



Healthy Bodies

3rd Grade Lesson Plan

Goal:	Introduce the elementary school nutrition curriculum, introduce the concepts of healthy bodies and mindful eating, and familiarize students with the food groups as described in MyPlate.	
Objectives:	<ol style="list-style-type: none"> 1. Students will be able to describe what it means to be healthy. 2. Students will be able to name healthy habits. 3. Students will understand mindful eating. 4. Students will name the five healthy food groups in MyPlate. 	
Materials:	<input type="checkbox"/> PowerPoint slides or printed images <input type="checkbox"/> Food and equipment for taste test <input type="checkbox"/> MyPlate plate or poster <input type="checkbox"/> Student and parent handouts <input type="checkbox"/> Educational incentive – Activity Books	
Lesson		
Talking Points		Materials/Activities/Notes
Introduction		
<ul style="list-style-type: none"> • Hello boys and girls! My name is _____ and I am your school nutritionist. I will be coming to your class about every three weeks. I want you to be a part of each lesson but it is really important that you raise your hand to be called on if you have something to say. <ul style="list-style-type: none"> ○ Raise your hand if you have ever had nutrition classes before. I want you all to help me teach by actively answering questions and helping with explanations. • Has anyone heard the word “nutrition” before? What does nutrition mean? That’s right! Nutrition is the science of food. We learn about healthy and foods that helps our bodies feel good and work right. My job as the nutritionist is to teach you how to choose these foods so your bodies can stay healthy. 		Spend about 2-3 minutes on intro.
Mind Grabber		
<ul style="list-style-type: none"> • Let’s look at these people for a few moments. Who is the Healthiest. Raise your hand if you think #1... #2... #3...#4...#5 • Trick question, because they are all healthy. They are all Olympic or Champion athletes. <i>(click back to previous slide then click forward again)</i> <ul style="list-style-type: none"> ○ What does it mean to be an athlete in terms of health? <ul style="list-style-type: none"> • Practice (physical exercise), good diet to fuel for practices, games and meets, good sleep to recharge their bodies everyday... To do well, athletes have to practice healthy habits. ○ Who has ever wished they looked like a certain actor or athlete? 		Show images of healthy people with different body shapes/sizes. For example, Olympic athletes in a variety of sports.(few slides to choose from)

<ul style="list-style-type: none"> • Maybe you wished you were a little taller or just shaped a little differently. However, as we see here, there are all shapes and sizes when it comes athletes and healthy bodies. One size does not fit all. ○ Another question... Is there any magic potion or special exercise we can do to rush along our body's change into adulthood? <ul style="list-style-type: none"> • No, not one specific activity or food that would make us grow faster and stronger, we have to do a combination of healthy habits like eating right, exercising, sleeping, brushing teeth, and drinking water to grow into a healthy strong adult body. 	
<p>Discussion</p> <ul style="list-style-type: none"> • Another really important part of growing up is realizing and accepting that there are things about our bodies and appearances that we CAN and CAN'T change. <ul style="list-style-type: none"> ○ Let's list some of the things we CAN and CAN'T change (<i>eye color, hair style, language, height, who our siblings are, what we eat, how we behave, etc.</i>) ○ Raise your hand with examples of things we CAN'T change about ourselves. ○ Raise your hand with examples of things we CAN change about ourselves. ○ The most important thing we CAN change is how we feel about ourselves and how we choose to take care of our bodies. What are some things that make us feel good and healthy? <ul style="list-style-type: none"> ▪ Having energy, being able to do the things we want to do. ○ Can you tell if someone is healthy just by looking at them? <ul style="list-style-type: none"> ▪ What different things could affect how a body looks? Are those things people CAN or CAN'T change all the time? ○ Is there just one way to be healthy? • All year long we will discuss different ways to have a healthy body and mind. We like to call it "Be the BEST YOU." <ul style="list-style-type: none"> ○ Our FOUR' B's help us remember to practice healthy habits to Be the Best You: <ul style="list-style-type: none"> ▪ Be safe. ▪ Be active. ▪ Be mindful. ▪ Be colorful. <p>Be SAFE</p> <ul style="list-style-type: none"> • The first Be, is BE SAFE: Wearing your seat belt in the car, a bike helmet when biking, skateboard or rollerblading and using sunscreen all protect you from injury. These behaviors keep you safe. • When we, nutritionist, talk about being safe, we are mainly talking about FOOD SAFETY. <ul style="list-style-type: none"> ○ Making sure we are being clean and sanitary with all aspects of food and eating. • The first key to food safety is to keep things clean. <ul style="list-style-type: none"> ○ Why would we want things clean? Germs!! ○ And if there are too many bad germs what can happen? Get sick. <ul style="list-style-type: none"> ▪ Even though germs are easily spread and can be on everything we touch, germs on our hands and skin don't hurt us. Germs can make 	<p>Allow kids to list things about themselves they can't/can change. Discuss how there may be things we dislike today, but appreciate later. Also note, that bodies change a lot over the course of our lives, and often aren't the same for very long.</p> <p>Optional Activities:</p> <ul style="list-style-type: none"> • Glitter Experiment • Flour Sneeze • Glitter Germs • Spray Germs • Germ Ball • Germ Straw



