**Healthy Ever After: Kids!**   
Torrance Memorial Medical Center and Torrance Unified School District

Prepared by Giselle Willeford, RD – Revised by Emily Parker, MS, RD

**Session 4b: “Fitness, and Food to Energize You!”  
 – Kindergarten through Second Grade**

I. **Objectives:** Following this session, students will be able to:

1. Name daily exercise recommendations for children (60 minutes per day)
2. Identify at least two different types of exercise (cardiovascular, strength training, flexibility, and/or balance)
3. Discuss exercises they enjoy
4. Explain that food provides energy to fuel exercise
5. Name healthy snack ideas for pre/post exercise
6. Name healthy beverage choices for pre/post exercise

II. **Instructor:** Classroom teacher and/or parent docent

III. **Target Audience:** Students in kindergarten, first grade, and second grade classes within Torrance Unified School District

IV. **Setting:** Classroom or Multi-Purpose Room

V. **Materials:**

1. One or more of various fitness posters
2. Visual Aid Sheets
3. Fitness Stickers
4. Snack Items
   * 1. Crispy Rice Cereal Bars (12 kids per box)
     2. Knife for cutting bars in half
     3. Cutting board(s)
     4. Napkins (one per child)
     5. Vinyl gloves for teacher/docents

VI. **Total Session Time:** 45 minutes

1. **Lesson Time:**  20 minutes
2. **Activity Time:** 15 minutes
3. **Snack Time:** 10 minutes

VII. **Preparation**

1. Review notes, practice lesson
2. Collect/compile materials
3. Snack preparation
4. Snack preparation
5. Docents/teachers/children need to wash their hands before handling food—docents/teachers must wear vinyl gloves when preparing food for the children
   * 1. Open boxes and packaging of cereal bars
     2. Cut bars in half and serve one half of a bar to each child
     3. Have napkins available for each child

**VIII**. **Lesson Outline**

1. Introduction
   * 1. Instructor introduction(s)
     2. Today’s topic: “Fitness and Food to Energize You!”
     3. Review Ethnic Foods Lesson

*“But first, does anyone remember what we talked about last time? Yes. We talked about healthy food from around the world.* (Show world slide) *We took an imaginary trip to different countries to learn about foods from each place – those special foods from around the world are called* ***ethnic*** *foods. Has anyone tried a new ethnic food since our last lesson?”* (Allow children to respond)

* + 1. Explain that now we are going to talk about exercise and foods that help us stay healthy and strong when we exercise. (Show slide “Exercise!”)

1. Explaining Exercise
   * 1. *“First, what is exercise? Can someone explain what “exercise” means?”* (Allow children to respond.) “*That’s right, exercise is when we move our bodies – we can run, jump, climb on play structures, play sports, dance, ride our bikes, swim…”*
     2. *“What is your favorite way to exercise?”* (Let kids respond)
     3. *“Exercise is FUN, isn’t it? We are SO lucky that we can do all those activities! Do you know how much our bodies like us to move every day? A whole HOUR, that means 60 minutes* (Show stopwatch slide)*. We can move for a long time all at once, or we can do a little moving in the morning, a little moving during the day, and a little moving in the evening.”*
     4. *“And, just like you maybe want to play with different toys on different days, our bodies are strongest and healthiest when we do a mix of different types of exercise. To help us learn, I am going to explain each type of exercise and then we are going to do a little practice. So, everybody up!”* (Have children stand. Be sure they have a little space around them.)
     5. *“First, it is great to do what we call CARDIOVASCULAR exercise.* (Show slide/pictures of cardiovascular exercises) *Can you practice saying that? CARDIOVASCULAR!  
        “That is the kind of exercise that gets our hearts pumping and gets us breathing hard: running, jumping jacks, dancing, playing soccer or basketball. Hey. Let do some running in place right now!”* (Run in place for a few seconds)
     6. *“STRENGTH training is important too* (show slide/pictures of strength training)*. We can do sit ups, push ups, and other exercises that build our muscles – grown ups even lift weights. Let’s do a frog hop to build our leg muscles. So, squat down all the way to the ground, and hop up!”* (Hop up and down a few times (deep squats)) *“How do your legs feel? Great, huh?”*
     7. *“BALANCING is another important part of exercise* (show slide/pictures of balancing)*. Many different activities like dance, gymnastics, karate, and yoga help us practice balance. Are there any special balancing move that you do?”* (Allow children to respond) “*Awesome! Well, today we are going to practice balancing on one foot. So, let’s lift one foot off the ground and see how long we can stand still without putting that foot back on the ground. You can put your arms out to help you balance.”* (If this is easy for the kids, have them close their eyes and/or touch their noses with their pointed fingers.) “*Okay you can put your foot back down now. Good job!”*
     8. *“Then we can STRETCH to become more flexible (that means more bendable)* (show slide/pictures of stretching) – *just like a kitty cat! Yoga is a special way to stretch. Maybe you have learned stretches at sports practice or at school. Here is one we can do right now. Reach up to the sky, as high and you can with your finger tips. Now let’s do the Swan Dive! Take a deep breath, move your arms like this* (down to shoulder level), *blow your breath out, and bend over* (from the hips) *to touch your toes. And, up slowly. Aaah. Doesn’t that feel good?”*
     9. *“Finally we can move in other ways* (show “play!” slide/pictures of other ways to move)*, like doing chores around the house or the yard, climbing the stairs, walking the dog, going on a hike, walking to school or at school, or playing outside with friends. That’s why we say, “Play longer to grow stronger!” Pretty fun, huh? Okay. Please sit down for the next part of our lesson.”*

