



**Foods of the Month**  
**Fun Being Active**

**December**



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

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



# Moouoooooove to Low-Fat Dairy Products

## Preschool/Elementary Kids 2013

- **Who is this for?**
  - Both preschool and elementary kids.
- **Why is this a good idea?**
  - Eating and drinking low fat dairy products are important for bone health.
- **Items Needed:**
  - Print-outs of the low fat dairy move card sheets.
  - Scissors.
  - Basket/Bowl.
- **Objective:**
  - Preschool and elementary kids participating in a fun physical activity game while learning benefits of eating and drinking low fat dairy products.
- **Instructions:**
  - **Preschool Kids:** Print out two card templates and cut out each sheet of cards to include a picture and activity on each card. Put one set of cards in a bowl or basket and hand out one card from the other card set to each child. Have the teacher pull one card from the basket and call out the photo on the card. Ask the children to raise their hands if they have the photo on the card. Ask the children to raise their hands if they have the photo that was called. The teacher will demonstrate the physical activity from the card first and have the children follow next.
  - **Elementary Kids:** Print two card templates and cut out each sheet of cards to include a picture and activity on each card. Put one set of cards in a bowl or basket and hand out one card from the other card set to each child. Have the teacher pull one card from the basket and call out the photo on the card. Ask the children to raise their hands if they have the photo that was called. Have the child read both the product and physical activity listed on the card. The teacher will demonstrate the physical activity from the card first and have the children follow next.
- **Nutrition Lesson Plan:**
  - Fat-free and low-fat (1%) milk, yogurt, and cheese are all dairy foods. These foods have calcium which helps make both your bones and teeth stronger! Some good meal or snack ideas to make are grilled cheese sandwiches, adding fruit to yogurt, making a fruit and dairy smoothie, and cheese and crackers.




**Champions for Change**

Arizona Nutrition Network

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# Low Fat Dairy Move Cards

	<p>Jump</p> <p>1 % Low-fat Milk</p>		<p>Skip</p> <p>Yogurt Smoothie</p>
	<p>Walk like a Bear</p> <p>Fat-free Milk</p>		<p>Dance</p> <p>Yogurt</p>
	<p>Jumping Jacks</p> <p>Low-fat Cheese</p>		<p>Tip-toe</p> <p>Yogurt Parfait</p>
	<p>Spin</p> <p>Low-fat Cheese Sandwich</p>		<p>Hop like a Kangaroo</p> <p>Yogurt Pops</p>
	<p>Hop on one foot</p> <p>Low-fat Cheese and Whole Wheat Crackers</p>		<p>Gallop</p> <p>Low-fat String Cheese</p>

# Low Fat Dairy Move Cards

	<p>March in Place 1 % Low-fat Milk</p>		<p>Jump Forward  Yogurt Smoothie</p>
	<p>Walk in Place Fat-free Milk</p>		<p>Wiggle like a Worm  Yogurt</p>
	<p>Push-Ups Low-fat Cheese</p>		<p>Jump to the Left  Yogurt Parfait</p>
	<p>Sit-Ups Low-fat Cheese Sandwich</p>		<p>Jump to the Right  Yogurt Pops</p>
	<p>Wrist Rolls Low-fat Cheese and Whole Wheat Crackers</p>		<p>Arm Circles  Low-fat String Cheese</p>

## I'm a Little Squirrel Nut Gathering Game

### Gather together:

- Music
- Hula hoops

### Directions:

- Remind the children that squirrels are busy, all fall long, gathering and hiding nuts for the winter.
- Play some music. Have children pretend to be squirrels gathering nuts.
- Use hula hoops for the “squirrels” to put their “nuts” in. When the music stops, the “squirrels” go “home” (hula hoops).
- Take away one hoop each time the music stops so that the “squirrels” have to share “homes.”
- Have children pretend to be squirrels gathering and hiding nuts while you sing a fun song about a little squirrel.



Adapted from: <http://twigglemagazine.com/November-activities/fall-movement-activity.html>



# Rebuild, Rebound, Refuel

## You probably know

that it's recommended that you get 60 minutes of physical activity each day. But, did you know that experts suggest there is a two-hour recovery window after exercise, which is the best time to refuel and rehydrate your body to keep it in top shape?

Discover for yourself!

