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Fall 2021

Health and Nutrition Club

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NEBRASKA HONORS PROGRAM

CLC EXPANDED LEARNING OPPORTUNITY CLUBS

INFORMATION SHEET

Name of Club : Health and Nutrition

Grade Level : Kindergarten - 2nd Grade

Number of Attendees : 10-15

Goal of the Club : To give young children a stronger understanding of their own body and how to keep themselves healthy.

Resources :

<https://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/nutrition-for-kids/art-20049335>

<https://www.nutrition.gov/topics/nutrition-age/children>

<https://kidshealth.org/en/kids/word-nutrition.html>

Content Areas :

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

Outputs or final products :

Well educated youth that know how to maintain a healthy lifestyle.

Introducing your Club/Activities :

These activities are aimed around ways to get students excited about learning about their health and nutrition.

It is really important to be enthusiastic about the lessons because we want students to connect excitement with health and nutrition.

General Directions :

These lesson plans are only a guide, feel free to put your own spin on things! We hope you enjoy teaching this club as much as we have!

Tips/Tricks :

Teaching many kids at once can be difficult and at some times a little overwhelming, so instead try to have fun with it! Enjoy yourself and the kids will too!

LESSON PLAN WORKSHEET

Lesson Activity Name : MyPlate

Length of Activity : 1 hour

Supplies : Paper plate, pencils, and markers

Directions :

Introduction:

To make sure everyone knows each other, have the students say their name and their favorite sport. (5 minutes)

Play two truths and a lie as an ice breaker activity. (10 minutes)

Lesson: (15 minutes)

Introduce the MyPlate to the kids.

Talking points :

- In order to stay healthy, every person needs a variety of different foods
- When naming types of food on my plate, use a whiteboard to write down the important information said so that the kids see the information in a written format too
 - Fruits
 - We need 2 cups of fruits every day
 - Ask the kids to name a couple of fruits
 - Vegetables
 - We need 2 and ½ cups of vegetables every day
 - Ask the kids to name a couple of vegetables
 - Grains
 - We need 6 ounces of grains every day
 - Ask the kids to name types of grains
 - Protein
 - We need 5 ounces of protein every day
 - Ask the kids to name types of protein
 - Dairy
 - We need 3 cups of dairy every day
 - Ask the kids to name a couple dairy products

Activity: (20 minutes)

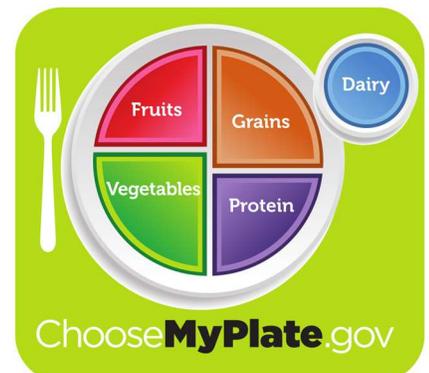
Show an image of MyPlate; this will be the finished product the kids are aiming for.

Hand out the paper plates to each student with a pencil. Show them where to draw their lines to make the different sections of their MyPlate.

Allow the kids to color on their plates however they choose and label the different sections.

While the kids are working on their plate, discuss how this connects to the lesson just taught.

Connect to the proportions of the foods written on the board.



Clean-Up Time (5 minutes)

Make sure the kids clean up their station and put all materials away.

Conclusion (5 minutes)

Ask the kids to each name one thing that they learned today during the club.

Parts of the Activity that worked : The students learned a lot and that was evident at the end of the club when they were able to reiterate back to us the lesson we taught.

Parts of the Activity that did not work : When the student drew their own plates, the proportions were a little off. Next time, I would take the time to draw the proportions with pencil on all of the plates and then have the students color it in.

LESSON PLAN WORKSHEET

Lesson Activity Name : Favorite Foods

Length of Activity : 1 hour

Supplies : Pencils, markers, colored construction paper, scissors, and glue sticks

Directions :

Introduction:

To make sure everyone knows each other, have the students say their name and their favorite food. (5 minutes)
Play hangman as an ice-breaker activity. Use the words: vegetable, MyPlate, and nutrition. (10 minutes)

Lesson: (5 minutes)

Review what was taught last week and ask the students to help you recreate the MyPlate on the board. Get volunteers to label the 5 sections. This review will help you lay the framework for the activity planned.

Activity: (20 minutes)

Assign each student a food group out of the 5 options on their MyPlate. Then prompt the students to use their scissors and construction paper to create food within their food group.

For example, Timmy was assigned vegetables and cut out and glued together with a carrot with orange and green construction paper

Once they have finished their food, have the kids share their creation with the class stating what the food is.

