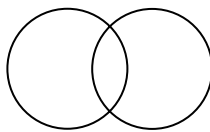


Weaving Nutrition and Physical Activity Content Into your Classroom Day

Math Extensions

Graphing Activities—whole class or group graphs, class or school survey

-Venn diagrams—e.g. Class graph example



I like apples I play soccer.

-Bar graphs—favorite vegetable, flavor of smoothie, physical activity...

-Student surveys using nutrition or physical activity related questions—

- What's your favorite fruit juice -- orange, apple, grape, grapefruit, or cranberry?
- Which is your favorite way to consume milk—cheese, chocolate milk, plain milk, yogurt, ice cream?
- What's your favorite healthy snack -- apples, bananas, grapes, oranges, pretzels, carrots, chocolate milk or yogurt?
- What is the favorite way you like to be active – dancing, gardening, basketball, tag or running?
- What is your favorite food from the Grain group of the Food Guide Pyramid—pretzels, noodles, bread, rice or crackers?

-Personal Food Graphs:

- Track the variety and amount of different vegetables students eat in a week. At the end of the week, tally the servings of vegetables eaten and create a class graph to show how many servings of each vegetable were consumed.
- Have students keep track of the number of servings of fruits and vegetables they eat in a week. Students can create their own charts.

Math Problems of the Day – Create food-related math word problems

- *If I eat an apple a day how many apples will I eat in 2 weeks?*
- Cut a large store ad out of the newspaper, hang it up, and create word problems to go with the ad. For example: *Tomato sauce is on sale this week at 2 cans for 89 cents. How much will four cans of tomato sauce cost?*
- Write up a recipe and have students double or triple the amounts.
- *If Sasha scores 10 points in her basketball game, Maria scores 18 and Toni scores 12, how many more points does Maria score than Toni?*
- Have students generate word problems from the school lunch menu.

Sorting

Sorting fruit and vegetable pictures by color, size, shape, plant part, taste, growing season, country of origin, seed size or shape, leaf type or shape...

Language Arts

Journal ideas

- Write a shopping list for healthy snacks.
- Write a letter to your parents/caregivers telling them what healthy snacks to send to school.
- Write a story to convince your friend that s/he needs to eat more fruit and vegetables.
- Brainstorm a list: healthy snacks, fruits, vegetables, crunchy foods, soft foods, healthy foods to eat while you are watching TV...
- Brainstorm a list of physical activities to do instead of watching TV, playing video games or playing computer games.
- Draw a picture of your favorite meal.
- Write a recipe, with ingredients and directions, for your favorite meal or snack.
- Draw a “healthy” person. Write a paragraph explaining your drawing.

Sequencing Share books that explain how products (e.g., pencils, ice cream, cars) are made. Have students choose a food product (e.g., peanut butter, bread, milk) and write or draw the sequence of events involved in the creation of the product.

Weaving Nutrition and Physical Activity Content Into your Classroom Day/2

Language Arts...

Creating a class nutrition book

- Favorite healthful snack recipes
- Fruits and Vegetables of the United States, Central America or China
- ABC book of fruits and vegetables
- Take-off on a story book: Brown Bread, Brown Bread What Do You See? (“I see a red apple looking at me...”)

Writer’s Workshop

- Rhyming riddles-- Students to create rhyming riddles about their favorite fruits and vegetables.

For example:

I'm yellow and I'm sweet.

I'm what monkeys like to eat.

I grow in trees.

Serve me with peanut butter, please!

What am I? _____

(Source: Dole's 5 A Day program)

- Alliteration—*Pears Provide Plenty of Power*
- Acronyms—PEAR= Perfect Edible Asian Ripe
- Folk Tales: Read folk tales to your students that explain: *How The Lion Got Its Roar* or *How The Hyena Got Its Laugh*. Have students write a story to explain: *How the Raisin Got Its Wrinkles*, *How The Tomato Got Its Color*, *How The Peach Got Its Fuzz...*

Word Work/Phonics/ABC/Dictionary Activities

- Have students put a list of fruits in ABC order:

raisin	apricot	tangerine	strawberry	grapes
kiwifruit	mango	orange	watermelon	plum
blueberry	pear	apple	cherry	banana

- Sort fruit pictures by first letter sounds, number of syllables...
- Create pairs of words that rhyme with fruits or vegetables.
- Create word searches or crossword puzzles.

Linking to the Cafeteria and Student Lunch

- Look at the lunch menu before lunch and have students place items on the Food Guide Pyramid.
- Make special dishes in your classroom to accompany the lunch menu items—i.e. yogurt dressing for baby carrots, jicama and orange salad for taco pockets...
- Practice etiquette and manners for the cafeteria.
- Review the menu the day before to remind students to pack a lunch if they don't want what is to be served.
- Upper grades can discuss calorie and fat content.
- Write letters of appreciation to the cafeteria worker.

Behavior Management

- Lining Up/Sitting Down activities—
 - Answering questions in order to line up or come into class (“Can you name an orange vegetable”, “What fruit supplies you with Vitamin C?”)
 - Group 5 jump to your seats
- Physical activity or stretch breaks