

## “Get Fit in February”

### Lower Elementary School Lesson: Classifying Foods Lesson

Display two sheets of chart paper or divide a section of a blackboard into sections. Head one sheet or section "Worst Foods for Children." Head the other sheet "Best Foods for Children." Invite students to add foods to either list. When the lists are completed, your students might see how many items on their lists match the [ten best and worst foods for kids](#) published on the kids' pages of the Center for Science in the Public Interest's Web site.

**Free clipart food link to print off and use in the classroom:**

[http://www.clipartguide.com/\\_search\\_terms/food.html](http://www.clipartguide.com/_search_terms/food.html)

**Physical activity:** Animal Du Jour

**Name:** ANIMAL DU JOUR

**Description:** Students move like a type of animal being featured for the day or like the animal that is the answer to a question.

**Examples:**

- Flapping arms like a winged creature
- Wiggling like a worm
- Standing on one leg like a stork
- Bouncing like a kangaroo (pictured)
- Moving slowly like sloths
- Nodding the head forward like a chickden
- Crawling like an alligator (right arm coming forward with right leg and vice versa for left)
- Prancing like a deer (e.g., in response to a question about carriers of Lyme disease)

**Subjects:** Science, geography, history, non-English languages

**Alternative:** Students maintain the movement while in hallways (e.g., between classes).

**Bouncing like a kangaroo**

**Recipe:** Quick Banana Bob snack

[http://healthyrecipes.oregonstate.edu/sites/default/files/recipes/banana-bobs-en\\_0.pdf](http://healthyrecipes.oregonstate.edu/sites/default/files/recipes/banana-bobs-en_0.pdf)