



# Nutrition and Fitness

Presentation Manual



### **Nutrition and Fitness Presentation Manual**

This Nutrition and Fitness presentation was developed for use by teachers, student teachers, school nurses, scout leaders and community members interested in teaching children about the importance of proper nutrition and daily physical activity.

Thank you for helping children understand the importance of nutrition and daily physical activity so they can help prevent chronic disease and enjoy a healthy lifestyle.

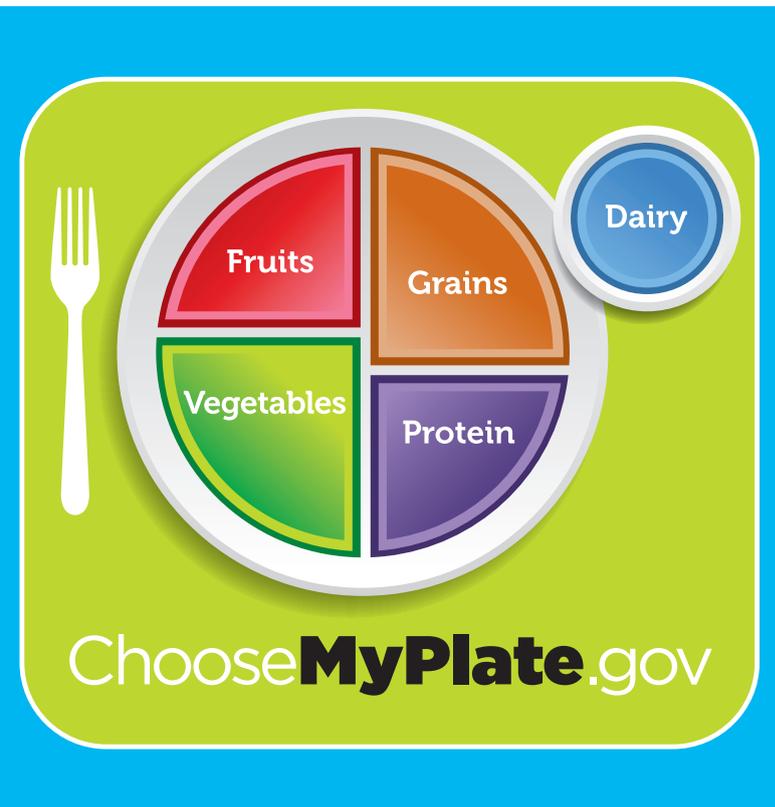
# Introduction

Eating a diet that consists of proper nutrition gives our bodies the nutrients required to function properly. The United States Department of Agriculture (USDA), the Department of Health and Human Services (HHS) and ChooseMyPlate.gov highlight foods that provide the nutrients necessary to give us the energy we need, keep us healthy, help us grow and be strong. Additionally, a diet that consists of the right portion sizes from all of the food groups supports a healthy body weight and Body Mass Index (BMI).

Participating in physical activity every day is also important for our bodies. A daily fitness regime promotes dense and flexible muscles, strong bones and cardiac endurance. Fitness also aids in a healthy BMI, which can decrease the risk of illness and disease.

## Printables

Available on nm.org are handouts that complement the lessons provided in this manual. There is a Letter to Parents, explaining the nutrition lesson and encourages parents to continue to practice healthy food and physical activity habits at home. Also included are worksheets and a Family Fitness Challenge. Use the Go Slow Whoa and You Are What You Eat posters to help choose healthy foods to eat and examples for each category of foods.



## About Our Resources

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### **CATCH® (Coordinated Approach to Child Health) program**

Northwestern Medicine promotes this evidence-based school program which encourages healthy lifestyle choices for children and families as they relate to nutrition and fitness. CATCH is a nationally and internationally recognized program designed to help prevent and reduce the spread of childhood obesity. The hospital's goal, along with CATCH, is to educate people about proper diet and physical activity behaviors for children and families that will result in lasting healthier lifestyles. More information can be found at [www.catch.org](http://www.catch.org).

