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Honors Expanded Learning Clubs

Honors Program

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Healthy Living Club

Odessa Ohrt

Elisha Reiners

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NEBRASKA HONORS PROGRAM
CLC EXPANDED LEARNING OPPORTUNITY CLUBS
INFORMATION SHEET

Name of Club: Healthy Living Club

Age/Grade Level: 3-5

Number of Attendees: (10)

Goal of the Club: (learning objectives/outcomes)

To inform and engage students in the hows and whys of living a healthy lifestyle, enabling children to be able to identify and develop healthy mental and physical habits as well as develop a positive relationship with food.

Resources: (Information for club provided by)

Odessa Ohrt and Elisha Reiners

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?)

N/A

Introducing your Club/Activities:

Throughout the semester we explored various aspects of living a healthy lifestyle, we started in the topic of MyPlate and introduced the five food groups, touched on other elements of a healthy life (such as exercise, sleep, and the nine dimensions of wellness). Towards the end of the semester, we incorporated cooking lessons that taught the students safe kitchen habits and where their food comes from. We tried to incorporate physical activity, visual, audio, and hands-on elements into each club meeting.

General Directions:

Start with a warmup game, the more hands-on the better. Pay attention to the activities that the students enjoy and gear future activities in that direction while still being careful to create activities that are unique to the particular lessons and engage the students each week.

Tips/Tricks:

Our students enjoyed drawing and hands on activities and were more engaged on these days.

LESSON PLAN WORKSHEET

(copy table as needed)

Lesson Activity Introduction to Healthy Living Club

Name:

Length of Activity: 35 minutes

Supplies: none

Directions:

1. Warm up with the game mirror, mirror
 2. Explore student's knowledge of the different aspects of a healthy lifestyle.
 3. Create expectations and rules that will set how club runs.
 4. Discuss why the foods we eat are important.
 5. Discuss why physical health is important.
 6. Touch on sleep
 7. Establish where the group is at a whole in the various topics.
-

Conclusion of the activity:

Play mirror, mirror: Simon says but everyone pretends that they are looking in the mirror and mimicking what the person is doing.

Parts of activity that worked:

Children really enjoyed the mirror-mirror activity.

Parts of activity that did not work:

The planned activities were not engaging.

LESSON PLAN WORKSHEET

(copy table as needed)

Lesson Activity	MyPlate Meal Planning
Name:	
Length of Activity:	35 minutes
Supplies:	MyPlate information sheet, colored pencils/crayons, pencils, MyPlate coloring sheet

Directions:

1. Explore student's knowledge of why it is important to eat healthy, emphasizing the benefits of eating healthy.
2. Introduce MyPlate and the concept goal of eating enough foods from each food group for a day and watch video summarizing MyPlate.
3. Discuss the video with review questions.
4. Briefly highlight each food group, what types of foods fall into those groups, and each food group is important.
5. Give each child a MyPlate coloring sheet.
6. Complete MyPlate coloring sheet by devising two separate meals complete with foods from each food group.

Conclusion of the activity:

Give each child a "dessert" at their completion of their meal.

Parts of activity that worked:

The children enjoyed drawing out various foods on the papers and creating plates filled with their favorite foods.

Parts of activity that did not work:

We could not give a dessert because of unknown food allergies.

LESSON PLAN WORKSHEET

(copy table as needed)

Lesson Activity Name:	Grains
Length of Activity:	35 minutes
Supplies:	MyPlate information sheet, colored pencils/crayons, pencils, MyPlate coloring sheet

Directions:

1. Animal Yoga Warmup: Do yoga poses that resemble animals.
2. Explore student's knowledge of grains.
3. Define the difference between whole and refined grains, giving examples of each.
4. Fill out grains information worksheet by following along with the presentation.

Conclusion of the activity:

Students take their worksheet home to help them remember the differences between grains and general information.

Parts of activity that worked:

Following along with the information as they wrote on their worksheets.

Parts of activity that did not work:

Most of the students took a long time to write the information they needed; the worksheet was a little bit over their heads because of their age.

LESSON PLAN WORKSHEET

(copy table as needed)

Lesson Activity Name:	Proteins
Length of Activity:	35 minutes
Supplies:	Blank printer paper, markers

Directions:

1. Warm up balance challenge: balance on one foot and then the other, opening and closing the eyes, jumping, turning in circles.
2. Explore the various types of proteins and what makes a protein lean.
3. Acknowledge that it is best when you vary your proteins.
4. Complete protein meal activity: Draw a picture of your favorite meal, identify components that are considered protein and whether they would be considered lean.

Conclusion of the activity:

Students take home their meal to remember what food groups are in their favorite meals.

Parts of activity that worked:

The students enjoyed the warm-up balance challenge and enjoyed drawing their proteins.

LESSON PLAN WORKSHEET

(copy table as needed)

Lesson Activity Fruits and Veggies

Name:

Length of Activity: 35 minutes

Supplies: Blank printer paper, markers

Directions:

1. This or that physical challenge: students choose between participating in one activity or another.
 2. Explore fruits versus vegetables.
 3. Complete the fruits and vegetables of the rainbow activity.
 4. Begin by drawing outline of the rainbow with various colors. Within each color, draw or color various fruits and vegetables that are also that color.
-

Conclusion of the activity:

Students will bring home their fruits and veggies rainbow.

Parts of activity that worked:

Students enjoyed drawing their fruits and veggies rainbow.

Parts of activity that did not work:

Not all of the students understood the concept of drawing fruits and veggies in their rainbow.