This allows the kids to share their work and be proud of what they made. (positive feedback loop)

Lesson: (10 minutes)

As the students are presenting their food that they made we will weave in a lesson to their show and tell. As each student presents, the instructors will tell the students what vitamins are in each food they chose.

For example, Timmy made a carrot. So after he tells the class what vegetable he chose and why, the instructors will tell the students that carrots have vitamin A.

Clean-Up: (5 minutes)

Make sure the kids clean up their station and put all scraps in the recycling.

Conclusion: (5 minutes)

Ask the kids to each name one thing that they learned today during the club.

Parts of the Activity that worked : The students presenting their work went very well, the students loved seeing what everyone else created.

Parts of the Activity that did not work : The activity was very messy and it was hard to get the students to clean up their own work station.

LESSON PLAN WORKSHEET

Lesson Activity Name : Relay Races

Length of Activity : 1 hour

Supplies : Area around the size of a basketball court (can be gym or outside area), and cones

Directions :

Introduction:

To make sure everyone knows each other, have the students say their name and their favorite TV show. (5 minutes)

Lesson: (10 minutes)

Questions to start the lesson: Why is it important to exercise? What happens to your body when you exercise? Does your heart beat faster or slower when you exercise?

Tell the students about your pulse: how it happens because your heart is pumping blood around your body. Then show students how to find their pulse.

Activity: (30 minutes)

Divide students into 3 teams. Set up three cones spaced 10 feet apart and then another three cones exactly even with the first 3 about 45 feet away. The three teams are each going to line up behind one of the cones. The students are going to race, relay style, from one cone to the other and then back. A couple ideas for relay races: running, running backwards, fast walking, bunny hop, crab walk, and usually the students will suggest a couple more that they want to do.

Lesson: (5 minutes)

After the last race is done, have the kids try to find their pulse. Help them if needed to locate the right spot on their neck. Ask them if they see a difference between their pulse now and their pulse before they were running around.

Clean-Up: (5 minutes)

Have kids race to get as many cones as they can.

Conclusion: (5 minutes)

Ask the kids to each name one thing that they learned today during the club.

Parts of the Activity that worked : The students loved seeing the difference in their pulse after they worked out and thought it was very cool.

Parts of the Activity that did not work : The students got a little distracted during the relay races when they weren't running and ended up getting off task.

LESSON PLAN WORKSHEET

Lesson Activity Name : Human Body

Length of Activity : 1 hour

Supplies : Printed worksheet, pencils, and markers

Directions :

Introduction:

To make sure everyone knows each other, have the students say their name and a fun fact. (5 minutes)

Lesson: (15 minutes)

Ask students to name as many human body parts as possible. Have the students stand up and lead them through their body parts by pointing at whichever body part you identify. Body parts to identify: head, eyes, ears, nose, mouth, neck, arms, heart, stomach, hands, legs, and feet.

Activity: (30 minutes)

Hand out this worksheet and give the students 10 minutes to fill in everything they know. Instruct them that they need to draw a line from the word to the correct part on the boy's body. If students finish before others, give them markers to color in the worksheet. After 10 minutes go through the answers.

To check their knowledge, play a 15 minute game of simon-says.

Clean-Up: (5 minutes)

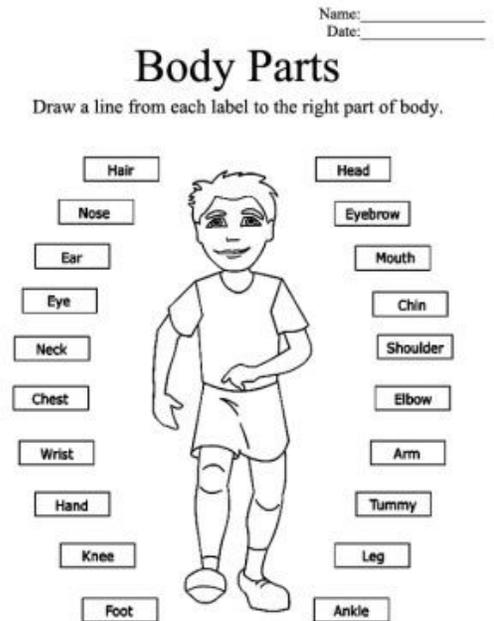
Have the kids put all markers and pencils away.

Conclusion: (5 minutes)

Ask the kids to each name one thing that they learned today during the club.

Parts of the Activity that worked : The students loved Simon-Says and it was a great way to reiterate the lesson.

Parts of the Activity that did not work : Since some students are in kindergarten and others are in 2nd grade, students were finishing the worksheet at much different paces.



Clean-Up: (5 minutes)

Have the kids put all markers and pencils away.

Conclusion: (5 minutes)

Ask the kids to each name one thing that they learned today during the club.

