



**Foods of the Month**  
**Fun Being Active**

**May**



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## 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.

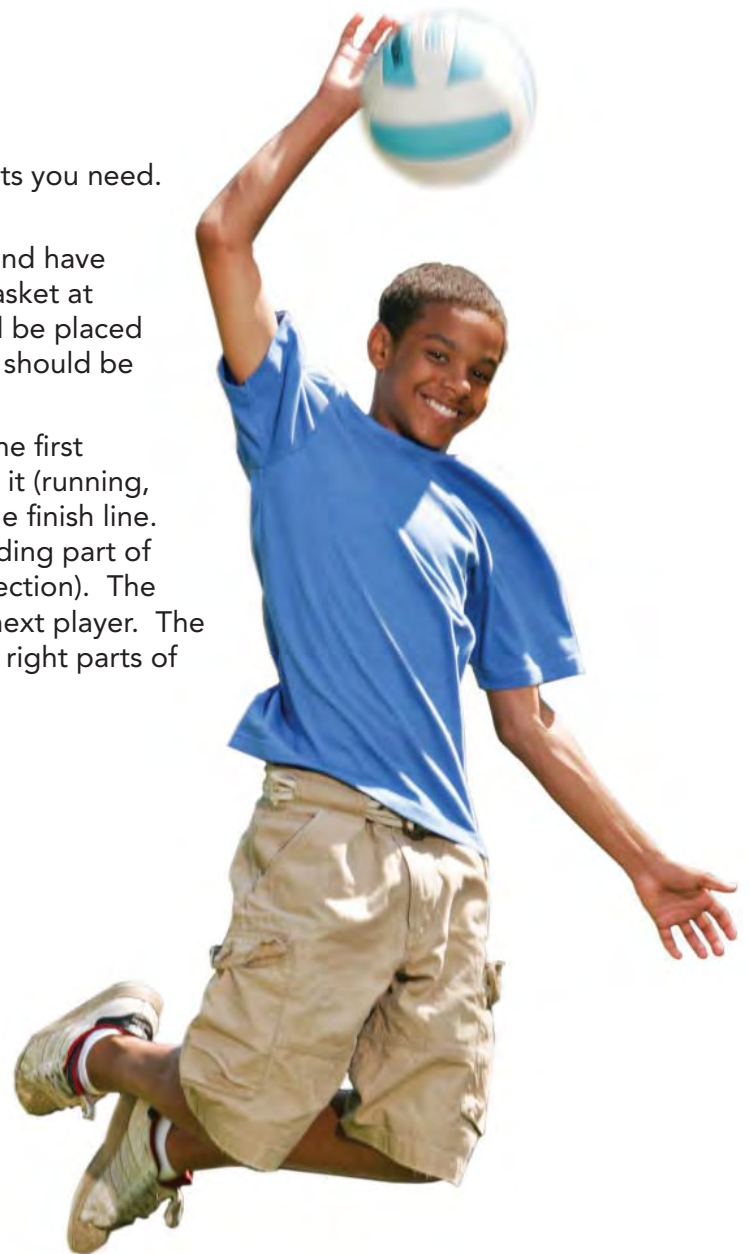
### ACTIVITY: MyPlate Relay










#### 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><b>jump</b> carrots</p>		<p><b>skip</b> whole-wheat bread</p>
	<p><b>crab walk</b> peaches</p>		<p><b>gallop</b> milk</p>
	<p><b>tip-toe</b> grilled chicken</p>		<p><b>crawl</b> egg</p>
	<p><b>spin</b> spinach</p>		<p><b>hop on two feet</b> grapes</p>
	<p><b>hop on one foot</b> cheese</p>		<p><b>dance</b> eggplant</p>

	<p><b>sway</b></p> <p><b>squash</b></p>		<p><b>roll</b></p> <p><b>sunflower seeds</b></p>
	<p><b>walk</b></p> <p><b>whole-wheat pasta</b></p>		<p><b>run</b></p> <p><b>watermelon</b></p>
	<p><b>walk heel-to-toe</b></p> <p><b>peanut butter</b></p>		<p><b>walk backwards</b></p> <p><b>low-fat yogurt</b></p>
	<p><b>take giant steps</b></p> <p><b>red pepper</b></p>		<p><b>grape-vine walk</b></p> <p><b>sweet potato</b></p>
	<p><b>duck-walk</b></p> <p><b>brown rice</b></p>		<p><b>wheelbarrow-walk (with a friend)</b></p> <p><b>fish</b></p>

## 10 tips for being active every day



Fit kids are physically active and play for at least 1 hour every day. Look for ways to make physical activity a part of your day. Do activities that build your muscles, get your heart pumping, and make you feel good about yourself.

