

1**March Lesson: Growing a Strong Body****Goals:**

- *Students will be able to list three habits that help build a strong body*
- *Students will be able to differentiate between wants and needs*

Audience: 1st grade

Materials:

- *Growing a Strong Body Visual*

Lesson:

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

- It strengthens your heart, lungs and muscles.
- It helps you feel energized,
- prevents disease, and
- enables you to maintain a healthy weight.

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
- Rest

Why do our bodies need 'go' foods? They give our bodies the energy we need to think clearly, play, and grow strong! We need 3 healthy meals each day with 2 to 3 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)

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.

We also need rest 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.

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.

Video Games are a want. Can you think of a better choice?

Water is a need. Why?

Chocolate is a want. Can you think of a better choice?

Salad is a need. Veggies are 'go' foods that give your body energy.

Biking is a need. Biking is a great way to exercise.

Soda is a want. Can you think of a better choice?

Bananas are a need. Fruit is a 'go' food that nourishes your body with vitamins and minerals.

Sleep is a need.