

5**January PE Activity: Fit with Fast Food****Nutrition Lesson(s) Supported:**

- Fast Food Frenzy

Supplies Needed:

- None

Length of Time to Complete:

- 5 minutes to introduce activity
- 10 minutes to play the game

Audience (grades): 5th**Common Core Standards Taught:**

- English Language Arts: Speaking and Listening: 5.1
 - Follow agreed-upon rules for discussions and carry out assigned roles.
 - Pose and respond to specific questions by making comments that contribute to the discussion and elaborate on the remarks of others.

Lesson:

Raise your hand if you ever have eaten fast food.

Why do you eat fast food?

1. It's cheap
2. It's fast
3. It tastes good

Raise your hand if you can tell me a reason why we shouldn't eat a lot of fast food.

1. It is higher in calories, fat, sugar, salt, or preservatives which mean it's not good for us.
2. It doesn't usually contain whole grains, fresh fruits, vegetables or lean proteins.
3. It can cause weight gain and other health problems like high blood pressure or heart disease.

If you do eat at a fast food restaurant, there may be some healthy items available. For example you can have grilled chicken instead of a hamburger, water or milk instead of soda (pop), or a salad, plain baked potato, apple slices

or carrot sticks instead of fries. Keep an eye on your portion size too! Many times portions at fast food restaurants are large enough to share. You don't have to eat everything they give you.

Every fast food restaurant should also have nutrition information available for the foods they offer. You can ask someone at the restaurant or look on the company's website to get this information.

Remember staying healthy is about eating all foods in moderation. You can eat fast food every once in a while, but you shouldn't eat it all the time.

Today we are going to play Fit with Fast Food. The object of the game is to be the last person to be tagged. You must run from one side of the gym to the other and tag the line on the other side and run back. If you are tagged you must stay in that spot and do 60 jumping jacks. After you finish your jumping jacks, sit on the floor and try and tag people as they run by.

(Assign 10% of the class to be taggers initially. For each new round of play vary the exercise they must do when tagged and who the initial taggers are. Possible exercises could be

- Jump 150 times
- 7 push-ups and 7 triceps push-ups
- 80 sit-ups
- 30 arm circles each direction

Repeat game as much as desired.)