### 1 tie up your laces and walk

Go for a walk around your neighborhood or walk to your friend's house instead of taking the bus or asking for a ride. Forget the elevator and take the stairs every chance you get! Remember to be safe by using sidewalks and crosswalks.



### 2 turn up the music

Shake, rattle, and roll to your favorite songs. Turn on some hip hop, country, salsa, or pop music and move your body. Dancing is a great way to get some physical activity.

### 3 ride a bike

Grab your helmet and safety gear and go for a bike ride. Ride your bike to school or grab your friends and enjoy a ride in the neighborhood.

### 4 join a team

Show your team spirit and join a sport at your school or community center. There are tons of fun teams such as basketball, baseball, gymnastics, dancing, soccer, swimming, and tennis. Choose an activity that you like and have fun!

### 5 go out and play

Ditch the TV and go outside with friends, family, and even your pets! Walk your dog. Make a snowman. Fly a kite. Have a Hula-Hoop contest. Play basketball with friends. Try jumping rope. Or simply play a game of tag.



### 6 dive right in!

Go to your local indoor or outdoor pool and swim. Swim laps, play water games with friends, or have diving contests for fun.

### 7 get paid to be fit

Earn extra cash by mowing lawns, washing cars, shoveling snow, or walking dogs for your family or for your neighbors. Listen to music while you work to keep you going.

### 8 try skating or skateboarding

Grab your friends and go to a local park or indoor skating rink! It's easy to learn and a great way to be active while still having fun! Remember to wear your helmet and safety pads.



### 9 plant a garden

Plant and grow flowers, fruits, and vegetables with your family, or even with your friends! Creating a garden is tough work and a good way to keep fit. Be sure to check on your plants and water them every day!

### 10 stuck inside?

Play a game of hide-and-seek or plan a scavenger hunt in your house with friends and family. Another great way to stay active indoors is by doing crunches and jumping jacks—see how many you can complete!





## Foods of the Month Fun Being Active

### Egg-and-Spoon Races!!

Get moving with this fun protein-filled race! Remember to quiz the children on what is so special about the super nutritious egg – May is National Egg Month!!

Form two teams. Give every player a spoon. Give each team a hard-boiled egg (or a plastic one). To play, teams carry their egg from the starting line to a turnaround point and back again, then pass it to a teammate to repeat the process. If the egg is dropped, the player must stop and retrieve it.

Whichever team gets the egg back and forth the faster wins!

Variations:

- Use a raw egg!
- Skip the spoon and use an armload of plastic eggs
- Add obstacles to the playing area
- Require players to march, or skip, instead of walking

Source: [www.verywell.com/relay-races-for-kids-1257402](http://www.verywell.com/relay-races-for-kids-1257402)



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### May – National Physical Fitness and Sports Month!!

Share this with families to encourage them to be active together!

### Family Activity

**Directions:** Find all of the words listed on the right in the puzzle below. They are hidden across, down, and diagonally. Good luck!

P	Q	W	D	F	G	Y	B	I	O	P	L	Z	N	V	H
M	H	E	A	R	T	M	U	S	C	L	E	G	D	S	W
A	X	Y	V	L	B	N	U	T	R	I	E	N	T	S	M
G	P	O	S	Q	N	Y	K	J	D	F	M	E	S	L	E
J	U	M	P	I	N	G	J	A	C	K	S	D	S	A	N
D	L	A	C	R	C	H	P	O	I	U	Y	G	F	D	T
W	S	H	K	A	G	A	R	D	E	N	I	N	G	N	A
J	E	E	C	X	M	N	L	V	D	S	W	E	R	T	L
L	E	A	R	N	I	N	G	A	D	Y	H	J	O	A	A
X	C	L	B	H	M	S	F	C	C	V	T	N	G	S	C
D	E	T	I	K	E	T	I	R	E	T	H	I	L	W	T
F	Y	H	R	J	H	B	S	C	D	F	I	B	K	Q	I
J	E	T	K	B	O	N	L	E	M	E	N	V	X	P	V
K	A	C	F	R	I	W	A	T	E	R	K	O	I	E	I
O	M	T	E	J	P	E	H	G	D	R	I	A	N	T	T
A	Y	A	R	J	K	L	U	P	W	A	N	B	T	U	Y
B	O	A	N	A	E	R	O	B	I	C	G	Z	M	K	I

- Physical activity
- Mental activity
- Jumping jacks
- Gardening
- Thinking
- Learning
- Health
- Heart muscle
- Pulse
- Aerobic
- Anaerobic
- Nutrients
- Water

**Parents:** Ask your child what some of these words mean. Students learned about them in class!

### Water and Physical Activity Log

For the next few days, keep track of how often you drink water and are physically active. Remember to warm up, stretch, and drink plenty of water before you begin your activity!

Give yourself a star \* each time you drink water or are active.