Conduct your own research project, and find an article or scientific study about chocolate milk as a recovery beverage. Bring it to class for discussion.

## ➔ Part A: Refuel with Chocolate Milk!

When you're active, good nutrition is especially important. Milk (including chocolate milk!) is a nutrient-rich powerhouse that not only provides the fuel your body needs to be active, but also the fluids and nutrients your body needs to recover after exercise. Plus chocolate milk has the right mix of nutrients to help active bodies refuel. In fact, recent studies found that drinking lowfat milk offers an advantage compared to water or traditional sports drinks when it comes to staying hydrated after strenuous exercise. Remember to:

- Rebuild with** ➔
  - **Protein** to help build muscle and reduce muscle breakdown.
  - **Calcium and vitamin D** to help build and maintain strong bones and help reduce the risk of stress fractures.
- Rebound with** ➔
  - **Electrolytes**, including calcium, potassium, and magnesium, to replenish what's lost in sweat.
  - **Fluids** to help rehydrate the body.
- Refuel with** ➔
  - The right mix of **carbohydrates** and **protein** to refuel muscles.
  - **B vitamins** – **riboflavin**, **niacin**, and **vitamin B-12** – to help convert food to energy.

## ➔ Part B: Get Milk, Get Going, and Get Fit!

Ready to make milk part of your active lifestyle? Use this calendar chart to track your physical activity for a week and record what you did to rebuild, rebound, and refuel after exercise. We've even included a *Milk Tip of the Day* to help you make milk part of your everyday diet!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
What I did to get active:	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
How long?	<input type="text"/> mins.	<input type="text"/> mins.	<input type="text"/> mins.	<input type="text"/> mins.	<input type="text"/> mins.	<input type="text"/> mins.	<input type="text"/> mins.
What did I do to refuel after exercising?	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
How many 8-ounce servings of milk did I drink today?	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<b>Milk Tip of the Day</b> <small>(Check the box after you complete each tip of the day)</small>	Drink chocolate milk after your workout – it has the right mix of carbs and protein to help refuel tired muscles. <input type="checkbox"/>	Grab milk from a vending machine or a la carte line - it's a good source of protein, which helps build muscles and support strong, healthy hair and nails. <input type="checkbox"/>	Make a nutritious smoothie with milk, yogurt, and fresh fruit! Milks rich in calcium and vitamin D to help build strong bones and help reduce the risk of stress fractures. <input type="checkbox"/>	Ditch the sodas and make milk the perfect complement to your dinner. Research suggests that teens who regularly drink milk instead of sugary beverages tend to be leaner than those who don't. <input type="checkbox"/>	Don't skip breakfast – have a bowl of cereal with milk! Milk has B vitamins for energy to help get you going. <input type="checkbox"/>	Not all milk has to be drunk from a glass! Choose a latte made with fat free milk. It's a great way to enjoy another serving of milk. <input type="checkbox"/>	Add some chocolate syrup to your milk for a good-for-you treat. White or flavored, milk is a nutrient powerhouse, packed with 9 essential nutrients your body needs. <input type="checkbox"/>



**Blog About It!** Write a *Get Fit* blog (or keep a notebook log) during the week you are tracking your exercise routine. Describe how you feel before and after the daily physical activity, how you made milk a part of your daily routine and recovery, and any other thoughts about getting moving and getting milk!



## Foods of the Month Fun Being Active

### Fun “Nut” Activities for Fall

#### Acorn Hunt

Explain to the children that squirrels hide nuts so that they will have food for the winter. Then hide real acorns or paper acorns around the room and let children hunt for them. Let children take turns hiding and finding the acorns.

#### Tree Hop

Place hula hoops on the floor or outside on the lawn and ask children to hop from one tree to another.

#### Coordination/Gross Motor Skill

Put acorns in a box. Have children take off their shoes and socks. Let them try to transfer acorns or nuts from one box to the next using their toes.

#### Squirrel and Nut

One child is chosen to be "it" and is given a nut to hold. The other children sit in a circle on the floor. The children on the floor put their arms to the back, with their hands making a cup. The person who is "it" tiptoes around the outside of the circle and puts the nut into one of the outstretched hands. The child who receives the nut stands up and chases "it". "It" runs around the circle and sits down on the empty seat.

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