



## Lesson 7: Healthy Living

*Activity Level: K-2 | Time: 45-60 minutes*

### PURPOSE

**This lesson:** Students will explore healthy living and the importance of exercise and physical activity.

**Overview of Lesson Series:** Students will explore the five food groups and what state-grown foods fit into each group. This club makes a local connection to good nutrition and a healthy lifestyle.

### NEBRASKA STATE STANDARD CONNECTION

Kindergarten:

- SC.K.7.2.C Use a model to represent the relationship between the needs of different plants or animals (including humans) and the places they live.
- PE.K.3.1.a Identifies active play opportunities outside of physical education class. (E)
- PE.K.3.4 Communicates the importance of health-related fitness components and nutrition for physical activity.
- PE.K.3.4.a Recognizes that food provides energy for physical activity. (E)
- PE.K.5.1 Recognizes the benefits of physical activity for health.
- PE.K.5.1.a Recognizes that physical activity is important for good health. (E)

1st Grade:

- PE.1.3.1.a Discusses the benefits of being physically active in structured (e.g., physical education class) or unstructured (e.g., recess) situations. (E)
- PE.1.3.4.a Differentiates between healthy and unhealthy foods. (E)
- PE.1.5.1.a Identifies physical activity as a component of good health. (E)

2nd Grade:

- PE.2.3.4.a Recognizes the impact of nutrition on physical activity. (E)
- PE.2.5.1.a Recognizes the relationship between physical activity and good health. (E)
- PE.2.5.3.a Identifies physical activities that provide self-expression. (E)

### ACTIVITY SNAPSHOT

1. Organize and Prepare Supplies
2. Read Background Information
3. Interest Approach
4. Conduct Activities 1 & 2, if time allows conduct Activity 3.
5. Ask follow up questions and make the connection to agriculture
  - Nutrition is very important for our bodies, but we also need water and physical activity for our bodies to remain healthy. How much water and physical activity do we need?
  - What are some examples of physical activity?



## MATERIALS

- Computer with PowerPoint Software
- Food Matters: Healthy Living PowerPoint

## WHAT'S THE CONNECTION TO AGRICULTURE?

Students explore the many animals that live on a farm through the instruction of yoga poses.

## PROCEDURES:

1. Organize and Prepare Supplies  
See “Materials” above.
2. Background Information  
*Source: [choosemyplate.gov](http://choosemyplate.gov)*

Being physically active can improve your health — today, tomorrow, and in the future. However, most people do not do enough physical activity. People of all types, shapes, sizes, and abilities can benefit from being physically active. The more you do, the greater the health benefits and the better you'll feel.

Physical activity simply means movement of the body that uses energy. Walking, gardening, briskly pushing a baby stroller, climbing the stairs, playing soccer, or dancing the night away are all good examples of being active. For health benefits, physical activity should be moderate or vigorous intensity.

You can choose moderate or vigorous intensity activities, or a mix of both each week. Activities can be considered vigorous, moderate, or light in intensity. This depends on the extent to which they make you breathe harder and your heart beat faster.

Only moderate and vigorous intensity activities count toward meeting your physical activity needs. With vigorous activities, you get similar health benefits in half the time it takes you with moderate ones. You can replace some or all your moderate activity with vigorous activity. Although you are moving, light intensity activities do not increase your heart rate, so you should not count these towards meeting the physical activity recommendations. These activities include walking at a casual pace, such as while grocery shopping, and doing light household chores.

Regular physical activity can produce long term health benefits. People of all ages, shapes, sizes, and abilities can benefit from being physically active. The more physical activity you do, the greater the health benefits..

