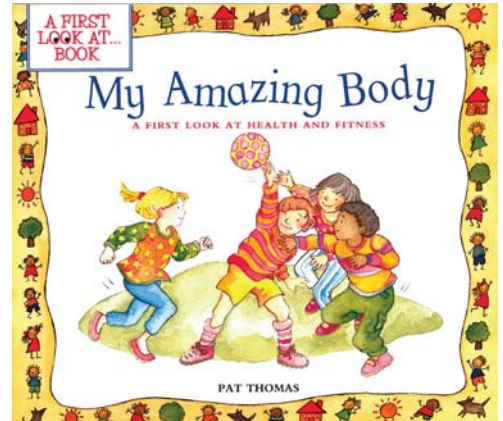


### Recommended Book

“My Amazing Body” by Pat Thomas

**Book Summary:** This book discusses all of the amazing things our bodies can do and how important it is to take good care of ourselves by eating healthy and being physically active.



### Lesson Objectives

Children will:

1. Identify healthy food choices.
2. Discuss ways to be physically active.
3. Categorize different foods and activities based on how they affect the body.

### Activity Summary

Students will identify foods and activities that help make our bodies healthy versus other foods and activities that do not. See reverse for materials, prep-work, and “Musical Chairs” directions.

### Lesson Format

1. Ask children to name some things that their bodies need to grow and be healthy.
2. Read book aloud to children.
3. Explain the following concepts:
  - a. Energy: Our bodies need energy to think, grow and be active. We get energy from food.
  - b. Nutrients: Vitamins and minerals are nutrients that help our bodies stay healthy. Foods like fruits and vegetables give our bodies important nutrients.
4. Use the following questions to guide a discussion:
  - a. What do you do to help your body stay healthy?
  - b. What are some physical activities you enjoy that require your body to move? (Examples may include running, biking, swimming, etc.) Explain that it is important to be physically active every day.
  - c. What are some activities you enjoy that do not require you to move? (Examples may include watching television, playing video games, computer time, etc.) Explain that these activities are ok for us to do sometimes, but not every day.
  - d. What are some foods you like to eat to help your body grow strong and healthy? (Examples include fruits, vegetables, grains, dairy and lean protein). Explain that these are foods we need every day. They can be called “always” foods because we should “always” be eating them!
  - e. What are some foods that do not help our bodies grow and stay healthy? (Examples may include cookies, chips, cakes, candy etc.) Explain that these foods are ok to eat sometimes, but not every day. They can be called “sometimes” foods because we should only eat them every once in awhile.
5. Let’s play musical chairs! Engage students in movement as they work together to identify and categorize foods. Follow directions on the back of this page.

### Materials

- Recommended Book
- “Musical Chairs” supplies:
  - Classroom chairs (one for each child)
  - Food and Activity Picture Cards (in Appendix)
  - Music
- Supplies for an optional reinforcement activity selected from the Activities Appendix

### Prep-Work

- Cut out “Food and Activity Picture Cards”.
- Separate out cards #1 - #6 from the rest. These cards represent “sometimes” foods and activities and will be introduced sporadically throughout the “Musical Chairs” activity.
- Place all classroom chairs in a circle.

## Musical Chairs

### Supplies

Food and Activity Picture Cards (in Appendix)  
Classroom chairs (one for each child)  
Music

### Directions

1. Place one card faced down on each chair. Include cards #1 and #2.
2. Play music and have children walk or dance around the chairs.
3. When the music stops, each student must sit in a chair.
4. Have students look at their card and decide if it is a “sometimes” or “always” food or activity.
5. Ask students to share if they think they have a “sometimes” food or activity. Discuss.
6. Restart the music and have students resume walking or dancing as you collect cards.
7. Exchange cards #3 and #4 for #1 and #2. Shuffle and place one card down on each chair.
8. Repeat steps 3-6.
9. Exchange cards #5 and #6 for #3 and #4. Shuffle and place one card down on each chair.
10. Repeat steps 3-6.

### **Estimated Time:**

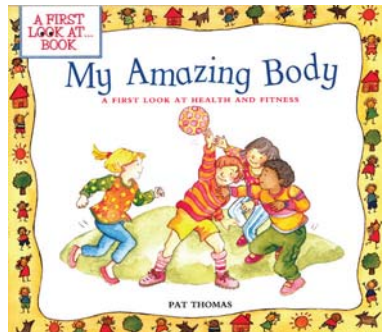
- \* Completing pre-work: 30 minutes
- \* Completing lesson: 45 minutes
- \* Completing reinforcement activity: 30 minutes



# READ FOR HEALTH

## Let's Take Care of Our Body!

We read "My Amazing Body" and learned about how important it is to take good care of your body. We discussed many things we need to do to stay healthy including eating enough healthy fruits and vegetables, getting enough sleep and getting lots of physical activity.



## Did You Know...

The average child spends over four hours a day watching television. Children spend even more time using other electronics.



## Help Your Child Watch Less and Move More:

Try to limit screen time. Provide other options. Replace the television and other electronics with a new hobby, playing outside, or family time.

Reward your children with active time together. Go for a walk, play a game, or learn to cook!

Create "screen-free" bedrooms. Your children will be able to sleep better without television, computer, or video games in the bedroom.

Set a good example. When you spend more time being active, your children will do the same.

## Can't Go Outside?

When it is raining or too dark outside, you and your child may not be able to play outdoors. Below are ideas for bringing physical activity indoors:

- Turn on your favorite music and have a dance party!
- Have your child help with chores. Some examples include vacuuming, cleaning their room, and putting away groceries.
- Make time spent watching television more active. See who can do the most sit-ups or push-ups during commercials!
- Clear some space to jump rope.
- Play a game of "Simon Says".

## Take Action! Get Moving Together.

- Try to add an extra 10 minutes of physical activity with your child each day.
- List some ways you will add physical activity to your schedule this week:

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- Keep track of your progress. Try keeping a log on your refrigerator. For sample logs, visit: <http://www.letsmove.gov/get-active>