	Monday	Tuesday	Wednesday	Thursday	Friday
Number of times I drank water today					
Number of times I was active today					

Source: <http://www.cde.ca.gov/ls/nu/he/nrttogrow.asp>

### May – National Physical Fitness and Sports Month!!

Share this with families to encourage them to be active together, and try out some of these healthy moves!! And, use some of these during your afterschool/summer programming.

Physical activity is a vital component of children's lives and helps them to grow properly. Childhood obesity is the result of inadequate physical activity and excess food consumption. Teach children that exercise can be fun and that every little bit counts.

Here are some details on the stretches and exercises discussed previously. These are very simple exercises that were designed to be done in the classroom. Many different exercises may be done outside; consult the physical education teacher for more ideas.

- 🍌 **Flamingo stretch:** Students stand next to their desks with one hand resting on their desks. They bend one knee and pull that leg behind them, holding that position for 10 to 15 seconds. Remind them not to bounce or pull too tightly. Repeat with the other leg.
- 🍌 **Tree-limb stretch:** This exercise is for the arms. Students stretch their right arms in front of them. Then, using their left arms, they pull the right arm across their bodies. Hold for 10 to 15 seconds. Repeat with the other arm.
- 🍌 **Jumping jacks:** These exercises are done in the classroom with elbows bent (to avoid injury) rather than with arms fully extended.
- 🍌 **Desk push-ups:** The students stand facing their desks. Very carefully, they place the palms of both hands about 12 inches apart on the desk and slowly go down without bending the knees while they try to touch the chest to the desk. They come up and repeat the exercise ten times.
- 🍌 **Tiptoe heel raises:** The students stand next to their desks. With one hand on the desk for support, students rise up onto their toes. They slowly lower and repeat 10 times.



Source: <http://www.cde.ca.gov/ls/nu/he/nrttogrow.asp>



# COMMIT TO HEALTH

## Foods of the Month Fun Being Active




### May – National Physical Fitness and Sports Month!!

Send this sheet home with the children to track their activity levels – remind them to return it and then share with the group!

### Are You a Fit Kid?

Are you physically active for at least 60 minutes most days of the week? Or, do you spend most of your time sitting around? Try to get your body moving—and have fun doing it.

**Track your physical activities in the chart below and be a fit kid!**

Example	Sun	Mon	Tues	Wed	Thu	Fri	Sat
Rode bike to and from school <b>40 minutes</b>							
Jumped rope at recess <b>15 minutes</b>							
Ran to my friend's house <b>15 minutes</b>							
Danced to music <b>20 minutes</b>							
Helped vacuum <b>15 minutes</b>							
<b>Total Physically Active Minutes</b>	<b>105 minutes</b>						
<b>Sitting Around</b>	Played on the computer <b>60 minutes</b>						
<b>Total Inactive Minutes</b>	<b>60 minutes</b>						



## Foods of the Month Fun Being Active

### Life Cycle of a Bean – with Rock, Paper, Scissors!

Children will progress through the life cycle of a green bean plant by playing Rock-Paper-Scissors with other children!

- All children start out as seeds by walking low to the ground, with arms wrapped around their head, until a signal is given to find a partner.
- Children then play one game of rock-paper-scissors with their partner.
- The winner becomes a sprout by walking upright with hands on top of their head, wrists together, and fingers pointing up. The other child remains a seed.
- Continue the game until all children have grown from a seed, to a sprout, and finally to a green bean vine with arms outstretched and swaying.
- Children may only pair up with another student who is at the same stage.

Adapted from: Network for a Healthy California, Harvest of the Month: Green Beans



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# DON'T JUST SIT THERE!

Kids need at least 60 minutes of physical activity every day. A great way for you to get your 60 minutes of physical activity is to get moving while watching TV. Finding fun ways to stay active is a great way to be part of **#MIKIDSCAN**.

**KEEP TRACK OF HOW MANY TIMES YOU CAN DO EACH EXERCISE DURING EACH COMMERCIAL BREAK:**



	Jumping Jacks	Sit-ups	Push-ups
Commercial Break #1			
Commercial Break #2			
Commercial Break #3			
Commercial Break #4			

