

Fall 2018

Health and Nutrition

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NEBRASKA HONORS PROGRAM
CLC EXPANDED LEARNING OPPORTUNITY CLUBS
INFORMATION SHEET

Name of Club: Health & Nutrition

Age/Grade Level: 4th-5th Grade

Number of Attendees: 5-7

Goal of the Club: (learning objectives/outcomes)

To inform young students about the importance of maintaining a healthy lifestyle

Resources: (Information for club provided by)

Websites, information learned from my past studies in nutrition

Content Areas: (check all that apply)

- Arts (Visual, Music, Theater & Performance)
- Literacy
- STEM (Science, Technology, Engineering & Math)
- Social Studies
- Wellness (Physical Education, Health, Nutrition & Character Education)

Outputs or final products: (Does the club have a final product/project to showcase to community?)

No, each week we focus on a different activity, craft, or learning objective.

Introducing your Club/Activities:

At the beginning of the semester we focused on teaching them about nutrition, the five food groups, and where our food comes from. We have done lots of activities including planting our own beans and peas, crafting art fruit baskets, my plate activities, and ending each day with outdoor exercise.

General Directions:

Let the students know what you have planned for the day and what you expect of them, it is good to let them know what kind of fun activity you will be doing at the end to help them be more active and participating during the club.

Tips/Tricks:

Since we do not have the same kids in the club each week, we are unable to make a continuous/building product. We focus on fun and small activities each week to keep them engaged. Liked to ask the students what kind of activities or rewards they would like next club to give them some input, within reason of course.

LESSON PLAN WORKSHEET

(copy table as needed)

Lesson Activity Name:	Food Groups Bingo
Length of Activity:	30-45 minutes
Supplies:	Printed Food Bingo Sheet, scissors, prizes of choice

Directions:

1. Give each child a bingo sheet that contains foods from all 5 food groups.
2. They will cut out each food, leaving them with 24 foods and a “free space” squares.
3. As they are cutting them out ask them about the piece of food. Sample questions: How does it grow? What food group is it in? What meal do you eat it for?
4. Each child will craft their own bingo sheet. They will make a 5x5 square of the 25 cut out pieces. This allows them to have an individualized bingo sheet.
5. The teacher will call out the foods one by one. When a student spots the specific food, they flip it over so the square is blank. Once they get 5 in a row they yell out bingo.

Conclusion of the activity:

Each “winner” will receive a special prize such as a pencil, candy, etc.

Lesson Activity Growing your own Garden

Name:

Length of Activity: 20 minutes

Supplies: Beans or peas, soil, water, small dixie cup

Directions:

1. Have the students each take a small dixie cup and fill it halfway with potting soil.
 2. Place 2-3 seeds on top of the soil and burry them until they are no longer visible. Fill the cup $\frac{3}{4}$ full of soil.
 3. Add water so the soil is moist.
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Conclusion of the activity:

The students may take their own gardened plant home to watch it grow into beans or peas. They must continue to water and keep it in sunlight.

Lesson Activity Fruit Basket Craft

Name:

Length of Activity: 25-30 minutes

Supplies: White printer paper, assorted crayons or markers, scissors, glue

Directions:

1. Give each child a couple pieces of white printer paper.
 2. Have them draw 5-6 fruits that they can think of. They should make them the size of the palm of their hand as comparison. Discuss with them what they are drawing.
 3. Once they have their fruits drawn, they will make the basket by drawing a fruit basket approximately the size of the 8x11 paper. Have them cut out the center space so there is a handle.
 4. They will cut out their fruits and glue them onto or into the basket.
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Conclusion of the activity:

They will have an art project to take home that resembles a fruit basket.

Lesson Activity Sharks & Minnows: Healthy & Unhealthy

Name: _____

Length of Activity: 20 minutes

Supplies: Large outdoor area

Directions:

1. Pick 1 child to be the unhealthy food (shark.)
2. The rest of the students line up on one side of the court or grass and are the “healthy foods.”
3. The objective is for the “healthy” kids to get across the court or grass without being stopped by the “unhealthy” kid. If one of them is caught, they become an unhealthy food.
4. The last one to get caught is the winner.

Conclusion of the activity:

Students see the “unhealthy” as bad and the “healthy” as good. It puts the idea in their minds that healthy foods are better for you than unhealthy.

