

Lesson: From Slow to Go

Supplies Needed:

- EP_Five-Minute-Fitness-Ideas
- 1.8_LV_From-Slow-To-Go

Goals:

- Students will be able to classify foods as Slow or Go.
- Students will understand the health benefits of eating a well-balanced diet.
- Students will learn how to identify unhealthy habits and offer suggestions for how to make better choices.

Lesson:

(Choose an exercise from 5 minute Fitness Ideas and do it for five minutes.)

Do you remember where food comes from? (*A farm*)

Can you remember the steps to getting cereal from the farm to your cereal bowl? Let's review them:

- (*Farmers plant seeds.*)
- (*Farmers water the seeds/crop.*)
- (*Farmers harvest the crop.*)
- (*Farmers sell the grain to food manufacturers.*)
- (*Food manufacturers turn the grain into cereal.*)
- (*Truckers deliver the cereal to the grocery store.*)
- (*We go to the store to buy the cereal.*)
- (*We enjoy the cereal for breakfast!*)

This year we learned all about healthy habits. Can you think of things that you can do to be healthy? (*Eat Go Foods, eat more fruits and vegetables, exercise, rest, drink water.*)

Eating well and exercising builds a healthy body and gives us energy to do the things we love.

I'm going to show some descriptions of people who need some help. They want to be healthy, but don't know where to start. As a class, maybe we can think of some ways to help them be healthier. Are you ready?

(Show slide 1.) This is Ted. Ted loves to stay up late. In the morning, he has a hard time waking up. He often stays in bed, even when his mom calls him down for breakfast. On most days, Ted doesn't eat breakfast because he doesn't have time. Once Ted gets to school, he still feels tired and wishes he had more energy. By the time lunch rolls around, Ted is really hungry and sometimes has a headache.

What could Ted do to have more energy and avoid getting a headache?

(Brainstorm as a class.) *(Get to bed earlier, eat a healthy breakfast.)*

(Show side 2.) This is Beth. For her birthday, Beth got a new computer game. As soon as Beth gets home from school, she heads straight to computer to play her new game. Beth will play on the computer from the time she gets home until dinnertime. Lately, Beth's friends have been upset because they don't see her anymore. When they do see her, she never wants to play outside. Beth tells her friends that she is too tired to play and that she would rather play computer games and watch TV.

What could Beth do to have more energy and spend more time with her friends?

(Brainstorm as a class.) *(move more, 60 minutes a day, have a snack after school)*

(Show slide 3.) This is Alex. When Alex gets home from school he is very hungry. He heads straight for the pantry and loads up on potato chips, cookies, and soda. After Alex eats, he will play outside for a little bit, but then he runs out of energy, so he goes home and watches TV.

What could Alex do to have more energy?

(Brainstorm as a class.) *(Eat more Go Foods for snack such as fruits and veggies, peanut butter on a banana, cheese and an apple.)*

(Show slide 4.) This is Jude. Jude is always catching a cold. Jude mostly eats grains, milk, and meat, but she doesn't like fruits and vegetables. Jude doesn't want to keep catching colds.

What are things that Jude could do to stay healthy?

(Brainstorm as a class.) *(Eat more fruits and vegetables, make sure she is sleeping, moving and drinking water.)*

What great ideas! With summer coming up soon, what are some things you can do to be healthy and energized this summer?

(Play outside, eat Go Foods, drink plenty of water, get rest)