LESSON PLAN WORKSHEET

(copy table as needed)

Lesson Activity Dairy, Water, and other drinks; a sugary experience

Name:

Length of Activity: 35 minutes

Supplies: Cups, sugar, paper, markers

Directions:

1. Explore the components of different types of drinks focusing primarily dairy products and water.
 2. Complete the sugar prediction activity.
 3. Have each child guess, and write down on their worksheet, how much sugar is within each drink, having twice as many cups prepared as you have drinks.
 4. Pour the average prediction of sugar into the first cup. With the second cup, pour the actual amount of sugar into the cup.
 5. Repeat steps 3 and 4 with the other drinks.
-

Conclusion of the activity:

Students will be able to make better drink choices based on sugar content.

Parts of activity that worked:

Students enjoyed being able to pour the sugar into the cups. They enjoyed guessing how much sugar is in their favorite drinks.

Parts of activity that did not work:

It was messier than expected, the students had subpar measuring skills.

LESSON PLAN WORKSHEET

(copy table as needed)

Lesson Activity 9 dimensions of wellness

Name:

Length of Activity: 35 minutes

Supplies: 9 dimensions of wellness worksheet

Directions:

1. Explore the nine dimensions of wellness.
 2. Define the dimensions in terms of 3-5 graders what they would mean to them and how they can use them in their own lives.
 3. Fill out the nine dimensions wheel work sheet by filling in the different dimensions with the name of the dimension and drawing things that are represented by that dimension.
-

Conclusion of the activity:

Students take their worksheet home to help them remember the nine dimensions of wellness.

Parts of activity that worked:

The students enjoyed drawing their own wheel.

Parts of activity that did not work:

Some students did not seem very interested in the topic.

LESSON PLAN WORKSHEET

(copy table as needed)

Lesson Activity Where do eggs come from? An exploration into food production

Name: _____

Length of Activity: 35 minutes

Supplies: _____

Directions:

1. Spin the wheel warm up activity; children spin an online wheel generator that has multiple physical activities included, the activity that the spinner lands on is the activity that the students complete.
2. Explore the different types of food production, how the food gets from farm to table, and the steps in between, emphasizing agriculture.
3. Construct food production timeline highlighting the various steps in food production. Have students choose their favorite food, draw the main components, their ingredients, and their agricultural source.

Conclusion of the activity:

Students will take home their food production timeline to help them remember the food production process.

Parts of activity that worked:

Having videos that demonstrate how certain foods are made and where they came from was helpful for visualization.

Parts of activity that did not work:

Some students weren't entirely sure what their favorite foods were made of which kind of ended in a disruption among the children.

LESSON PLAN WORKSHEET

(copy table as needed)

Lesson Activity Sleep and Exercise

Name:

Length of Activity: 35 minutes

Supplies:

Directions:

1. Spin the wheel warm up activity; children spin an online wheel generator that has multiple physical activities included, the activity that the spinner lands on is the activity that the students complete.
 2. Dive into the benefits of sleep and discuss how sleep helps us to accomplish things in our daily lives.
 3. Explore the different types of physical activity and the different classes of exercise with their respective benefits.
 4. Construct a workout calendar to promote overall fitness.
 5. For a physical activity, take the students outside or in a gym to play.
-

Conclusion of the activity:

Children got to go outside to play.

Parts of activity that worked:

All the students participated and had a good idea of the questions that were being asked, (ex., how many hours of sleep they got).

Parts of activity that did not work:

The students were excited to go outside, so they had difficulty focusing.

LESSON PLAN WORKSHEET

(copy table as needed)

Lesson Activity Cooking safely and effectively

Name:

Length of Activity: 35 minutes

Supplies:

Directions:

1. Roll the dice twice warm up game; students roll two online dice that decide what physical activity they would complete and how many reps.
 2. Introduce the concept of food safety and how to handle kitchen utensils safely.
 3. Establish why food safety is important.
 4. Look into common tools used in the kitchen and how each can be used most efficiently.
 5. Complete food study activity.
 6. Each student will receive a worksheet depicting a recipe. For each step of the recipe, the class will work together to come up with the best way to accomplish each task.
 7. Student's practice properly measuring various wet and dry ingredients with measuring cups and spoons.
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Conclusion of the activity:

Students practiced measuring various ingredients.

Parts of activity that worked:

The student's enjoyed measuring the ingredients and had fun.

Parts of activity that did not work:

The children made a mess with the ingredients.

LESSON PLAN WORKSHEET

(copy table as needed)

Lesson Activity Cooking Show

Name:

Length of Activity: 45 minutes

Supplies: Cooking show, review game

Directions:

1. Played a PBS review game that completed various school lunches with the missing piece.
 2. Watched a cooking show to illustrate how tools are used in the kitchen in action combined with various foods to create a unique food experience.
 3. Went outside.
-

Conclusion of the activity:

Went outside to play.

Parts of activity that worked:

The students were very engaged in the review game and enjoyed completing the various school lunches, and everyone participated.

Parts of activity that did not work:

The students were distracted by the opportunity to go outside, and as a result restless during the inside activities.

LESSON PLAN WORKSHEET

(copy table as needed)

Lesson Activity Review Game

Name:

Length of Activity: 15

Supplies: Online MyPlate food group game

Directions:

1. Find a game online that allows the children to make a balanced meal.
 2. Play together, asking the children what food group is missing.
 3. Take children outside to play.
-

Conclusion of the activity:

Children get to go outside to play.

Parts of activity that worked:

The students were very engaged in choosing the correct foods.

Parts of activity that did not work:

The students were distracted with knowing they were going outside.