you sick only if they get into your body from dirty hands or surfaces touching our foods.

- Can you see germs? No! That's right. Germs are very small. We have to use a special tool to see them called...? Microscope.
- The safest thing we can do to fight the bad germ is...
 - wash your hands before handling food or eating
 - Sing "Happy Birthday" 2x while washing with soap.
 - clean the countertops and places your food will touch
 - Rinse our produce, fruits and vegetables
 - If we clean, we can limit some of the germs that come in contact with our food and others.

Be Active

- The next 'B' Be Active!
 - Not only is being food safe very important for our bodies, but physical activity and exercise is important as well. Another way to "Be the BEST You" is moving our bodies and being active every day.
- What is exercise? Exercise is any movement of your arms and legs that makes your heart beat faster. It gives you energy and keeps you healthy. When your heart beats faster with exercise that means it is getting stronger. Your heart is a muscle – kind of like a muscle in your arm.
 - Hold your right arm out straight then bend it to your shoulder (a bicep curl). Do you feel the muscle move each time you bend your arm? What do you think would happen to the muscle if you did a lot of this bending every day? That's right – your muscle will get strong.
 - Your heart muscle is about the size of your fist that is working all the time, even when you are sleeping!
- Raise your hand if you like to exercise and move your body. What type of activity do you like to do that gets your body moving?
- Would you all like to do an experiment? Great! First, I need everyone to put their hand in the middle of their chest, about halfway down, and try to feel your heartbeat. It's okay if you can't feel it. Notice how fast it's beating.
 - Next, we're going to all stand up and move our bodies for 1 minute! Make sure you stay in one place. You can jump, run in place, dance, or do pushups. Ready....go!
 - Okay, now stop!
 - Now put your hand over your heart. What has happened to your heartbeat? It has gotten faster.
 - Your heart is the strongest muscle in your body and needs to be active and exercised every day to stay healthy and strong just like our body does. When we are exercising our bodies we are exercising our hearts at the same time. The best exercises for your heart are those that make the heart beat faster
- When people are exercising (like playing tag), they are keeping their bodies physically fit and healthy. What are some other reasons that it is good to be active and move our bodies?
 - It makes us strong, helps us to feel good and to stay a healthy weight, makes us less likely to get sick, helps us focus in school by getting our wiggles out, helps us get a good nights sleep.

Have students run in place, pretend to jump rope, or any activity that will get their hearts beating



- Remember, exercise must move the big muscles of our body (arms, legs, core) and make our hearts beat faster, so are being active while watching TV? No, that would be an 'inactive' activity.
- Today we have done an activity that made our hearts beat faster. Do you think that is enough exercise for today?
 - No! How many minutes should we try to be active every day? How many days per week should we try to be active?
 - Children and adolescents require at least 60 minutes (ONE HOUR) of physical activity on most, preferably all, days of the week.
- Let's talk about some other activities that you can do to help get your 60 minutes a day.
 - Is basketball exercise? Yes.
 - Is soccer exercise? Yes.
 - ... hula hooping? Yes.
 - ... dancing? Yes.
 - ... karate? Yes.
 - ... video games? No. Not moving the big muscles, only finger and neck.

Hold up pictures of different physical activities. Ask students: What is the person doing in this picture? Have you ever done this activity? Does this activity exercise the heart?