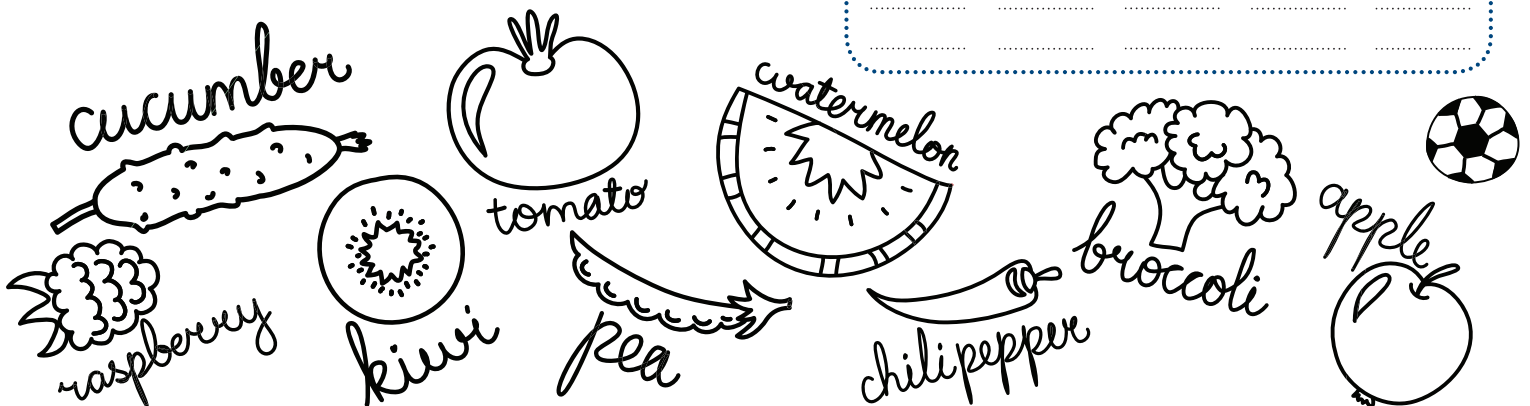
## Did you eat a rainbow today?

Fruits and vegetables are the key to a healthy diet. They are low in calories and are packed with vitamins, minerals and nutrients. You should try to eat a rainbow of fruits and vegetables every day — the brighter, the better — to make sure you are getting all of the nutrients and vitamins you need.

Can you list fruits and vegetables for each color in the rainbow below? Circle your favorite fruit or vegetable in each color and show your parents so they can start including them in your breakfasts, lunches and dinners.

**Make your own rainbow by coloring in the fruits and vegetables below!**

Red	Orange	Yellow	Green	Purple
.....				
.....				
.....				





# Foods of the Month

## Fun Being Active

### May – National Physical Fitness and Sports Month!!

Teach your children about their pulse rates, and how it changes when they do different types of activities! Remind them that they need to keep their pulse rate up many times each day, aim for 10 minutes each hour! (Instructions on page 2)

**NAME:** \_\_\_\_\_

**DATE:** \_\_\_\_\_

#### Handout 6-1

### What Is My Pulse?

**PULSE:** the number of times that my heart beats in one minute

How many seconds are in one minute?

Activity	Number of Times My Heart Beats in 6 Seconds	Multiply by 10	My Pulse
Resting		$\times 10 =$	
Warm-up		$\times 10 =$	
Stretching		$\times 10 =$	
Aerobic Activity		$\times 10 =$	
Anaerobic Activity		$\times 10 =$	
Cooldown		$\times 10 =$	

Answer the questions by using the numbers on this chart.

Activity

When was my heart beating the slowest?

\_\_\_\_\_

When was my heart beating the fastest?

\_\_\_\_\_

Source: <http://www.cde.ca.gov/ls/nu/he/nrttogrow.asp>



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#### Taking Your (or Someone Else's) Pulse:

- Locate your pulse and you will be able to feel the beating of your heart. There are four simple ways to find your pulse. (Everyone needs to be very still and quiet; apply some pressure but do not push too hard.)
  - a. Place two fingers gently on one side of the neck just below the chin and off to the side. It sometimes helps to start by grabbing your earlobe and then sliding your two fingers down the underside of your jawbone to your throat. Can you feel your pulse?
  - b. With the palm of one hand up, slide two fingers of the opposite hand down the side of your thumb to your wrist. You will notice a small groove just on the underside of your wrist, below the heel of your hand by the thumb. Can you feel your pulse?
  - c. Bend the wrist of one hand forward, cup two fingers from the opposite hand around the bone on the middle of the bent wrist (fingertips should be below the thumb). Can you feel your pulse?
  - d. Place the palm of the hand over the chest. (This is a last resort because it is the least accurate method.) Can you feel your pulse?
- Taking our pulse (Help students find their pulse as you distribute the What Is My Pulse? [handout \[6-1\]](#); encourage students to help each other.)
  - ◆ Relax.
  - ◆ Practice counting beats.
  - ◆ Count number of beats for six seconds starting with zero. (Clearly say “start” and “stop.”)
  - ◆ Multiply the number by ten and demonstrate on the board. (There are 60 seconds in a minute and that is why we multiply by 10.)
  - ◆ Record the resting pulse on the What Is My Pulse? handout (6-1). (The students’ resting pulse should be about 80 beats per minute.)

Source: <http://www.cde.ca.gov/ls/nu/he/nrttogrow.asp>