Being physically active can help you:

- Increase your chances of living longer
- Feel better about yourself



- Decrease your chances of becoming depressed
- Sleep well at night
- Move around more easily
- Have stronger muscles and bones
- Stay at or get to a healthy weight
- Be with friends or meet new people
- Enjoy yourself and have fun

When you are not physically active, you are more likely to:

- Get heart disease
- Get type 2 diabetes
- Have high blood pressure
- Have high blood cholesterol
- Have a stroke

Physical activity and nutrition work together for better health. Being active increases the amount of calories burned. As people age their metabolism slows, so maintaining energy balance requires moving more and eating less.

Children and adolescents should do 60 minutes or more of physical activity each day. Most of the 60 minutes should be either moderate- or vigorous intensity aerobic physical activity and should include vigorous-intensity physical activity at least three days a week. As part of their 60 or more minutes of daily physical activity, children and adolescents should include muscle-strengthening activities, like climbing, at least three days a week and bone-strengthening activities, like jumping, at least three days a week. Children and adolescents are often active in short bursts of time rather than for sustained periods of time, and these short bursts can add up to meet physical activity needs. Physical activities for children and adolescents should be developmentally appropriate, fun, and offer variety.

Yoga may not be for everyone, but can provide improved flexibility, better posture, increased blood flow, and increased focus. Practice healthy living with yoga poses based on things you would see at a farm.

### 3. Interest Approach (3-5 Minutes)

- a. Review with students that our food comes from the farm and that farmers and ranchers grow our food. Food comes from either a plant or an animal.
- b. Ask students to recall what they remember about dairy.
  - What does dairy give us? *Nutrients such as vitamins and minerals and can help support strong bones and teeth.*
  - Should you eat or drink dairy every day? *Yes, 2½–3 cups.*
  - Where do we get dairy products from? *Dairy cows, sometimes goats.*
  - Do we have dairy farms in Nebraska? *Yes, 160 registered dairies and six processing plants.*



- c. We have explored the five food groups over the last few lessons and today we are going to discover two additional things that are essential for our bodies to stay healthy.
4. Learning Activity 1 – Healthy Living PowerPoint (5-10 Minutes)  
*Source: [choosemyplate.gov](http://choosemyplate.gov)*
- a. Slide 1 – Although these five food groups are important for us to remain healthy and have the essential nutrients for our bodies, we still need to consume water and exercise regularly.
  - b. Slide 2 – Along with eating healthy each day, we need to drink plenty of water to ensure our bodies are staying hydrated throughout the day. The recommended amount of water for 4-9-year old's is five, eight-ounce cups of water each day. Water helps regulate fluids in your body and helps your muscles and kidneys function properly.
  - c. Slide 3 – Along with eating the right food and drinking water, physical activity is very important for your body to remain healthy and function properly. Physical activity improves health and increases your chance to live longer. Kids should get at least 60 minutes of physical activity each day. What are some ways you can be physically active? Playing outside on the playground, playing sports, going on a bike ride, etc.
  - d. Slide 4 – Go to Learning Activity 2 – Farm Animal Yoga.
5. Learning Activity 2 - Farm Animal Yoga (15-20 Minutes)  
*Activity from Iowa Agriculture Literacy Foundation*

Today we are going to try a physical activity called farm animal yoga. I am going to read a farm story as we do farm animal yoga. You will hold each pose for 30 to 60 seconds and then relax and transition to the next pose as the story continues.

- a. Slide 5 – There once was a SCARECROW that stood overlooking a field and a farm. From his vantage point he could see all the farm. His main job was to keep the birds away from eating the corn. He was so good at his job that there weren't very many birds around. He had a lot of time to watch the farmer go about his daily chores.
- b. Slide 6 – The farmer woke up bright and early (before the sunrise!). After feeding the cattle, he grabbed his PITCHFORK and headed inside the barn. He had to remove all of the old straw and bedding that the cows slept on. Then he replaced it with fresh, clean straw. He knew that big farms do this with tractors and machinery. But he only has a few cows and still has time to do it by hand.
- c. Slide 7 – The farmer does have a tractor and he uses it to plant seeds in the field or move big bales of hay around. The scarecrow saw the farmer DRIVING-A-TRACTOR toward the haystack. The farmer loaded up a big bale of hay. He will mix that with corn, soybeans, and other ingredients to make a delicious dinner for the cattle.
- d. Slide 8 – After mixing the cattle's dinner, the farmer drove the tractor back through the farm GATE and into the machine shed.
- e. Slide 9 – From the machine shed he could see a lone DUCK swimming in the pond. The duck swam round and around in circles creating ripples in the still water.