Source:

Centers for Disease Control and Prevention, <http://www.cdc.gov/physicalactivity/everyone/guidelines/children.html>

1. “*Now, let’s think a minute. What gives you energy to run and jump?”* (Allow students to respond.) *“That’s right. It is our FOOD that gives us energy. Here is a picture of some foods that are really good to eat when we need extra energy. They are whole grains and fruits!’* (Show slide/pictures of grains and fruits, nuts/seeds). *“Foods like granola bars, crackers, pretzels, bread, tortillas, rice, bagels, and noodles are grains. Foods like orange slices, grapes, bananas, apples, berries, raisins and melon are fruits. Sometimes nuts and seeds are great too. Does anyone have a favorite ENERGY snack to eat when you exercise?”*
2. *“Great! These foods help our muscles move, just like gas helps our cars move.”* (Show picture of gas and car, food and muscles) “*It is important to eat a small snack or meal before we exercise, otherwise we might be like a car that runs out of gas – no energy! We might have a hard time moving and feel really tired.”*
3. *“Now, if we have a bigger meal, we may need to wait a little time before we do exercise, usually at least an hour.”*  (Kindergarten may not get this…you can decide if this is appropriate.)
4. *“After we exercise for a long time, like for a sports game or practice, yogurt, string cheese, and milk can be good snacks too.”* (Show picture of milk, etc.) “*Remember, these help our bones stay strong.”*
5. *“Hmmm. Does anyone ever get thirsty when you are exercising? I sure do! Well, what do you think the best ALWAYS beverage to drink is, during exercise?”* (WATER!) (Show water slide) “*That’s right, water is a great way to quench our thirst. SOMETIMES sports or juice drinks are okay too, but most of the time, water is the way to go! So, don’t forget your water bottle the next time you exercise!”*
6. *“Wow!”* (Move to final slide.) *“We learned so much today. We talked about FITNESS and why EXERCISE is good for our bodies. We learned about CARDIOVASCULAR, STRENGTH, BALANCE and STRETCHING exercises. We learned that fruits, grains, nuts and seeds give us ENERGY so we can move and exercise. And, we remembered that drinking WATER when we exercise is very important. Let’s all practice moving more and eating right to keep our bodies healthy and strong!”*

IX. **Activity**: Activity/Coloring Sheets; Give Each Child a Fitness Sticker

X. **Snack:** Crispy Rice and Berry Bar

1. “*Very good! Now we are going to enjoy a grain snack. It is a crispy rice bar with berries in it. The rice is brown rice, so it is a whole grain food, and it is delicious! This snack will give us great energy to learn and play today!*”
2. Distribute and enjoy the snack!