Lesson Activity Stop & Go

Name:

Length of Activity: 20 minutes

Supplies: Large area for students to move

Directions:

1. Line the students up at one end of the outdoor area or gym.
 2. Call out unhealthy foods (apple, yogurt, corn) and unhealthy foods (popcorn, ice cream, hot chocolate)
 3. When unhealthy foods are called out the students run forward. When unhealthy foods are called out they must stop.
 4. The objective of the game is to reach the finish line first. If a student moves when an unhealthy food is called out or remains still when a healthy food is called out they must sit out.
 5. Students who are removed from the game can help the teacher call out different foods.
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Conclusion of the activity:

This game serves as a way for the students to quickly react to what foods are unhealthy and healthy. Not only are they learning, but they are also physically active which is an important part of maintaining a healthy lifestyle.

Lesson Activity My Plate Drawing
Name: _____

Length of Activity: 20-30 minutes

Supplies: White paper, assorted crayons and markers, scissors

Directions:

1. Have them draw out MyPlate outline and color code each section.
2. Let them think about what they have eaten that day.
3. Have them draw and cut out the different foods they had that day.
4. Let them sort what foods they have eaten that day into what food groups on the MyPlate they think they go to.
5. Review where the students put the foods and help them resort and explain why a food could be in the wrong section.

Conclusion of the activity:

This was a good activity to see how maybe they could be missing some food groups out of the foods they have already eaten. They are working on remembering the MyPlate and what foods go in each food group. Great way to make learning about food groups more about things they eat every day. It is good to help the students that may be falling behind and help them get the activity done and encourage them to go a little faster.

Lesson Activity Healthy vs. Unhealthy Coloring Activity

Name:

Length of Activity: 25-35 minutes

Supplies: Pre-printed healthy and unhealthy foods, assorted crayons and markers, scissors, white paper, glue

Directions:

1. Let them color in each food and then have them cut out the foods.
 2. On the blank white sheet of paper have them split it in half with one side labeled healthy and the other unhealthy.
 3. First have them lay out what foods they think go on the healthy and unhealthy side.
 4. Look over each students' choices and help them place any foods placed on the wrong side.
 5. Once you have looked over a student's sheet let them glue the foods to their respective sides.
 6. Let them take home their paper if they want to.
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Conclusion of the activity:

The kids loved doing this activity with both the coloring and sorting the foods. Help the kids that are falling behind and encourage them to work a little faster.

Lesson Activity Ratatouille Movie
Name: _____

Length of Activity: 50 minutes

Supplies: Laptop, Hulu, snacks

Directions:

1. Set up movie
2. When the movie starts talking about ingredients discuss what food groups they would be in and ask if they have ever had that food before.

Conclusion of the activity:

This was a great reward for all of the hard work they have done over the course of the club. Also brought snacks as a reward for them to eat during the movie.

Lesson Activity Food Path Drawing

Name:

Length of Activity: 15-25 minutes

Supplies: White paper, assorted crayons and markers

Directions:

1. Have them draw out what they think the path that the food follows through the body along with labeling each part and coloring each part a different color.
 2. Look over what everyone drew and then draw your own food pathway with labels to show what they should have drawn.
 3. Explain what each part of the body does and how it plays a role in the digestion of food.
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Conclusion of the activity:

This was a great activity to bring anatomy into the side of nutrition and get away from just talking about foods and what groups they go in. Students seemed to really enjoy the activity and seemed to know more than expected.

Lesson Activity Thanksgiving Bingo

Name:

Length of Activity: 30-45 minutes

Supplies: Printed Bingo Sheet, prizes of choice

Directions:

1. Create 4 different types of bingo sheets, each with the same image but under different columns before club.
 2. Cut up one sheet from each different set to be ready to be drawn from.
 3. Give each student a different bingo sheet.
 4. Have them first color their bingo sheets
 5. The teacher will call out the images one by one. When a student spots the specific image, they mark it on their sheet. Once they get 5 in a row, they yell out turkey.
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Conclusion of the activity:

Each “winner” will receive a special prize such as a pencil, candy, etc.

Lesson Activity Beach Ball Ice Breaker Game

Name:

Length of Activity: 10-15 minutes

Supplies: Small multicolored beach ball, permanent marker

Directions:

1. Before going to club, put a different ice breaker question on each different colored section. Ex. "What do you want to be when you grow up", "What superpower would you like to have and why", etc.
 2. Have the students sit in a circle and toss the ball to each other.
 3. Wherever their right thumb lands is the question that they have to answer.
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Conclusion of the activity:

Good way to get to know the students.

Lesson Activity Washing hands

Name: _____

Length of Activity: 10-15 minutes

Supplies: Bathroom

Directions:

1. Discuss proper hand washing techniques and what hand washing helps prevent.
2. Go to the bathroom and have each student line up to practice washing their hands with the proper technique.

Conclusion of the activity:

Nice review of how they should be washing their hands, gets them up and moving.