- f. Slide 10 – The DOG sat at the edge of the pond watching the duck. The dog knew that if he tried to chase the duck the duck would just fly away.
  - g. Slide 11 – The HAPPY CAT sat on the porch of the house. He was content in knowing that the dog was occupied with watching the duck. The happy cat had the house all to himself.
  - h. Slide 12 – The farmer made his way back to the barn to see if the cattle were done with their breakfast. One COW was mooing loudly. It was as if she was telling the farmer that it was time to start milking. The farmer guided her into the stall and hooked up the automatic milker. He knew that this delicious milk might be in grocery stores by the very next day.
  - i. Slide 13 – One after another the farmer guided the cows into the stall to be milked. When the milk truck came to pick up the milk from the farm, the farmer opened up the door to help guide the trucker. A tiny MOUSE scurried across his boot.
  - j. Slide 14 – When the milk truck drove away the farmer went to check on his pigs. Usually pigs live inside where they are protected from cold, sun, and predators. But today was such a nice day that the farmer had opened up the barn to allow them to roam in an outdoor pen. One large PIG-IN MUD was rolling around and having a great time!
  - k. Slide 15 – The farmer swore the pig was trying to make a MUD-ANGEL.
  - l. Slide 16 – After a long day of caring for his animals, the farmer laid down in the cool grass. He looked up at the dark sky for a little STAR GAZING.
  - m. After the story, follow up with these questions
    - What was the scarecrows main job? *To keep the birds away from eating the corn.*
    - What did the farmer use the pitchfork for? *To clean the old straw and bedding from the cows' barn.*
    - Why does the farmer use the tractor? *To plant seeds in the field or move big bales of hay.*
    - What kind of animals live on a farm according to the story? *Duck, dog, cat, cow, mouse, and pig.*
    - What kind of tools does a farmer use to work according to the story? *Scarecrow, pitchfork, tractor, and gate.*
  - n. Jump to follow up questions below and if time allows play the game Rain, Rain, Bow from Learning Activity 3.
6. Learning Activity 3 – Rain, Rain, Bow (Remaining time)
- If time allows you can play Rain, Rain, Bow as you review the five food groups. This is a game that encourages physical activity while reviewing the healthy food choices we have been exploring.
  - Remember, the game is played like “Duck, Duck, Goose.” The class sits in a circle and one student is selected to be the “Leprechaun.”
  - The leprechaun skips around the circle, lightly tapping classmates on the head. With each tap, the leprechaun says, “Rain.” When the leprechaun taps a head and says, “Bow,” the selected child must chase the leprechaun around the circle. If the leprechaun can take the vacant seat without being caught, the selected student becomes the new leprechaun.
  - The new leprechaun names a food group. The former leprechaun must name the color that represents that food group and a food from that group. For example, if the new leprechaun says, “Fruit,” the old



leprechaun must say, “Red” and name a fruit such as blueberries. If the old leprechaun is unable to name a food from that group, the class is called upon to give assistance. While the chase is in process, seated students participate in a unison motion directed by the teacher (e.g., clapping hands, stomping the floor, nodding heads, snapping fingers, slapping the floor with alternating hands).

7. Ask Follow Up Questions (3 Minutes)

- **Nutrition is very important for our bodies but we also need water and physical activity for our bodies to remain healthy. How much water and physical activity do we need?**  
We need five cups of water and 60 minutes of physical activity each day.
- **What are some examples of physical activity?**  
Riding bikes, running, playing tag, playing on the playground, sports, etc.