Be Mindful

- The third 'B' to "be the best you" is to BE MINDFUL. This is also called being aware, or being present. When we are mindful, we notice our thoughts, our feelings, and what our bodies are telling us.
- Being mindful is not about what we eat. It's about how we eat.
 - Having awareness
 - Listening to your body. For example:
 - What is this little's boy body telling him (thirsty)
 - What about the bottom one (Hungry)
 - Mindful eating is paying attention to what you're doing right now, in that moment.
 - Using all of your senses; taste, smell, hearing, touch and sight.
 - Having no distractions.
 - Why would we want to be mindful while eating?
 - To enjoy our food more, not accidentally eat too much, notice things about our food we hadn't noticed before (taste, texture, etc), notice when we are full and its time to stop eating, or if we are still hungry.
 - What might happen if we're not mindful?
 - Overeat, stomach ache, spill and waste food, hurt ourselves with utensils, etc
 - Has anyone ever eaten more than their bodies needed? (Maybe at Thanksgiving.) How does that feel?
 - Has anyone ever eaten something while distracted, and not noticed how it tasted? (Maybe while watching TV.)
- Let's look at more examples of mindful eating and NOT mindful eating.
 - Girl (top left) is uses what senses to mindfully eat the apple? Sight, smell, touch, then taste.
 - Family (top right) eating together taking their time to eat and not being distracted by cell phone or games.