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**Session 4b: “Fitness, and Food to Energize You!”  
Third through Fifth Grade**

I. **Objectives:** Following this session, students will be able to:

1. Name daily exercise recommendations for children (60 minutes per day)
2. Identify at least three different types of exercise (cardiovascular, strength training, flexibility, and/or balance)
3. Name two benefit of exercise
4. Discuss exercises they enjoy
5. Explain that food provides energy to fuel exercise
6. Name healthy snack ideas for pre/post exercise
7. Name healthy beverage choices for pre/post exercise

II. **Instructor:** Classroom teacher and/or parent docent

III. **Target Audience:** Students in third, fourth, and fifth grade classes within Torrance Unified School District

IV. **Setting:** Classroom or Multi-Purpose Room

V. **Materials:**

1. One or more of various fitness posters
2. Visual Aid Sheets
3. Fitness Stickers
4. Snack Items
   * 1. Crispy Rice Cereal Bars (12 kids per box)
     2. Knife for cutting bars in half
     3. Cutting board(s)
     4. Napkins (one per child)
     5. Vinyl gloves for teacher/docents

VI. **Total Session Time:** 45 minutes

1. **Lesson Time:**  20 minutes
2. **Activity Time:** 15 minutes
3. **Snack Time:** 10 minutes

VII. **Preparation**

1. Review notes, practice lesson
2. Collect/compile materials
3. Snack preparation
4. Snack preparation
5. Docents/teachers/children need to wash their hands before handling food—docents/teachers must wear vinyl gloves when preparing food for the children
   * 1. Open boxes and packaging of cereal bars
     2. Cut bars in half and serve one half of a bar to each child
     3. Have napkins available for each child

**VIII**. **Lesson Outline**

1. Introduction
   * 1. Instructor introduction(s)
     2. Today’s topic: “Fitness and Food to Energize You!”
     3. Review Ethnic Foods Lesson

*“But first, does anyone remember what we talked about last time? Yes. We talked about healthy food from around the world.* (Show world slide) *We took an imaginary trip to different countries to learn about foods from each place – those special foods from around the world are called* ***ethnic*** *foods. Has anyone tried a new ethnic food since our last lesson?”* (Allow children to respond)

* + 1. Explain that now we are going to talk about exercise and foods that help us stay healthy and strong when we exercise. (Show slide “Exercise!”)
    2. Explaining Exercise
    3. *“First, what is exercise? Can someone explain what “exercise” means?”* (Allow children to respond.) “*That’s right, exercise is when we move our bodies – we can run, jump, climb on play structures, play sports, dance, ride our bikes, swim…”*
    4. *“What is your favorite way to exercise?”* (Let kids respond)
    5. *“Exercise is FUN, isn’t it? We are SO lucky that we can do all those activities! Do you know how much our bodies like us to move every day?”* (Let kids respond, then show stopwatch slide.) *“That’s right. We should move our bodies for at least 60 minutes per day. We can exercise for 60 minutes all at once, or we can do shorter exercise sessions through the day to make 60 minutes total.”* (Give examples and explain if it seems like kids need more detail.)
    6. *“Exercise has lots of benefits: it is FUN, it helps us feel HAPPIER, it helps us SLEEP BETTER, it helps us CONCENTRATE in school more, and it keeps our bodies FIT. So, what does FIT mean?”*
    7. *“If a person is FIT, or they have a good FITNESS level, it means they are very strong and healthy. To be FIT we should do a mix of different types of exercise. Today I am going to explain each type of exercise we can do to stay fit and then we are going to do a little practice. So, everybody up!”* (Have children stand. Be sure they have a little space around them.)
    8. *“First, it is great to do what we call CARDIOVASCULAR exercise.* (Show picture of cardiovascular exercises) *Can you practice saying that? CARDIOVASCULAR!  
       “That is the kind of exercise that gets us breathing hard: running, jumping jacks, dancing, playing soccer or basketball. CARDIOVASCULAR exercise helps keep our hearts and lungs healthy. Hey. Let do some running in place right now!”* (Run in place for a few seconds)
    9. *“STRENGTH training is important too* (show pictures of strength training)*. We can do sit ups, push ups, and other exercises that build our muscles – grown ups even lift weights. Let’s do a deep knee bend to strengthen our leg muscles. So, squat down all the way to the ground, and then stand up!”* (Squat up and down a few times (deep squats)) *“How do your legs feel? Great, huh?”*
    10. *“BALANCING is another important part of exercise. BALANCE exercise helps us react quickly during sports so that we do not get injured. Many different activities like dance, gymnastics, karate, and yoga help us practice balance. Are there any special balancing move that you do?”* (Allow children to respond) “*Awesome! Well, today we are going to practice balancing on one foot. So, let’s lift one foot off the ground and see how long we can stand still without putting that foot back on the ground. You can put your arms out to help you balance.”* (If this is easy for the kids, have them close their eyes and/or touch their noses with their pointed fingers.) “*Okay you can put your foot back down now. Good job!”*
    11. *“Then we can STRETCH to become more flexible (that means more bendable)* (show pictures of stretching) – *just like a cat! It is important to warm up before stretching. We always want our blood to be flowing before we stretch. It is best to hold a stretch for at least 30 seconds.”  
        “Yoga is a special way to stretch. Maybe you have learned stretches at sports practice or at school. Here is one we can do right now. Reach up to the sky, as high and you can with your finger tips. Now let’s do the Swan Dive! Take a deep breath, move your arms like this* (down to shoulder level), *blow your breath out, and bend over* (from the hips) *to touch your toes. And, up slowly. Aaah. Doesn’t that feel good?”*
    12. *“Finally we can move in other ways* (show pictures of other ways to move)*, like doing chores around the house or the yard, climbing the stairs, walking the dog, going on a hike, walking to school or at school, or playing outside with friends. That’s why we say, “Play longer to grow stronger!” Pretty fun, huh? Okay. Please sit down for the next part of our lesson.”*

