



Foods of the Month
Fun Being Active

January



www.nrpa.org/CommitToHealth
[#CommitToHealth](https://twitter.com/CommitToHealth)

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>

Games to Play with Beans

Bean Bag Toss

Making bean bags is quite easy! Try making 4 sets of 4 bags out of each color. Place cut out numbers 1-5 in each of 5 paper plates, pie pans or any sturdy, shallow dish. Line them up, and let the tossing begin!



A Bean in the Hand

Each player puts between zero and four beans in his/her hand. Then each player guesses the total number of beans being held by all the players. Whoever is closest wins.

Stack the Beans

Pretty much as simple as it sounds. Beans come in all different shapes and sizes, and we've found a combination of types makes for a more exciting game. Just let everyone start stacking and see who can balance the most before the bean tower tips.

Adapted from: <http://redtri.com/love-your-legumes-games-to-play-with-beans/>



Foods of the Month Fun Being Active

Green, Green, Broccoli! (or other Cruciferous Veggies or Legumes!)

This twist on the game "Duck, Duck, Goose!" teaches children the importance of vegetables.

1. Gather the students into a circle around you and ask them to sit.
2. Ask them how often they eat fruits and vegetables. Tell them it is a good idea to have fruits and vegetables every day because they help us fight off colds, give us energy, and keep our hair shiny, our skin soft, and our teeth and bones strong.
3. Tell them fruits and vegetables make great snacks. Explain that we not only want to eat lots of fruits and vegetables, we want to eat lots of different kinds, or a variety, of fruits and vegetables because each one does something special and different for our bodies (plums are good for skin, peas for bones, etc.)
4. Brainstorm some cruciferous vegetables, and some legumes, with the students. (If you have them, pass out the pictures them so the students get acquainted with them.)
5. Tell the students they are going to play "Duck, Duck, Goose!" with a twist.
6. Explain that someone ("It") will walk around the outside of the circle lightly tapping her or his classmates' heads. However, instead of saying "Duck, Duck, Goose!" she or he is going to say a fruit or vegetable and its color. (There should be no repeats; everyone should think of a different set of words.)
7. She or he will repeat the first word as she or he taps each classmate's head like this, "Green, Green, Green, Green..."
8. Eventually, she or he should say the second word ("Broccoli!") and that student should jump up and chase "It" around the circle.
9. "Its" goal is to run all the way around the outside of the circle and back to the second student's spot without getting tagged.
10. Then, the second student becomes "It." If, however, "It" gets tagged, the second student can go back to her or his original seat and "It" remains as "It."

Adapted from: <http://www.nyrr.org/youth-and-schools/running-start/nutrition-activities/elementary-school/snacks/green-green-broccoli>

