



Healthy Bodies

4th 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 - Journals	
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. ○ Pass out the nutrition journals and explain that they can use the journals to take notes or record reflections. Encourage them to take the parent handouts home and to “teach” the adults at home what they learned in nutrition class. • Has anyone heard the word “nutrition” before? What does nutrition mean? That’s right! <ul style="list-style-type: none"> ○ Nutrition is word for science of food. We learn about health and foods that help 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. 		<p>Spend about 2-3 minutes on intro.</p> <p>Pass out journals and have students write their names on cover.</p>
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 		Show images of healthy people with different body shapes/sizes. For example,

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<ul style="list-style-type: none"> • 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? <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>Olympic athletes in a variety of sports.(few slides to choose from)</p>
<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? • Can we agree that... <ul style="list-style-type: none"> ○ we are all different ○ health is about what you do and how you feel, not how you look ○ you are in charge of your health ○ All year long we will discuss different ways to have a healthy body and mind. We like to call it "Be the BEST YOU." • In small groups (3 to 5 students), come up with a list of 10 (or more) things you can do to be healthy. <ul style="list-style-type: none"> ○ Be ready to share a few with the class. • Great! Many of the items your group shared fit into what we call healthy habits. Who has heard of this term? What is a habit? Healthy habits are things we do all the time, sometime many times a day to keep our bodies working properly, keep our energy up, feel good mentally and physically. 	<p>Optional journal time.</p> <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 Activity: In small groups (3 to 5 students), come up with a list of 10 (or more) things you can do to be healthy.</p>

<ul style="list-style-type: none"> ○ To remember the healthy habits and how to Be the Best You we follow our four 'B's <ul style="list-style-type: none"> ▪ Be Safe – food safe ▪ Be Active – physically active, exercise ▪ Be Mindful – body awareness – hungry, full, thirsty, tired... ▪ Be Food Smart – what we eat and drink ● Check out some of these celebrities practicing healthy habits. <ul style="list-style-type: none"> ○ Cam Newton (Carolina Panthers football) with carrots (or Brandon Lafell (Cincinnati Bengals Football) eating apple) ○ Taylor Lautner sleeping ○ Demi Lavato working out ○ Skai Jackson cooking ○ Jason Segel brushing teeth ○ Ariana Grande drinking water <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. ● Food Safety is about keeping these germs off the food. Washing your hands before eating, handling clean dishes or helping cook is part of Food Safety. <ul style="list-style-type: none"> ○ Also, keeping counters clean where food is prepped, washing fruits and veggies before cutting and/or eating, refrigerating foods that need refrigerated and cooking food all the way done before eating keeps food safe from harmful germs. What are some other ways to be safe? <p>Be Active</p> <ul style="list-style-type: none"> ● The next 'B' Be Active! <ul style="list-style-type: none"> ○ 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. <ul style="list-style-type: none"> ○ 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? ● Let's do an activity called Heart Smart. <ul style="list-style-type: none"> ○ Now that we know the importance of exercise for our heart health, I will call out habits that either strengthen or weakens the heart. 	<p>Have students run in place, pretend to jump rope, or any activity that will get their hearts beating</p> <p>Heart Smart Energizer</p>
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- If the habit STRENGTHENS heart, JUMP in place.
- If the habit WEAKENS heart, SQUATTING DOWN (all standing at desk)
 - Riding Bike
 - Eating 4 large pizzas
 - Walking dog
 - Smoking
 - Never going outside
 - Playing basketball
 - Watching a lot of TV
 - Dancing with friends
 - Taking elevator
 - Taking stairs
- In addition to keeping our hearts healthy (which is super important to stay alive) why else is being physical active beneficial?
 - The rest of our body becomes strong, helps us to feel good, helps us stay a healthy weight, makes us less likely to get sick, helps us focus in school by getting our wiggles out, and helps us get a good night's sleep.

Remember, exercise must move the big muscles of our body (arms, legs, core) and make our hearts beat faster, so are we being active while watching TV? No, that would be an 'inactive' activity.

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.