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### **ChooseMyPlate.gov**

The USDA provides the recommended dietary guidelines. ChooseMyPlate.gov is a food guidance system that encourages healthier food and portion size choices. The model is used to introduce and explain the 5 food groups that are necessary to create a healthy diet. The ChooseMyPlate.gov graphic shows how to build a healthy meal.

# How to use the Nutrition and Fitness Kit

## **Goal:**

To provide information and tools that will help children understand the importance of proper nutrition and daily physical activity. Children will understand that nutrition and fitness decisions have a direct effect on keeping their bodies healthy and functioning properly.

## **Method:**

Teach an interactive class that includes discussion of nutrition and physical activity. Nutrition education will be instructed through the use of the printable posters and worksheets. The physical activity portion will be conducted through the use of jump ropes.

## **Objectives:**

At the end of the program, participants will be able to discuss why proper nutrition and physical activity should be included as an everyday part of life.

Students should also be able to recognize five necessary nutrients in food (carbohydrates, vitamins, minerals, calcium and protein), Go, Slow and Whoa foods and the proper amount of foods that should be on their plate each meal.

They will understand the importance of eating the recommended foods and know how to incorporate daily physical activity into their lifestyle.

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## **Materials needed**

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5 jump ropes (25 students)

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# Nutrition lesson plan

The nutrition lesson plan is presented in the following pages of this manual. Please use the provided Go Slow Whoa and You Are What You Eat posters in conjunction with the lesson plan as a visual to educate your students. Have your students draw and color pictures of a variety of foods to use in the lesson plan activity.

Please print the activity sheets on nm.org for your students to practice what they have learned after the lesson. Print the food activity log, as seen to the right, so your students can keep track of what they eat each day of the week.

Physical activities are also provided in the kit. Please use them with jump ropes to promote new physical activity ideas to your students.

**Northwestern Medicine** Kids Fun Facts

### Food and Activity Log

Use this log to keep track of what you eat each day of the week and how much exercise you do every day. Make sure the five food groups are represented each day. Don't forget to drink plenty of water. Try to have eight to ten glasses of fluids every day.

Goals for the week: \_\_\_\_\_

Day	Breakfast	Lunch	Dinner	Snacks	Type of exercise (Frequency/Hours)	Frequency	How many times per week
Sunday	_____	_____	_____	_____	_____	_____	_____
Monday	_____	_____	_____	_____	_____	_____	_____
Tuesday	_____	_____	_____	_____	_____	_____	_____

## Discussion Points

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**General message:** Making proper food choices is important in order to keep our bodies strong and to protect us from illness and disease. We should include the five food groups on the plate of each of our meals. The majority of these foods should be considered 'GO' foods. Additionally, including 60 minutes of daily physical activity into our day will help to keep our bodies healthy. Being active every day helps to build muscles and encourages healthy bones and joints. Daily activity also helps to prevent illness and disease; and gives us "happy feelings" throughout the day. The physical activities that we choose to do should include activities that get our hearts pumping faster.

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**For older students:** The decision to make proper food choices at each of our meals will protect us from illness and disease and keep us in overall good health. Healthy eating reduces our risk of health problems that include: overweight, obesity, heart disease, cancer, stroke and diabetes. Additionally, healthy eating is important for proper growth and development of our bodies and can improve our school performance, especially concentration and memory. Adding physical activity to our daily routine aids in promoting health and reduces the risk for illnesses like: diabetes, high blood pressure, asthma, and arthritis. Physical activity improves our health by building strong bones, strong muscles and increasing overall endurance. Being active helps maintain a healthy weight, reduces anxiety and stress, and increases self-esteem. Try to include 60 minutes or more of physical activity every day that increases the heart rate.



# Nutrition lesson

Today we will learn about ChooseMyPlate.gov, CATCH® Go Slow Whoa foods, recognize which foods make up the different food groups, practice choosing healthy foods and understand why nutrition and physical activity is important to us.