Source:

Centers for Disease Control and Prevention, <http://www.cdc.gov/physicalactivity/everyone/guidelines/children.html>

1. “*Now, let’s think a minute. What give you energy to exercise?”* (Allow students to respond.) *“That’s right. It is our FOOD that gives us energy. Here is a picture of some foods that are really good to eat when we need extra energy. They are whole grains, nuts and seeds, and fruits!’* (Show pictures of grains and fruits, nuts/seeds). *“Foods like granola bars, crackers, pretzels, bread, tortillas, rice, bagels, and noodles are grains. Foods like orange slices, grapes, bananas, apples, berries, raisins and melon are fruits. Sometimes nuts and seeds are great too. Does anyone have a favorite ENERGY snack to eat when you exercise?”*
2. *“Great! These foods help our muscles move, just like gas helps our cars move.”* (Show picture of gas and car, food and muscles) “*It is important to eat a small snack or meal before we exercise, otherwise we might be like a car that runs out of gas – no energy! We might have a hard time moving and feel really tired. Has anyone ever felt sluggish because you were exercising without having fuel in your body?”*
3. *“Now, if we have a bigger meal, we may need to wait a little time before we do exercise, usually at least an hour.”*
4. *“After we exercise for a long time, like for a sports game or practice, yogurt, string cheese, and milk can be good snacks too.”* (Show picture of milk, etc.) “*Remember, the milk helps our bones stay strong.”*
5. *“Hmmm. Does anyone ever get thirsty when you are exercising? I sure do! Well, what do you think the best ALWAYS thing to drink is, during exercise?”* (WATER!) “*That’s right, water is a great way to quench our thirst. SOMETIMES sports or juice drinks, or coconut water are okay too, especially if you are exercising for more than 60 minutes all at once. But most of the time, water is the way to go! So, don’t forget your water bottle the next time you exercise!”*
6. *“Now, what if I decided to eat just soda, donuts, chips, and chocolate to fuel my body? How would I feel?”* (Let students respond.) *“Yes. You are right, I might feel sluggish, sick to my stomach, and uncomfortable. Not so good.”* (Show “Wrong Fuel” Slide)
7. *“Wow!”* (Move to final slide.) “*We learned so much today. We talked about CARDIOVASCULAR, STRENGTH, BALANCE and STRETCHING exercises. We learned that fruits, grains, nuts and seeds give us energy. And, we remembered that drinking WATER when we exercise is very important. Let’s all practice moving more and eating right to keep our bodies healthy and strong!”*

IX. **Activity**: Word Scramble, “Here’s How I Can Be Fit and Healthy” Activity Sheet

X. **Snack:** Crispy Rice and Berry Bar

1. “*Very good! Now we are going to enjoy a grain snack. It is a crispy rice bar with berries in it. The rice is brown rice, so it is a whole grain food, and it is delicious! This snack will give us great energy to learn and play today!*”
2. Distribute and enjoy the snack!