



Foods of the Month
Fun Being Active

March

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>



10 tips for being active every day

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!





Foods of the Month Experiential Activities

FISH TAG!

Lots of predators besides people eat fish: larger fish, seals, bears, and pelicans are just a few. Many fish hide from predators under docks or rocks, among cattails, or other places.

Play a game where a predator (one child) tries to catch fish (the other children) by tagging them.

- The predator can choose what kind of animal to be.
- Fish are “safe” if they stand on or touch a safe spot, like a lily pad (hula hoop), cattail (safety cone), rock (cardboard box), or dock (carpet square).
- To keep things moving, fish can stay in the safe spot only as long as it takes them to count to five.
- After the predator catches a fish, play again with a new predator.

Source: http://www.projectwild.org/growingupwild/images/fishing_fun_sample.pdf

Fishy Swimming School

Fish use their bodies to swim through the water. They can turn their fins and twist their bodies to help them move up, down, left and right.

Encourage children to try moving their bodies like fish. When fish swim together in a group, the group has a special name. A group of fish is called a “school.” The fish move together to stay in the group, without bumping into each other for protection from predators. We can try swimming as a school of fish too. Be aware of your fish friends while we swim together. All together now!



Source: http://www.projectwild.org/growingupwild/images/fishing_fun_sample.pdf

Image Source: <http://marine-conservation.tumblr.com/post/98001130460/do-fish-feel-pain>



Foods of the Month Experiential Activities

PLAY HARD CHARADES GAME (12-15 MINUTES)

This game helps kids think about the many ways to be physically active!

Say to the group of children, *“Now we’re going to play a game. On the back of your card, write the name of something you want to do to play hard every day. This can be something you already know how to do. It can also be something you want to learn, like playing basketball or baseball, doing cool dance moves or even just cleaning your room at home. Don’t share what you wrote with anyone!”*

Demonstrate writing down a favorite activity on the card. Help with spelling and grammar.

“Are you ready to play the game? I’d like a volunteer to come up to the front of the class with me, and – without talking – show us the activity you wrote down. The other students will guess the name of your activity.”

Select a student volunteer and bring them up to the front of the room to silently act out the movement on their card. The other students will try to guess what they are doing until they get it right.

Once the students guess the activity correctly, the class will then act out the activity together for at least 30 seconds.

Repeat with other students as many times as possible. Encourage excitement and participation. Remind them that they are now closer to reaching their goal of doing 1- hour of play every day!

“Those are all fun ways to play hard. We know now that playing hard is one way that will help you grow strong and have lots of energy. Now, who can tell me what you do when you are NOT playing hard at home? How many of you watch TV, play on the computer or play video games? Are they fun? They sure are, but sometimes they will keep us from playing hard at least one hour every day. This means, if we do them too much, we won’t grow up strong. We need to remember that in order to grow strong, we need to watch less television, and play less computer and video games at home. This way, we have more time to play hard. Do you think you can do this? YAY!!”

Source: University of Nevada Cooperative Extension