## Information On Nutrition

ChooseMyPlate.gov is an eating model that illustrates what foods to eat every day to stay healthy. Today you will learn about why it is important to include grains, fruits, vegetables, dairy and proteins in your diet.

Feeding our bodies with the proper foods is the same as putting the right gas in a car. We need to feed our bodies with the right foods to keep it working well.

Why Do We Need To Eat? To give us energy, to stay alive and healthy, to help us grow and to make us strong.

The types of food that we decide to eat will help us to stay healthy.

**Go Foods**—are foods that we can eat every day. They are whole foods like fruits, vegetables, whole grains, low fat milk and lean meats with no added sugar, salt or fats.

**Slow Foods**—are foods that are healthy but if we eat too many they aren't as good for our bodies. They are slightly more processed than Go foods. Juice, peanut butter, cheddar cheese, cooked vegetables with butter and refined grains are examples.

**Whoa Foods**—are foods that we should only eat once in a while. They are special treats, but do not give us the important nutrition we need. Foods like french fries, chips, bacon, sugary cereal and soda have lots of added sugar, salt and fat.

We also need to exercise to stay healthy. Being physically active for at least 1 hour every day helps keep our bodies working properly.

## Go Slow Whoa Nutrition Activity

<b>Activity Setup:</b>	Set up the Go Slow Whoa and You Are What You Eat posters where students can see them and easily tape food pictures on it.
	Set out markers or crayons, blank sheets of paper, scissors and tape for students to draw pictures of food.
<b>Activity Procedure:</b>	Students will be divided up into three groups (green group, yellow group, red group) that represent Go, Slow and Whoa foods.
	Use the Guided Discussion section on the following pages. After each discussion on each food group, students will draw a picture from the food group that they just discussed. Depending on which group the student is in, they will make this food either a Go, Slow or Whoa food.
	Once all food groups have been presented and all foods have been created, the students will then take their turn in placing their created foods into the appropriate column of the Go Slow Whoa foods poster. Students can use the You Are What You Eat poster to help them decide where the foods should go.
	If there are any blank categories, help children to distinguish why the food that he/she created doesn't fit into the category that they thought and then encourage them to pick a different food that would fit into the category that he/she represents.
	Once the poster is filled, remind the students that the Go foods should be eaten every day, the Slow foods should be eaten sometimes and the Whoa foods should be eaten only once in a while.

\*Additional age appropriate activities are provided at the end of the lesson plan.



# Guided discussion

Students should be divided into the three groups—each group representing Go (the green group), Slow (the yellow group) and Whoa (the red group) foods.

Let's talk about the foods we need to eat.

## **Grains**

Grains have carbohydrates, which give us energy so we can do things like think, read, walk, ride bikes and dance. Everyone stand up and burn off some energy by doing jumping jacks! That energy we just used was from carbohydrates.

What are some examples of grains? (Bread, cereal, pasta, crackers and rice... See [ChooseMyPlate.gov](http://ChooseMyPlate.gov) to learn about how many whole grains to eat.)

What are some examples of grains that are Go foods, Slow foods and Whoa foods? (Students should create a picture of a grain, depending on what group they are in.)

## **Fruits And Vegetables**

Fruits and vegetables have vitamins and minerals, which keep us healthy. Fruits also give us some quick energy.

Give a high five to the friend you are sitting next to. We are giving high fives because we need five servings of fruits and vegetables a day. Eat a fruit and vegetable at every snack and meal—breakfast, lunch and dinner to eat five servings each day.

What are some examples of fruits and vegetables? (Apples, oranges, grapes, carrots, broccoli, peppers...)

What are some examples of fruits and vegetables that are Go, Slow and Whoa foods? (Students should create a picture of fruits and vegetables that fall into the group that they are in.)

## Dairy

Milk and dairy gives us calcium. We need foods and drinks like milk, cheese, and yogurt every day.

What does calcium do for our body? (It helps our bones and teeth to grow and be strong and healthy.)

Kids should drink about 2 to 3 cups of milk a day. Try to choose low-fat milk products.

