



Tennessee Sports Hall of Fame
Lesson Plan:
Healthy Lifestyles
Elementary Edition

Healthy Lifestyles are about the whole person, not just individual parts. This lesson plan will help guide you in teaching about healthy lifestyles and give you ideas and tips to replicate in your own classroom.

Nutrition

Our bodies achieve peak performance by eating a variety of foods. The following food groups should be incorporated into your daily diet.

Food Groups:

Grains: 6 – 11 servings

Ex: breads, cereals, rice

Fruits: 2 – 4 servings

Ex: apples, oranges, bananas, grapes

Vegetables: 3 – 5 servings

Ex: corn, broccoli, asparagus

Protein: 2 – 3 servings

Ex: meat, beans, eggs, nuts

Dairy: milk, yogurt, cheese: 2 – 3 servings

Ex: milk, yogurt, cheese

Sweets, Fats, Oils: Use sparingly and in moderation.

- Eating by color can help you remember what foods are better for you than others.
- Brightly colored foods like vibrant reds, greens, purples and yellows are richer in antioxidants, vitamins and minerals.

- Foods that have no color or are very bland like browns, grays, whites and pale yellows carry no nutritional value and should be avoided. Exceptions: Onions, cauliflower, chicken, turkey, grains in original form.
- Getting take-out or going through drive-thrus, although convenient, does not always provide our body with adequate nutritional value.

Processed foods are:

- High in sugar and trans fats
- Lead to overconsumption
- Contain artificial preservatives, colors, flavors and textures
- Low in nutrients and fiber

Activity Ideas:

- Invite students to write a story to explain how the raisin got its wrinkles, how the tomato got its color, how the peach got its fuzz, or another fact about the nature of fruits or vegetables.
- Invite students to choose their favorite food product (peanut butter, milk, bread). How is that product made? Students can write or draw the sequence of events involved in the creation of that product.
- Provide each student with a blank U.S. map. Invite students to use encyclopedias and other resources to learn which food products each state is known for. On the map, students should draw and label a fruit or vegetable grown in at least ten different states.
- Invite all the students in your class to track the number of different food groups they eat in a week. At the end of the week, tally the servings of the food group eaten by the students and create a class graph to show how many servings of each food group were consumed. What was the most popular food group?
- Create a class nutrition book. The book might include students' favorite healthful snack recipes or students' favorite food-related jokes.
- Create a bulletin board, or cut a large triangle out of mural paper or cardboard. Divide the triangle into sections that mirror those on the food pyramid. Then invite students to bring to school magazines and newspaper circulars that include pictures of foods. Students can cut out food pictures that fall into one of the six sections of the pyramid and paste them in the appropriate section of the pyramid.
- Give a paper plate to every student. Have them draw four sections on the plate and label them Vegetables, Fruits, Grains, Protein. They can color the sections to better differentiate them. Tell them their plates of food should always include food from each section and they can use the paper plate as an example when they are making meals at home.

Drink:

5-8 cups (40-64 ounces) of water a day is the ideal amount that your body needs to properly function. Water is a critical nutrient for our bodies. Dehydration can cause muscle cramping and fatigue. Drinking any amount of water, especially when it is hot outside, will help your body maintain hydration and give your body needed replenishment.

- Drink more water and replenish your electrolytes during physical activity.

Caffeinated beverages should be consumed in moderation. Caffeine works by stimulating the central nervous system, heart, muscles, and the centers that control blood pressure. Over consumption can cause long term damage and irreversible effects.

Exercise

Children and adolescents should participate in at least 60 minutes (1 hour) or more of physical activity each day. There are three different categories of physical activities that should be incorporated into daily activity routines.

Remember: Daily exercise may call for changes for more protein in our diet.

Three Types of Physical Activity:

1. **Aerobic Activity**- Aerobic or endurance activities increase your breathing and heart rate. They keep your heart, lungs, and circulatory system healthy and improve your overall fitness. As a result, they delay or prevent many diseases that are common in older adults such as diabetes and heart disease.
2. **Muscle Strengthening**- Strength exercises make your muscles stronger. Even small increases in strength can make a big difference in your ability to stay independent and carry out everyday activities, such as climbing stairs and carrying groceries.
3. **Flexibility**- Flexibility exercises stretch your muscles and can help your body stay limber. Being flexible gives you more freedom of movement for other exercises as well as for your everyday activities.

Activity Ideas:

- Kickball Game
- Three-legged Race
- Jump Rope Contest
- Hop-Scotch Tournament
- Relay Races
- Obstacle Course
- Four-square Game

Rest/Sleep

Sleep experts recommend **8.5-10 hours of sleep** for adolescents and teenagers. To achieve a healthy lifestyle, sleep must be made a high priority despite obstacles that can get in our way.

Helpful Tips

- Make sleep a priority.
- Sleep in a room with little to no light.
- Do not fall asleep to the TV.
- Increase your sleep time several weeks before a competition, big test or important event.
- Go to bed and wake up around the same times every day.
- Set alarms to help.
- Take daily naps if you don't get enough sleep each night.

