

LESSON 34



Five-Foods Countdown

Background

Combining a healthy diet with physical activity is important for good health. This message has been emphasized throughout the fourth- and fifth-grade classroom lessons, and this physical education lesson provides an opportunity to further reinforce this message with students.

In this lesson, students review nutritional concepts while simultaneously moving around the gymnasium. The lesson reinforces their knowledge of nutrition and provides an opportunity for them to enhance their motor skills through physical activity. Furthermore, this lesson offers an opportunity to reiterate one of the Principles of Healthy Living: Be physically active every day for at least an hour (Keep moving!). For an overview of the Principles of Healthy Living, see Teacher Resource 34.1.

The gymnasium is a perfect classroom in which to learn. Students should understand that physical education is a class for learning; and they need to enter the gym knowing that although there are no desks, chairs, or pencils, they will be learning important information. Because children love to move, this lesson provides an opportunity not only to improve their fitness but also to have fun while learning about issues that will affect their lifelong health.

This lesson leads students through the four parts of the safe workout while also reviewing the five food groups.

Estimated Teaching Time

Estimated teaching time: 30 minutes

Objectives

- Complete an endurance workout.
- Demonstrate a pace that works for them so that they can move for a long time without stopping.
- List a variety of foods from the five food groups.

Materials

- Music (medium or upbeat tempo)
- Teacher Resource 34.1, Principles of Healthy Living
- Teacher Resource 34.2, Kid's Healthy Eating Plate

Safety Points

- Move with control throughout the activity.
- Pace yourself so you have enough energy to do safe movements throughout the activity.

Procedure

1. Assemble the students in an appropriate formation (circle or scattered formation) that gives them room to move, and then lead them through a warm-up while reviewing the important points of warming up.

Teacher Resource 34.1

Principles of Healthy Living

- **Make the switch from sugary drinks to water.** Water is essential to human survival, optimal functioning, and health, which is why it should be the go-to choice when deciding what to drink. Sugary beverages such as soda, sports drinks, energy drinks, and fruit drinks are filled with empty calories, meaning that they provide many calories but almost none of the nutrients the body needs to stay healthy and grow strong. Research shows that children who have too much sugar are at risk for unhealthy weight gain and type 2 diabetes.
- **Choose colorful fruits and vegetables instead of junk food.** Fruits and vegetables are packed with vitamins, minerals, antioxidants, and fiber, and they also provide healthy carbohydrate that gives us energy. A good goal is eating five servings each day—and more is always better—so fill half your plate with fruits and vegetables at every meal, and cut them in snacks instead of junk food such as chips, candy, and other sweets. Choose fruits and vegetables in a rainbow of colors (especially dark green and orange vegetables).
- **Choose whole-grain foods and limit foods with added sugar.** Minimally processed whole grains are a better choice than refined grains. Whole grains contain fiber, vitamins, and minerals, whereas the refining process strips away many of these beneficial nutrients. Even though some refined grains are fortified with vitamins and minerals, fortification does not replace all of the lost nutrients. In addition, refined grains get absorbed by the body very quickly, which can cause blood sugar levels to spike. In response, the body quickly takes up sugar from the blood to bring sugar levels down to normal. Working so quickly may cause the body to overshoot things, however, making blood sugar levels a bit lower than they should be. This can cause feelings of false hunger even after a big meal, as well as tiredness. Choose whole grains (such as steel-cut oats and 100% whole-wheat bread) whenever possible, making sure to check the nutrition facts label and ingredients list for added sugar.
- **Choose foods with healthy fat, limit foods high in saturated fat, and avoid foods with trans fat.** Plant-based foods, including plant oils (such as olive, canola, soybean, corn, sunflower, and peanut oils; nuts, and seeds), are natural sources of healthy fat, as are fish and shellfish. Healthy fat can help lower the risk of heart disease and stroke. Unhealthy fat—including saturated fat—increases the risk of heart disease and stroke. Most foods that are high in saturated fat come from animals, including dairy fat, the fat in meat, and lard. However, even a few healthy plant-based foods and fish contain small amounts of saturated fat, so we can't completely eliminate it from our diet. As a general rule, keep your intake of saturated fat as low as possible, opting for healthy foods such as salmon, almonds, and avocados, instead of hamburgers and cheesy pizza. The worst type of unhealthy fat is trans fat, which raises the risk of heart disease, stroke, and possibly diabetes. Trans fat

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed., ©Champaign, IL: Human Kinetics.

