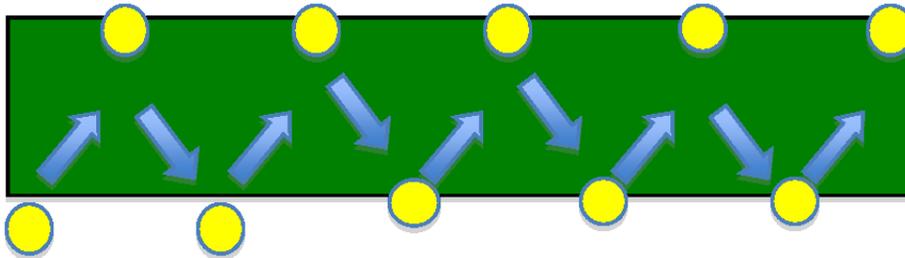
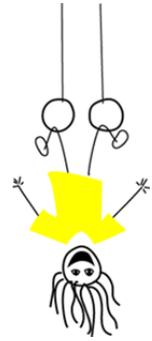


ACTIVITY SET-UP and DIRECTIONS

Get Ready:

- Prepare a set of questions based on two topics:
 - “Eating Fruits and Vegetables” nutritional message
 - Different types of activities and their benefits
- Divide the students into two groups
- Arrange students on each side of the hallway as shown below (the yellow dots represent students and the arrows represent the path of the ball):



Equipment Needed:

- One (1) beach ball

Age Groups:

- 1st through 8th Grade

Time Required:

- 10 Minutes

Directions:

STEP 1

- Divide the students into two groups of approximately equal number. Tell each group of students to line up on opposite sides of the hallway, facing away from the wall. Explain to them that they should not be straight across the hallway from another student (the students should be staggered as shown in the diagram above).

STEP 2

- Explain to the students that the beach ball will be given to the student at the end of the rows. Tell them that that student must name a fruit or vegetable before passing the ball to the student on the other side of the hall, nearest to them. See the diagram above for how the ball should travel amongst the students.

STEP 3

- The ball should continue to be passed back and forth along the rows of students until a student can no longer name a fruit or vegetable that has not already been said. That student must then answer a question about today’s topics before the game can start over. Repeat this process until the allotted time is complete.

Source

- Mind and Body: Activities for the Elementary Classroom. 2008.
- “Brain Breaks.” Michigan Department of Education. <www.emc.cmich.edu>.

HOW DOES this PHYSICAL ACTIVITY RELATE to the NUTRITION TOPIC of “Eating a Variety of Fruits and Vegetables Every Day”?

Lesson Overview

Nutrition Key Message: Eat a variety of fruits and vegetables every day

- Eating a variety of fruits and vegetables provides a wide range of valuable nutrients that protect our health.

PA Conceptual Connection: Perform a variety of physical activities every week

- Doing different activities provide a wide range of benefits that protect health.

Talking points:

- Different activities have different benefits. Aerobic activity such as walking, dancing, running or swimming promotes cardiovascular health, and muscle-strengthening activities build strong muscles. Both of these activities help to maintain a healthy weight.
- Balance activities help build coordination and reduce the risk of falls especially as we get older. Balance exercises are not hard and a great inter-generational activity for children, parents, and grandparents to do together!
- Flexibility activities help to keep muscles limber and may help to reduce the risk of injury when doing other activities.
- Ask class participants to share the different types of activities that they do and ask them to identify the benefits (i.e. dancing = cardiovascular health, coordination, etc.)

Source

- Mind and Body: Activities for the Elementary Classroom. 2008.
- “Brain Breaks.” Michigan Department of Education. <www.emc.cmich.edu>.