<ul style="list-style-type: none"> ○ Girl (top left) is using 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. ○ 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, overeat 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 is harmful to our alien mouths or stomachs. 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 Food Smart</p> <ul style="list-style-type: none"> ● One way to make sure our food is healthy is to be "Food Smart" which is the fourth way to "Be the Best You." 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"> • This year we are going to be Nutrition Detectives and be food smart. We will learn and think about food a little differently. <ul style="list-style-type: none"> ○ We'll learn about the NUTRIENTS, the stuff in food that keeps us to stay alive. Our nutrient Superheroes are a great way to remember all the nutrients. ○ We'll decode the Nutrition Facts Label that's found on the back of food packages. After that, we'll outsmart food advertisements, understand what they are trying to sell, what to trust and question, etc. ○ And finally, we'll talk about what it means to eat "real" food. For example, eating corn on the cob instead of corn pops. • First requirement for being food smart is being knowledgeable about all our food groups. I bet all, if not most, are very familiar with this (hold up MyPlate plate). Who can remind us what it is called? MyPlate! <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. ○ Clearly, it is important to eat some food from each food group every day in order to keep our bodies healthy, but how much. We can use Myplate as a guide. <ul style="list-style-type: none"> ▪ How much space on the plate does the fruit and vegetables groups take up? Half... and $\frac{1}{4}$ of your food should come from the grain group and $\frac{1}{4}$ 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. • Let's review each group, the foods in that group and what it does for our bodies. <ul style="list-style-type: none"> ▪ The Fruit Group gives our bodies vitamins and minerals to stay healthy and function properly. For example, Vitamin A to help our eyes stay healthy and Vitamin C to keep us from getting sick. Fruits are very colorful and come from plants. ▪ The Vegetable Group also gives our bodies vitamins and minerals, but the foods are not as sweet as fruits. Therefore, they have less natural sugar. Like fruits, vegetables are plants or a part of a plant and come in many different colors. Try to eat different colored fruits and vegetables every day because each color does a different job that our bodies needs to be their best. Eating a rainbow of foods from these two groups will give our bodies the vitamins and minerals we need to stay healthy. ▪ 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. 	<p>Use the MyPlate tool to show students how food should look on your plate.</p> <p>Review each food group and how much space it takes up on MyPlate.</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>
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<ul style="list-style-type: none"> ▪ The Dairy Group gives us calcium, which helps make our bones and teeth strong. Dairy group foods come mainly from cows' milk. <i>(call on 2-3 students to share their favorite food from each food group)</i> • Now that we have reviewed our food groups and the foods within, our next step in being food smart is knowing and understanding nutrients. Next time we'll dive deeper into this topic but today I want to introduce our nutrient Superheroes! The represent important nutrients to keep our bodies healthy and alive. <ul style="list-style-type: none"> ○ Captain Carbohydrate – Notice he is slice of bread. Bread found in which food group? ○ Power Protein – Notice how he is an egg. Which food group does egg belong in? ○ Fantastic Fat – Who can tell me what Fantastic Fat is? Avocado, plant based healthy fat! ○ Wonder Water – Why would water be a super hero? ○ VitaMan and Mighty Mineral – are best buds. They are what food and which food groups? Fruit & Vegetable. They provide lots of vitamins and mineral to support of bodies. 	
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 teach and practice two ways in which to MINDFULLY EAT with your family 	
Taste Test Ideas	
<ul style="list-style-type: none"> • Clementines 	
Additional Activities	
<p>Reflection Question: What's one healthy habit you already have? What's one healthy habit that you would like to start?</p>	Optional journal time.
Student Handouts	
<ul style="list-style-type: none"> • Journals 	

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? • Group Activity: What does it mean to be “healthy?” • Discussion: Healthy Habits and Be the Best You. <ul style="list-style-type: none"> ○ Be Safe ○ Be Active ○ Be Mindful <ul style="list-style-type: none"> ▪ Mindful Tasting Exercise ○ Be Food Smart • MyPlate and food group review • Overview of topics for the year • Challenge • Reflection journal time 	