Lesson 34—Five-Foods Countdown 1

Teacher Resource 34.2

Kid's Healthy Eating Plate

Eating a variety of foods keeps our meals interesting and flavorful. It's also the key to a healthy and balanced diet because each food has a different mix of nutrients—both macronutrients (carbohydrate, protein, and fat) and micronutrients (vitamins and minerals). Vegetables, fruits, grains, protein, and dairy make up the five basic food groups, but not all options within these groups are equally beneficial or healthy, and some foods—especially those from plants—are needed in greater proportion than others. The Kid's Healthy Eating Plate provides a blueprint to help us build a balanced meal with the best choices from each group:

- Along with filling half of our plate with colorful vegetables and fruits, split the other half between whole grains and healthy protein. Minimally processed whole grains make better choices than refined grains, especially when we look out for added sugars. Healthy protein includes mostly plant-based options such as nuts, seeds, and beans, but poultry and fish are also excellent choices. Foods from the dairy group are needed in lower proportions than foods from the other groups, but milk and other dairy foods are common sources of calcium and vitamin D, so choose unflavored milk, plain yogurt, or other unsweetened dairy foods.

The Kid's Healthy Eating Plate also includes elements that are not part of the five food groups but are additional important reminders for maintaining a healthy diet and lifestyle:

- Healthy oils (plant-based oils such as olive and canola oil) are a great source of healthy fat and should be used when cooking or as dressing on a salad.
- Water should be the drink of choice at every meal and snack, as well as when we are staying active.
- Note that the Kid's Healthy Eating Plate does not contain sugary drinks, sweets, and other junk foods. These are not everyday foods and should be eaten only rarely, if ever.

Finally, just like choosing the right foods, incorporating physical activity into our day by staying active is part of the recipe for keeping healthy.

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed., ©Champaign, IL: Human Kinetics. Copyright © 2015, Harvard T.H. Chan School of Public Health. For more information about the Kid's Healthy Eating Plate, please see The Nutrition Source, Department of Nutrition, Harvard T.H. Chan School of Public Health, www.hsph.harvard.edu/nutritionsource/kids-healthy-eating-plate/.

Lesson 34—Five-Foods Countdown 1

a. Warm-up

1. Benefits of warming up

- Helps prevent injuries.
- Increases body temperature.
- Gets the body ready for the rest of the workout.

2. How to warm up

- Perform a series of slow movements for 5 to 10 minutes. Slow movements that are similar to those that will be done in the fitness activity are best.
- Examples include slow jogging in place and slow jumping jacks.

2. As students are moving, review the important aspects of strength and endurance fitness activities.

a. Strength fitness (see the web resource for diagrams)

1. Benefits of strength fitness

- Improves your muscles' ability to move or resist a force or workload.
- Helps you perform your daily tasks without tiring.
- Helps prevent injuries.
- Improves your skills in games and sports, such as jumping rope, playing dodgeball, and shooting a basketball.

2. How to improve strength fitness

- Make your muscles work more than they are used to—make them go faster, work longer, lift heavier objects, or exercise more often.
- Train, don't strain.
- Don't do too much too soon or too often.

- b. Endurance fitness
1. Benefits of endurance fitness
 - Improves the health of the heart, lungs, and blood vessels (builds cardiorespiratory fitness).
 - Gives you energy.
 2. How to improve endurance fitness
 - Do nonstop movement activities such as bike riding, walking, and jumping rope (students may jog or walk in place to demonstrate endurance activities in class).
 - Find a pace (speed) you can do for a long time—pace, don't race!
 - Find endurance activities that you like so you will want to do them.
 - Mix up your workout—ride your bike to the park, play ball, and then ride your bike home again.
 3. After the warm-up, have students practice jogging or walking at an endurance pace (a pace they can do for a long time) as they move in the same direction around the perimeter of the gym (see figure 34.1).

