



Lower Elementary Lesson Samples

The following pages provide samples of a variety of fun nutrition and physical activity classroom-based activities and lessons selected by the *Maine-ly Nutrition and Take Time!* Staff.

These activities are designed for lower elementary students. Most of the activities can be modified to use at any grade level. For example, math activities can be done using simple counting or more advanced multiplication problems.

We hope you find this section of your binder useful and fun for both you and your students.

Fruits and Veggies: More Matters Shuttle Relay

Grade Level: Lower Elementary

Materials: Four large paper bags, a variety of fruit and veggie models (stress balls, paper models, plastic models, etc.), a timer (clock or watch).

Related Subject Areas: Health, nutrition

Teaching Time: 15 minutes

Objective:

1. Students will pretend to shop for fruits and vegetables to create a healthy diet.

Rules/Directions:

- Students divide into 4 teams and sit in straight lines one behind the other.
- The fruits and veggies are arranged in front of each team.
- The bag is placed at least 5 feet ahead of each team.

Activity: Students are in four relay teams with the fruits and vegetables in a line in front of their team. On the teacher's signal "Go", the first person in the team starts and picks up a fruit or vegetable, says its correct name (i.e. "broccoli") and runs to put it in their grocery bag and immediately runs back to the line. After that student tags the next student in line and the activity continues. The teacher times the teams for 60 seconds and the team with the most correctly identified fruits and vegetables in their bag after 60 seconds wins.

Variations:

Teachers could start by saying, "It is recommended that we eat a variety of fruits and vegetables in order to maintain a healthy diet. In this relay race we are going to pretend to go shopping for our fruits and vegetables to create a complete and healthy diet." At the end of the relay, the teacher could say, "Whenever you go grocery shopping with your family, remember to include fruits and vegetables on your list."

Slap Clap Snap Tap

Grade Level: Lower Elementary

Materials: None

Related Subject Area: Alphabetization, math skills, rhythmic patterns for reading readiness

Teaching Time: 5 - 10 minutes

Objective:

1. Students will recognize and keep a beat as they copy rhythmic patterns.
2. By practicing beat competency and beat awareness, the internal voice is developed with cross lateral patterns.

Rules/Directions:

- Students are scattered in a group.
- Warm up by having students copying various beat and clap patterns.
- Turn around so that the students cannot see the teacher's hands and have to rely on their auditory sense to maintain the clapping pattern.

Activity:

Establish patterns using the body as pegs.

Basic pattern:

Slap = Slap thighs

Clap = Clap hands together

Snap = Snap fingers

Tap = Tap shoulders with both hands

Challenges:

Pat = Touch head

Nose = Touch nose

Cross = Cross arms and touch opposite shoulders

Belt = Touch belly button with both hands

Knees = Touch knees

Toes = Touch toes

Calves = Touch back of calves

Glut = Touch bottom with both hands

Demonstrate the "slap clap" pattern and say the alphabet. Now say only the letter that happens on the clap (B D F H J). Use this method to spell words. Four letter words would be the "slap clap snap tap" pattern.

Variations:

Teacher could begin by saying, "Do you have a little voice in your head that talks to you? Yeah. It's the one that just said, "Yes, I have a little voice like that!" That same little voice helps you read silently. Let's help your little voice get smarter."

Inches, Feet and Yards, Oh My!

Grade Level: Lower Elementary

Equipment: None

Related Subject Area: Math, measurements

Teaching Time: 10 minutes

Objectives:

1. Students will learn measurement concepts while being physically active.

Rules/Directions:

- Students line up around the perimeter of the room or stand at desks.
- Have students start with feet side by side and move one set of toes ahead of the other set of toes to represent inches or “small”.
- Have students place one foot in front of the other to represent feet or “medium”.
- Have students take one giant step forward or backward to represent yards or “large”.
- Call out different measurements: Example—Move forward 2 feet, back 5 inches, sideways 1 yard.
- Have all students move in the same direction.
- Have students jumping, twisting and stretching between measurements at least 30 seconds.

Variations:

- Add directions (right, left, forward, back).
- Use the metric system.

Adventures in Healthy Eating

Grade Level: Lower Elementary

Materials: MyPyramid poster, white drawing paper, markers or crayons

Related Subject Area: Nutrition, math concepts (shapes, associations)

Teaching Time: 45 minutes

Objectives:

1. Students will be able to identify food group from MyPyramid for kids.
2. Students will be able to recognize and use shapes. Students will be physically active.

Rules/Directions:

- Have students draw and then cut out their favorite food from each food group.
- Teacher calls out a shape.
- Student who has that shape of food takes one up and tapes the pictures on a blank MyPyramid poster in the correct place.
- Samples:
 - Circle: Orange, apple, pancake, tortilla, cheese slice
 - Triangle: cracker, pizza, watermelon wedge, sandwich bread
 - Rectangles: Fish sticks, celery or carrot sticks, granola bar, cheese

Activity:

Teacher cuts up healthy foods in various shapes and places like shapes on separate plates. Students wash their hands and participate in a taste test. When everyone is finished eating, take a stroll by the MYPyramid poster and have each student show his or her favorite food and tell what shape it was in today.

Variation:

The teacher cuts out various shapes ahead of time and asks the students to draw and color a food for each shape. Give students enough shapes so they can have a variety of food groups.

Food Group Colors

Grade Level: Lower Elementary

Materials: Colored pieces of paper

Related Subject Area: Nutrition, math

Teaching Time: 20 minutes

Objectives:

1. Students will be able to identify the colors that relate to each food group from MyPyramid for kids.
2. Students will be physically active.