Activity Ideas:

- While you're cycling through the stages of sleep, your body is taking a mini vacation! Write a thank-you letter from the point of view of your body, explaining why it's grateful that you get enough sleep.
- Create a sleep cycle chart to help students understand the importance of each cycle and which cycles your body needs more of each night.
- Brainstorming Activity: "What is sleep and why do we need it?" Students will pair up to respond to a series of questions about sleep, and share their findings with the class. For homework, students will record a sleep diary for one night. Then they will practice math concepts by creating a chart based on the data from the sleep diaries.
- Have students keep a sleep record of the times they go to sleep and wake up each day. Have students keep a record of the number of hours they sleep each night. Have students compare their records and have a class discussion about the importance of sleep during the school year.

Hygiene

Keeping your body clean is an important part of keeping you healthy and helping you to feel good about yourself.

- You should brush your teeth twice a day - after breakfast and before you go to bed. Floss once a day to reduce plaque build-up.
- During the day, fill your mouth with water and swish it around to get rid of anything sticking to your teeth.
- Wash your hands before and after every meal and after using the restroom.
- Daily bathing can help keep your skin and your body healthy and strong.
- Washing your hair and trimming your nails on a weekly basis can help avoid cases of lice, bacteria or infection.

- Wearing deodorant or an antiperspirant can help you avoid body odor and keep you smelling fresh throughout the day.

Activity Ideas:

- Teach children about the spread of germs by showing how germs can live on hands and the things they touch. Pretend to sneeze, and when you do, cover your hands in a washable paint. Then go about your business, touching things around the room. The kids will see the transfer of germs. After the exercise, have the kids find and tally all the surfaces where germs now live from your transferring them around the room.
- Sprinkle glitter on your classes' hands and challenge them to wash off the glitter with soap and water. Because glitter is naturally sticky, it will take up to 30 seconds to scrub the glitter away. Indicate to your class that they should scrub off germs like they scrubbed off the glitter each time that they wash.
- On pieces of paper, write 10 good hygiene habits, such as flossing each night, washing for 20 seconds or covering your mouth when you cough. On 10 more pieces of paper, write down the bad habits. Fold all of the pieces of paper and place them in a hat. The children can draw out one at a time and decide whether it's a good hygiene habit or a bad hygiene habit.
- Hygiene Charades- One child picks an action for hygiene, such as brushing teeth, coughing into a sleeve or taking a shower. Then the child acts out the hygiene habit without using any words. The other children guess what action is being portrayed and then you talk about the proper way to do each hygiene habit.

Mindfulness

Positive thinking is a mental attitude that perceives situations in a positive way. Children get better at understanding positive thinking as they get older. When it is nurtured, positive thinking is a powerful coping tool and helps build resilience in a child. Parents and teachers can encourage positive thinking by modeling it in their own life.

Mindfulness Attitude: During this time, students should be still, quiet and sitting upright without any distractions. No restroom breaks or getting up during this exercise.

- Develop your own mindfulness practice
- Choose a time to practice mindfulness (pick a time where students need a break during the day or before tests)
- Create the proper environment (clear desks, put away papers, move to carpet)
- Get your students involved (have students take turns leading each day)
- Share your own experiences (form a personal connection by sharing)
- Practice every day (incorporate into daily lesson plan)
- Add to the classroom job list a "mindfulness helper" to help encourage mindfulness. They can be responsible for alerting the teacher and the class of mindfulness time.
- Always acknowledge a negative situation or feeling. Then help your class see it in a way that is positive and productive.

Activity Ideas:

- Gratitude Jar- Get a cookie jar and set it in a central location in your classroom. Have students write down one thing they are grateful for each day and put in the jar. At the end of the week or month, pull some out and read them out loud to the class. Emphasize to be grateful for what you do have not what you don't have.
- Breathing- Turn off the classroom light and have students sit with their eyes closed. Have them practice breathing in through their nose and out through their mouth. Have students focus on calming their mind and erasing distractions. Have students push out all thoughts and feelings that aren't positive.
- Journal Activity- Have students keep a "Positive Journal." Each week they need to journal about one positive thing that happened to them or they did for someone else.
- Random Acts of Kindness- Have your class brainstorm a list of acts of kindness they can do at school and at home. Once a week, choose an item from the list and do it with the whole class as a classroom activity. This will help show students the benefits of doing nice things for others without expecting it. It will also help start a positive trend in your school.
- Find the Bright Side- Create a list of bad or negative situations. Choose one situation and have the students find the bright side to the bad situation. Bad situations could be: natural disasters, death, bullying, injuries, or a bad test grade. Remind students every day to find the bright side and not dwell on the bad. Look for the good in everything and everybody.
- Class Chant- Create a class chant that you can say with your class each morning to emphasize the uniqueness of each child and the unity within the classroom. (Example- "I am Special. See the good in others. Respect each other. I can make a difference. Be a champion.")
- Throw Away Jar- Place a jar by the door of the classroom. When there are five minutes left of school, have students write down anything that happened that was negative that day or any negative thought they have that is keeping them from being the most positive they can be. Have them put their pieces of paper in the jar on their way out of the classroom and explain that it means they are leaving the negativity behind them.