What are some examples of low-fat milk products? (Skim milk, 1% cottage cheese, string cheese and yogurt...)

What are some examples of milk foods that are Go, Slow and Whoa foods? (Students should create a picture of a milk product depending on the group that they are in.)

## Protein

Meats, beans, seafood and nuts give us protein.

What does protein do for our body? (It makes us strong. Ask kids to flex and show off their muscles! See [ChooseMyPlate.gov](http://ChooseMyPlate.gov) to learn how many protein foods to eat.)

This group has a lot of different foods that go together because they all have protein. What are some examples of protein foods? (Meat, fish, beans, nuts, eggs...)

What are some examples of meat and bean group foods that are Go, Slow and Whoa foods? (Students should create a picture of meat and bean foods depending on what group they are in.)

## Review

**Grains**—have carbohydrates, which gives us energy!

**Fruits and Vegetables**—have vitamins and minerals, which make us healthy!

**Milk**—has calcium, which helps us grow!

**Protein Meat, Beans, seafood and Nuts**—have protein, which makes us strong!

**Go Foods**—Are super healthy foods and we should eat them every day!

**Slow Foods**—Are less healthy foods and we should eat them in smaller amounts!

**Whoa Foods**—Are treats and we should eat them only once in awhile!

# Exercise

Why do we need to exercise? To help keep our bodies healthy! Exercise makes our hearts beat fast and helps keep our heart healthy!

How long we should exercise each day? At least 1 hour each day. 30 minutes moving fast—get your heart beating by running, swimming or biking. 30 minutes moving—walking, dancing or playing.

(Choose from the activities listed on the next page.)

## Game #1: CATCH Inspired Veggie and Fruit Train (Younger Students)

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Using the provided jump ropes, designate one rope as the Fruit Train and the other as the Veggie Train.

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Remind students that to grow, plants need air, water, sunlight and good soil.

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Tickets, which are pictures of fruits and vegetables (available on nm.org) are given to students or scattered in the center of the activity area.

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2 people (teachers or students) are assigned as “Conductors.” They hold one end of a jump rope and march the perimeter of the activity space.

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Conductors shout: “Time to get your tickets!” Student run to center and select one “ticket” each.

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Conductors shout, “All Aboard the Veggie or Fruit Trains!” Students then grab on to the jump rope train and march the parameter.

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The Conductors shout, “Oh! No! Not enough (air, water, sunlight or good soil)!” Students let go of rope, and slowly shrivel up and lay on the floor.

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Start the game again by giving the all aboard signal or scattering cards and re-picking trains.

## Game #2: Fruit Basket Jump (Older Students)

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The class sits in a semi-circle on chairs or “floor spots,” with two people spinning the jump rope 20 yards away and one person as the caller.

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Participants are equally divided between three fruits (such as apples, oranges and pineapples).

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When the “caller” calls out a fruit (e.g., “apples”), all the apples change chairs, including the “caller.” The person “out” becomes the next caller.

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If a caller says “fruit basket,” the jump rope is pulled tight at knee level and all fruits have to jump over the tight rope before returning to a seat. The last 3 people become the jump rope spinners and “caller.”

## Optional Activities:

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**MyPlate Display Plate:** Use the MyPlate template at [ChooseMyPlate.gov](http://ChooseMyPlate.gov) and give copies to each student. Have students make a “perfect breakfast,” “perfect lunch” and “perfect dinner” that includes each food group. Students can draw, color and cut out foods or they can use newspapers and magazines for this activity. Encourage students to use the Go Slow Whoa foods poster for reference in choosing the types of foods they want to use to create their “perfect meal.”

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**Meal Plan (for grades 3-5):** Print the Food and Activity Log to have students plan out a day or week’s worth of meals. Encourage the students to include all of the food groups and incorporate Go, Slow and Whoa foods into their planning.

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**CATCH® Family Fitness Challenge for Parents:** Print the 30-day family fitness challenge and give a copy to each student. Encourage students and parents to complete the 30 nutrition and fitness challenges with their family at home. Everyone can benefit from healthy habits!





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