



PE Activity: Race Car

Supplies Needed:

- 10 buckets or boxes
- EP_Food-Cards-Small
- EP_Food-Card-Information

Length of Time to Complete:

- 5 minutes for lesson
- 10 minutes to do activity

Audience (grades): 2nd and 3rd

Lesson:

This month you learned about how to create a healthy lunch. What are some of the things we can do to make a healthy lunch?

(Use foods from all five food groups. Choose Go Foods. Make sure half your plate is fruits and vegetables. If you include a treat, make it a small treat.)

What are the food groups? *(Veggies, fruits, grains, protein and dairy).*

Let's review how they help our bodies, are some examples of Go Foods from each food:

- Veggies are an excellent source of vitamins, nutrients, and fiber.
- Fruits are a great source of vitamins and antioxidants.
- Grains provide energy. The key here is to pick a whole grain product because whole grains are full of nutrients, fiber, and will help us stay full.
- Protein is the building block for our body; you need protein to build strong muscles and maintain a healthy body.
- Dairy is rich in calcium and vitamin D; these nutrients help build strong bones and teeth.

(Use the information below as a guide. No need to share it all.)

Vegetables –

Go Foods: Carrots, lettuce, celery, spinach, cucumbers, potatoes etc.

Slow Foods: The key is how they are prepared. Fried vegetables like French fries or tempura vegetables or vegetables in heavy butter or cream sauces are high in fat and calories, and will leave you feeling sluggish.

Fruit –

Go Foods: Apples, oranges, bananas, kiwi, etc.

Slow Foods: Some foods may have fruit in them, but they have a lot of added sugar, which can cause you to feel sluggish. Examples include fruit roll-ups, fruit slushies, fruit drinks, fruit pies, etc.

Grains –

Go Foods: Whole grain breads, pastas, crackers, pita, or tortillas, brown rice, barley, oatmeal, cracked wheat, quinoa.

Slow Foods: Processed grain products like white breads, pastas, crackers, pita, tortillas and processed grains like white rice.

Protein –

Go Foods: The key here is to limit proteins that are high in saturated fats. Chicken, turkey, fish, nuts, seeds, beans, lentils, peanut butter, lean beef or pork that doesn't have a lot of fat.

Slow Foods: Highly processed proteins or those high in saturated fats like bacon, sausage, salami, pepperoni, ribs, many hamburgers.

Dairy –

Go Foods: Cheese, yogurt, cottage cheese, and low fat or skim milk are all great options. Milk is super easy to include in our lunch because they sell it at school! The key with some of these dairy Go Foods is portion control. For example, cheese is full of calcium and protein, but it is also high in calories. One serving is about the size of 2 dominos.

Slow Foods: Butter, cream, whole milk.

Set- Up:

- Create five lanes with the same number of students at each lane.
- Place two boxes/buckets evenly spaced going down each lane.
- Place five food cards in each bucket, a combination of Go and Slow Foods. The buckets will act as gas stations where students will need to refuel with food.

Rules:

- Blow the whistle and the first person in each lane runs to the first bucket and selects a card.
 - If it is a Slow Food they will not have good energy and must crab walk to the second bucket.
 - If it is a Go Food they will have good energy, so they run to the second bucket.
- At the second bucket they choose a card and crab walk or run to the end of the lane depending on whether they select a Go or Slow Food.
- Once at the end of the lane, they run back to the starting line and sit down.
- The next student in line starts as soon as the student in front of them gets to the second bucket.
- The first lane to have all team members sitting wins.

Variations:

- Change the activities for Go and Slow Foods such as skipping, hopping, jumping, crawling, etc.
- Have the students do jumping jacks or some other activity while waiting for their turn and while waiting for their last team member to finish their lap.

Activity adapted from American Heart Association:

http://www.heart.org/idc/groups/heart-public/@wcm/@global/documents/downloadable/ucm_305586.pdf