ingredients” from other hoops; students can only take one ingredient at a time.
- Items must be placed, not thrown, into their hoop, and students cannot guard their hoop.
- After several minutes, stop play. Have groups count their items (or skip this step to minimize competition), then redistribute items before starting play again.



Source: harvestofthemonth.cdph.ca.gov/Documents/Summer/SaladGreens/Salad%20Greens%20-%20Educator's%20Newsletter_Final.pdf#search=salad%20greens

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 kids (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>