<ul style="list-style-type: none"> ○ Boy playing or watching something on laptop and couple in front of TV (bottom) are not mindfully eating, they are distracted. What could happen when distracted? Spill, hurt mouth/ fingers with utensils, over eat, not tasting food, etc. ● Today we are going to practice mindful eating a clementine together, but in a fun and different way. <ul style="list-style-type: none"> ○ Pretend we are aliens. From _____ (<i>ask class for suggestions</i>). We got into our spaceship, and flew to earth. But guess what??? We are listening to our body and its saying its hungry, but we forgot our lunch bag back on _____. On earth we find this food (<i>hold up clementine</i>) and we have to use all our senses and mindfully eat it to figure out if it's safe for us to eat. ○ Before we open this strange fruit we inspect it by: <ul style="list-style-type: none"> ▪ Appearance of outside: shape, size, color ▪ Smell ▪ How it feels in your hand ○ So far this thing seems safe, appealing color, sweet smell not stinky, smooth not prickly. ○ Together lets continues to use our sense as we peel and eat slowly. If we eat too fast we may not notice if it harmful to us aliens' mouth or stomach. Inspect the inside: <ul style="list-style-type: none"> ▪ Appearance of outside: shape, size, color (any different?) ▪ Smell (different?) ▪ How it feels in your hand (different?) ○ Still seems safe to eat! <ul style="list-style-type: none"> ▪ Sound of eating it ▪ How it feels in your mouth (juicy) ▪ Taste (sweet not bitter or off putting) ▪ How it feels as you swallow (smooth, doesn't get stuck) ▪ How your body feels after eating it (good!) ○ What did you notice? How was the experience different than the way you normally eat a clementine or orange? ● How can we remember to be more mindful with our food? <ul style="list-style-type: none"> ○ Possible answers: eat with the TV off, prepare the food ourselves, eat slowly, eat with someone else, discuss the food we're eating, listen to body. ● Key points of mindful eating: use your senses, be aware, know why you are eating, and enjoy your food. <p>Be Colorful</p> <ul style="list-style-type: none"> ● The fourth 'B' to 'Be the Best You' is to BE COLORFUL: <ul style="list-style-type: none"> ○ Finally, we're going to talk about nutrition and food! ○ How can we make sure that we're getting all of the stuff our bodies need from the foods we eat? If I just eat mashed potatoes all day, am I healthy? If I just eat blueberries all day, am I healthy? Why not? ○ One easy trick to make sure our food is healthy is to BE COLORFUL. Our bodies need a variety of foods, and a colorful plate is a healthy plate. 	<p>Optional mindful eating exercise: Hold up clementine. Mindful eating with clementine's as aliens. - or just through steps on following slide.</p>
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<ul style="list-style-type: none"> • MyPlate is a tool to show us which kinds of foods to eat every day, and to not eat too much of any one kind. Remember, all foods can fit into a healthy way of eating; however, some foods provide more of what our bodies need. To help us remember what different kinds of foods to eat, MyPlate groups foods together into five healthy food groups. <ul style="list-style-type: none"> ○ See how colorful the food groups are? ○ Raise your hand if you remember my plate from other nutrition classes, or if you have seen it around school? ○ Great. Let's review, say each food group out loud as I point to it (point to each food group). • Lets review each group, the foods in that group and what it does for our bodies. <ul style="list-style-type: none"> ○ The Fruit Group also gives our bodies vitamins and minerals to stay healthy and strong. Eating a rainbow of foods from these two groups will give our bodies the vitamins and minerals we need to stay healthy <i>(call on 2-3 students to share their favorite food from each food group)</i> ○ The Vegetable Group also gives our bodies vitamins and minerals, such as Vitamin A to help our eyes stay healthy and Vitamin C to keep us from getting sick. Vegetables are very colorful. Try to eat different colored vegetables every day because each color does something a different job that our bodies needs to be their best. ○ The Grains Group gives our bodies energy. These foods all come from plants and are mostly brown or white, many are traditional breakfast foods giving us energy first thing in the morning so we can learn and move. ○ The Protein Group gives us protein that we need to grow and keep our bodies (and muscles) strong. Some of these foods come from animals and some come from plants. ○ The Dairy Group gives us calcium, which helps make our bones and teeth strong. Dairy group foods come mainly from cows Milk. • Clearly, it is important to eat some food from each food group every day in order to keep our bodies healthy, but how do we know how much to eat? We can use Myplate as a guide to help us make sure that we are getting enough foods from all five of the healthy food groups. <ul style="list-style-type: none"> ○ How much space on the plate does the fruit and vegetables groups take up? Half... and ¼ of your food should come from the grain group and ¼ from the protein group. You can have a food from the dairy group on the side (for example, a glass of milk for your drink. When we put food on our plates at meals we want to choose foods that are healthy-- most of the time. • Throughout the year, we're going to use what we know from MyPlate and the healthy foods and talk about how to make our own healthy choices all day long! This means eating a healthy breakfast, a healthy lunch, a healthy dinner, and healthy snacks. It also means choosing healthy drinks! • Here are some examples of healthier breakfast choices with foods from the food groups. Again, we'll learn more about this throughout the year. • Examples of healthy lunch and dinner options. Notice how colorful they are! • Here are examples of healthy snack choices. Notice these snacks fit into our food groups. 	<p>Use the MyPlate tool to show students how food should look on your plate.</p> <p>Introduce each food group and the foods it includes.</p> <p>Use the MyPlate poster and food group posters with pictures of real foods. Point out characteristics of each group, such as colors or that all items come from milk, plants or animals</p> <p>Quickly go through examples of healthy snacks, breakfast, lunch, dinner, and drink slides and emphasize that we will be learning more throughout the year on how to choose the healthier options.</p>
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This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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<ul style="list-style-type: none">• Lastly, we will talk about drinks. Although drinks are not foods, drinks are a big part of what we consume, what we eat and put into our bodies. We want to learn how to choose the healthier drinks that help our bodies grow and be strong!	
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Wrap-Up	
<ul style="list-style-type: none"> • Today we have learned about how to be the best you. <ul style="list-style-type: none"> ○ Remember, being the best you is about making your own body the best and healthiest it can be. There's more than one way to be healthy, and each of our bodies have different strengths and different needs. ○ We'll continue throughout the year to learn how to make the best food and drink choices for our bodies. 	
Challenge	
<ul style="list-style-type: none"> • Every week we'll have a challenge I would like for you to work on until the next time I see you. <ul style="list-style-type: none"> ○ This week pick one new healthy habit to practice. It could be something relates to being food safe, being active, being mindful and/or being colorful. I look forward to hearing what new healthy habits you all practiced. 	
Taste Test Ideas	
<ul style="list-style-type: none"> • Clementines 	
Additional Activities	
Germ Experiments: <ul style="list-style-type: none"> • Glitter Experiment • Flour Sneeze • Glitter Germs • Spray Germs • Germ Ball • Germ Straw 	
Student Handouts	Activity book
Good Nutrition Starts With MyPlate workbook <ul style="list-style-type: none"> • Any pages 1-9 Food Group reviews. 	
Parent Handouts	
Today in Nutrition Class... Healthy Bodies and MyPlate (English & Spanish)	
Lesson Roadmap	
<ul style="list-style-type: none"> • Introduction • What is Nutrition • Mind Grabber: Who is the Healthiest? 	



- Discussion: How to Be the Best You
 - Be Safe
 - Be Active
 - Be Mindful
 - Mindful Tasting Exercise
 - Be Colorful
- MyPlate review
- Overview of topics for the year
- Challenge
- Workbook

