

Lesson: Growing a Strong Body

Supplies Needed:

- EP_Five-Minute-Fitness-Ideas
- 1.6_LV_Growing-A-Strong-Body-Visual
- Reference: EP_Core-Program-Concepts

Goals:

- Students will be able to list four components to build a strong body.
- Students will understand why each component is important.
- Students will be able to differentiate between wants and needs.

Background:

Students should understand that it is okay to eat foods that are not Go Foods or are ‘wants’ not needs. Once in a while treats that are fine to have as long as they get in the foods the Go Foods their bodies need too.

Lesson:

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

Today we’re going to talk about the things your body needs to grow strong and the difference between wants and needs. First let’s talk about what your body needs to grow strong.

Who remembers what we talked about last month?

(Moving our bodies or exercising)

Do you think our bodies need exercise to stay healthy? Why?

- *(It helps you feel energized.)*
- *(It helps prevent disease.)*
- *(It strengthens your heart, lungs and muscles.)*
- *(It helps you maintain a healthy weight.)*

(Show slide 1.) What would happen if we didn’t exercise? We may get sick. We may be too weak to play active games with our friends for as long as we want.

Who remembers how much exercise we should get every day?

(At least 60 minutes)

There are three **more** things your body needs to grow strong. Raise your hand if you think you can name all three?

- *(Food)*
- *(Water)*
- *(Sleep)*

(Show slide 2.) What kind of food do we need?

(Go Foods)

Why do our bodies need Go Foods? They give our bodies the energy we need to think clearly, play, and grow strong! We need three healthy meals each day with two to three small snacks to feel our best. If we don't eat plenty of Go Foods, we might feel tired, get a headache, or feel crabby.

What are some of your favorite Go Foods?

(fruits, veggies, seeds, nuts, lean proteins, dairy, whole grains, etc.)

(Show slide 3.) Why do you think we need water to grow a strong body? More than half of our bodies are made of water (about 60%)! Water helps transport nutrients throughout the body. If we don't drink water, our bodies wouldn't be able to function properly. Have you ever gotten really thirsty? How did you feel? We might get a headache, get a stomach ache, or feel dizzy. That is why it is important to drink at least 5 cups of water each day.

(Show slide 4.) We also need sleep to grow a strong body. At night, when we are sleeping, our bodies are busy repairing tissues, growing new tissues, and fighting off germs that might make us sick. Our bodies need time to rest so we can be ready to tackle the day. How do you feel when you are really tired? If we don't get enough rest, we are more likely to get sick, we might have a hard time paying attention, and we might not have the energy to play our favorite games.

(Show slide 5.) Now we're going to play a game called Want or Need. I'm going to show you some pictures. If the picture is something our bodies need to grow strong I want you to stand up and show me your muscles. If the picture is something we may want but our body doesn't need it, then sit down.

(Show slide 6.) Sports Drinks are a want.

Can you think of a better choice?

(Water and milk are the best alternatives. See EP_Core-Program-Concepts for more information.)

(Show slide 7.) Water is a need.

Why?

(Our bodies are made of water. Our bodies wouldn't function properly without it.)

(Show slide 8.) Cookies are a want.

Can you think of a better choice?

(fruit, yogurt, nuts)

(Show slide 9.) Television shows are a want.

Can you think of a better choice?

(playing soccer, playing tag, dancing, etc.)

(Show slide 10.) Vegetables are a need. Veggies are 'go' foods that give your body energy.

(Show slide 11.) Grapes are a need. Fruit is a Go Food that nourishes your body with vitamins and minerals.

(Show slide 12.) Running is a need. Running is a great way to exercise.

(Show slide 13.) Cake is a want.

Can you think of a better choice?

(Yogurt, fruit smoothie)

(Show slide 14.) Sleep is a need.

Great job! Everyone please sit down.

So what are the four things our bodies need to stay strong and healthy?

(Exercise or active play, Go Foods, water and sleep).

If you really pay attention your body will tell you what you need. When you don't feel right try and figure it out. Are you thirsty and need water? Are you hungry and need go food? Are you tired and need to sleep? Are you restless, anxious or dragging and need exercise to get energized? Take care of your body and it will be healthy and strong for you.