Rules/Directions:

- As part of a MyPyramid lesson the teacher passes out pieces of paper that are the color of each food group on MyPyramid. Each student has one piece of paper.
- The teacher calls out a color.
- All students with that color piece of paper stand up and jump up and down without talking.
- The teacher chooses one of those students and asks, “from which food group does your color belong?”
- The student: 1. Names the food group 2. Names one food in that group 3. Runs and touches something in the room that is that color and sits back down.
- All students sit back down.
- The teacher calls out another color.

Variations:

- For a geography lesson students tell from what part of the world the food they choose originates.
- Use colored streamers instead of paper and have students make figure eights, squiggles or circles when their color is called.

Locomotor Riddle Challenge

Grade Level: Lower Elementary

Materials: Large pieces of paper (flip chart paper), markers. Optional background music.

Related Subject Area: Nutrition (can be modified for other subjects)

Teaching Time: 15-30+ minutes depending on how involved students are in developing riddles

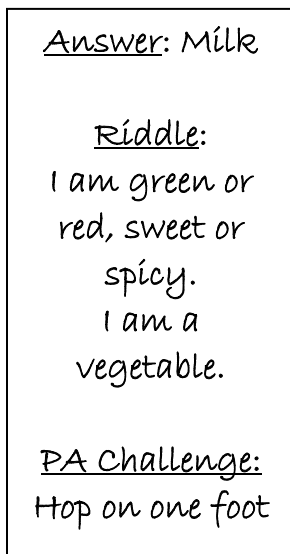
Objectives:

1. Students will be able to identify food groups from MyPyramid for kids.
2. Students will be physically active.

Rules/Directions:

- Prepare nutrition riddles and answers ahead of time or have students make the riddles up as part of the lesson. For instance: I am white. I come from a cow. (Milk) Or, I am green, red, sweet or spicy (pepper).
- On several pieces of large paper write:
 - 1 Answer to a Riddle (Milk)
 - 1 Riddle (I am green, sweet or spicy, I am a vegetable). Make sure the riddle does not match the above answer on the same piece of paper (See Figure 1 below).
 - 1 Physical Activity Challenge (such as Hop on 1 foot)
 - Post the pieces of paper on the walls throughout the classroom. This way the riddles are away from their answers.
 - Divide students into small groups and assign them to a riddle. Scatter groups throughout the classroom.
 - On a signal, as a group, students read the riddle, solve the riddle, and travel to the answer while doing the physical activity challenge.
 - Prompt kids to move carefully and to not bump into one another.
 - Continue in this fashion until students have traveled to and solved each riddle.

Figure 1



Ideas for PA Challenges:

1. Walk, then balance on one foot (repeat other foot)
2. Hop on one foot, then hop on the other foot
3. Walk several steps, hop several times, then turn and walk backwards
4. Run in place, hop, turn and walk backward
5. Walk several steps, then jump
6. Run several steps in place, then jump
7. Walk several steps, then hop
8. Jump backward small distance, then forward large distance
9. Crab walk

Nutrition Samples:

I am white. I come from a cow. (milk)

I am green or red, hot or spicy, and I am a vegetable. (pepper)

I am yellow and long, monkeys like me, and I am a fruit. (banana)

I am green and look like a tree. I am a vegetable. (broccoli)

I am made from grain and you can make sandwiches with me. (bread)

Variation:

Use riddles that are part of any lesson plan for other subject areas. Have the students be part of the riddle making to reinforce learning.

- Vocabulary definitions
- Geography facts
- Math problems and answers
- Foreign language
- Physics

Solar System

Grade Level: Lower Elementary

Materials: None or fruits and vegetables of varying sizes if choosing the optional nutrition link.

Related Subject Area: Earth Science (Nutrition)

Teaching Time: 25+ minutes depending on taste test variation

Objectives:

1. Students will be able to understand the rotation of the moon, Earth and Sun and their relationships.
2. Students will be physically active.

Rules/Directions:

- Divide the students into groups of 3.
- Within each group person #1 is the Sun and makes a large circle with their arms above their head and rotates very slowly.
- Person #2 is the Earth and makes a small circle with the arms in front of the body while rotating around and around.
- Person #3 is the Moon and makes a very small circle with their hands in front of their body and rotates around very fast.

Variation:

Demonstrate the Earth, Sun, and Moon rotation and the solar system using fruits and vegetables to represent planets, moons and the sun. Follow this demonstration with a discussion about the importance of fruit and vegetable consumption. Allow students to sample the solar system via a taste test.

Moon—grape tomato

Sun—melon

Earth—orange

The Moving Meal

Grade Level: Lower Elementary

Materials: MyPyramid poster, white drawing paper, markers or crayons, magazines or grocery store flyers, CD player or computer and music

Related Subject Area: Nutrition

Teaching Time: 45 minutes

Objectives:

1. Students will be able to identify food groups from MyPyramid for kids and create a well-balanced meal.
2. Students will be physically active.

Rules/Directions:

- Have students count off into these groups: Grains, vegetables, fruits, milk, and meat and beans.
- Have students draw and then cut out foods from the food group their group represents or use magazines and grocery store flyers for cut-outs.
- Students parade around the room with their group while showing the pictures of their foods high in the air and music is played.
- Students are seated again and the teacher asks one member from each group to bring the group's food picture to the front of the room. The student should hold it above his or her head and say its name and food group. Have the entire "meal" stay at the front of the room.
- Ask students to write down the "meals" and then tell their classmates which was their favorite "meal".

Variation:

The class votes on the best meal and then makes the meal together on another day. Each student is given an assignment to contribute to making the meal.

For Upper Elementary:

As part of a math lesson, have the students vote on the best meal and then graph the polling results and/or link to a lesson on percentages and fractions.