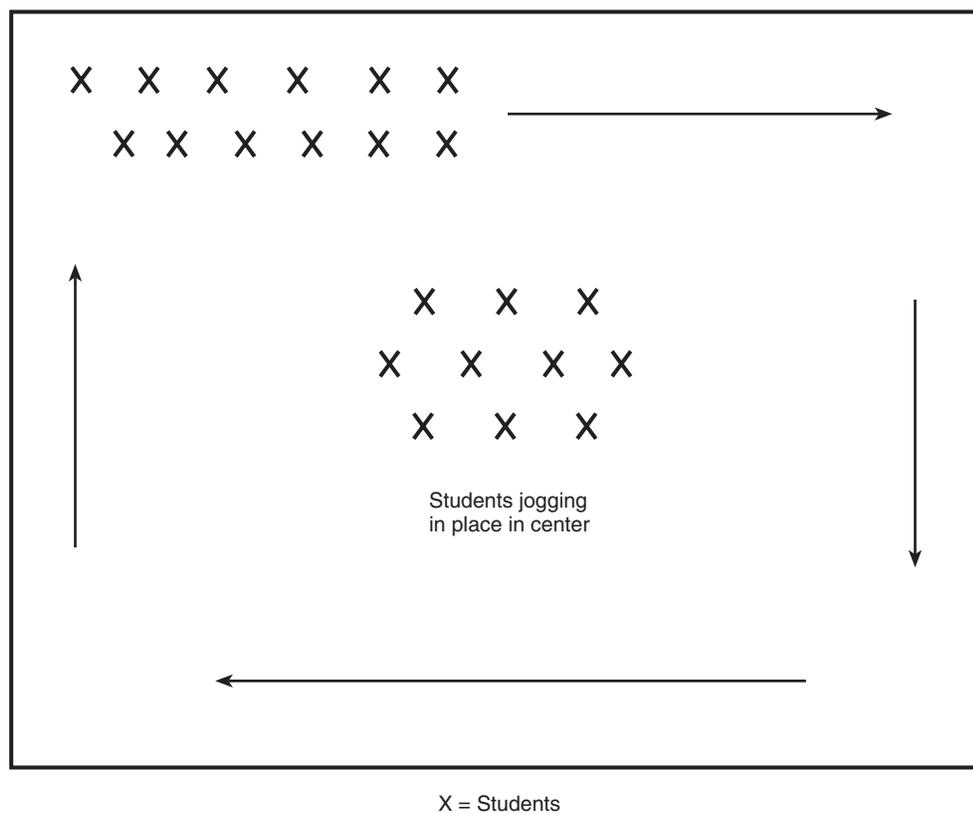


Figure 34.1 Fitness activity line formation.

4. Stress that students should find their own pace—a speed that works for them (not a friend) that they can do without tiring. Also stress the importance of getting at least one hour of physical activity every day (Keep moving!) and limiting inactive TV and screen time (Freeze the screen!) to no more than two hours per day.
5. Pick two students to demonstrate the Five Foods Countdown activity.
6. Have the students face each other and extend one hand out in front, making a fist at waist level.

7. Announce a food group (e.g., fruit group). The two students take turns naming foods from the fruit group. As they announce each food, they extend a finger on their hand while making the arm motion of an umpire calling a strike, until all five fingers are extended. For example, one student says “apple” and makes the arm motion and extends a finger, and then the other student says “pear” and does the same. (Other counting motions may be used as well. For example, students could pat hands, shake hands, slap hands, or even do some kind of feet movement.)
8. After the demonstration of the Five Foods Countdown, have the other students practice with each other.
9. When the class is ready, start the music and have the children start moving (walking or jogging) in the same direction around the perimeter of the gym. After each round of the Five Foods Countdown, students can reverse direction. Students who want to jog or walk in place during the activity can do so in the center of the gym (see figure 34.1).
10. Remind the students to pace themselves, and have them use a variety of locomotive skills throughout the activity (e.g., walk, jog, skip). You can specify the movements or leave the choice to them.
11. While the students are moving around the gym, stop the music and announce a food group. The students need to find the closest partner and start counting out five foods that come from the announced food group. The students should make sure that their partners are naming only best-choice foods that belong in the announced food group. Students must work with a different partner each time a food group is called. (See table 34.1 on Teacher Resource 34.1, and Teacher Resource 34.2, the Kid’s Healthy Eating Plate, for a quick review of the five food groups and some of the best choices in each group, if needed.)
12. In addition to calling out food groups, you can also call for students to name whole-grain breakfast foods, fruits and vegetables for snack foods, lunch foods, and so on.
13. When the class has enough experience with the activity and has developed endurance, the students can keep moving (e.g., jogging in place) while they count their five foods.
14. Lead the students in a cool-down and stretch. Review the important points of each. Likewise, review the foods or food groups they had difficulty with during the activity.
 - a. Cool-down
 1. Benefits of cooling down
 - Lets the body slow down or recover from the fitness activity.
 - Helps prevent injuries and muscle soreness.
 2. How to cool down
 - Walk slowly.
 - Walk in place slowly.
 - b. Stretch (see the web resource)
 1. Benefits of stretching
 - Helps prevent soreness.
 - Improves flexibility fitness.
 - Improves the muscles’ ability to work.
 - Improves the body’s ability to move.
 - Decreases the number of injuries.
 2. How to stretch
 - Hold each stretch for 10 or more seconds (count out loud: 1 Mississippi . . . 2 Mississippi . . . 10 Mississippi).
 - Don’t bounce—hold the stretch gently.

- Stretch slowly.
 - Use proper form to avoid injuries.
 - Examples include the neck stretch, butterfly, and quadriceps burner (thigh stretch).
- 15.** Close the activity by reminding the students to get at least one hour of physical activity every day. It is OK to do that activity a little bit at a time—15 minutes of walking to school, 20 minutes of playing tag—every bit counts just so long as it adds up to an hour each day. Students should mix it up to keep it fun, and try trading screen time for active time.