Parts of the Activity that worked : The students loved Simon-Says and it was a great way to reiterate the lesson.

Parts of the Activity that did not work : Since some students are in kindergarten and others are in 2nd grade, students were finishing the worksheet at much different paces.

LESSON PLAN WORKSHEET

Lesson Activity Name : Stretching

Length of Activity : 1 hour

Supplies : Soccer ball or sporting equipment of choice

Directions :

Introduction: (5 minutes)

To make sure every student knows each other, have everyone say their favorite sport. (5 minutes)

Lesson: (10 minutes)

Explain to students what muscles are. Explain why it is important to stretch before exercise, specifically how it helps prevent cramps, maintains flexibility, and keeps your muscles healthy.

Activity: (35 minutes)

Have students get in a circle around the instructor and explain different stretches as you go. Be sure to do multiple stretches of each body part, specifically arms and legs. To make this lesson more engaging, have students go around the circle and say their favorite color, song, etc. Once everyone has said their favorite, switch to a new stretch. (15 minutes)

Have students split into teams to play a sport or game of your choosing, such as soccer or freeze tag. (20 minutes)

Review Lesson: (5 minutes)

Ask the kids if they felt any difference between stretching before running around compared to normal.

Conclusion: (5 minutes)

Ask the kids to name one thing they learned that day at the club.

Parts of the Activity that worked : Students thought it was really fun to try and balance on one foot and name their favorite food, color, etc as we stretched. It kept them engaged and interested.

Parts of the Activity that did not work : Some of the kids did not like playing soccer so it was hard to keep them interested in the activity.

LESSON PLAN WORKSHEET

Lesson Activity Name : 30 Minute Rule

Length of Activity : 1 hour

Supplies : Area to allow the kids to run around in (gym or grassy area)

Directions :

Introduction:

To make sure everyone knows each other, have the students say their name and their favorite animal (5 minutes)

Lesson: (10 minutes)

Questions to start the lesson: Why is it important to exercise? What are some ways you can exercise? How many minutes a day should everyone exercise for?

Today's lesson is reiterating to the kids that it is important to exercise for at least 30 minutes each day. Exercising for 30 minutes each day is important to stay healthy. It improves your health, improves your memory, improves your mood, and keeps your heart strong.

Activity: (40 minutes)

We really want the kids to learn the importance of exercising for 30 minutes each day. So we are going to play 3 games with the students allowing a couple minutes in between each game to explain the rules. In total, we hope to hit exactly 30 minutes of exercise.

Play red light, green light with the students (10 minutes)

Play Sharks and Minnows (10 minutes)

Play freeze tag (10 minutes)

At the end of the 30 minutes of exercise, ask the students if they notice any difference in their mood.

Conclusion: (5 minutes)

Ask the kids to each name one thing that they learned today during the club.

Parts of the Activity that worked : The kids loved that we got to play so many different games.

Parts of the Activity that did not work : We had some trouble engaging a couple students because they did not enjoy that particular game.

LESSON PLAN WORKSHEET

Lesson Activity Name : Halloween Special

Length of Activity : 1 hour

Supplies : Printed worksheet and pencils

Directions :

Introduction:

To make sure everyone knows each other, have the students say their name and what they are dressing up as for Halloween. (5 minutes)

Activity: (15 minutes)

Use this homemade worksheet to test your students knowledge on health and nutrition. Give students 15 minutes to fill out the worksheet. Since some students may have trouble reading, go through and read question by question pausing to let students circle the answer they think is correct.

[https://docs.google.com/document/d/1DMGS98CqXtrbwFS40ijY-](https://docs.google.com/document/d/1DMGS98CqXtrbwFS40ijY-VVstfFv4Tr_EvaecBibwN8/edit?usp=sharing)

[VVstfFv4Tr_EvaecBibwN8/edit?usp=sharing](https://docs.google.com/document/d/1DMGS98CqXtrbwFS40ijY-VVstfFv4Tr_EvaecBibwN8/edit?usp=sharing)

Lesson: (10 minutes)

Go through the answers to the worksheet while explaining why the correct answer was right. Make sure each student understands why each choice was healthy or unhealthy.

Activity: (20 minutes)

If there is time leftover, allow students to pick a coloring sheet.



Clean-Up: (5 minutes)

Have kids put away all their pencils and markers.

Conclusion: (5 minutes)

Ask the kids to each name one thing that they learned today during the club.

Parts of the Activity that worked : The students loved the creativeness of the halloween worksheet.

Parts of the Activity that did not work : The students got very excited, and therefore loud and rowdy, when talking about their Halloween plans.

LESSON PLAN WORKSHEET

Lesson Activity Name : Workout Bingo

Length of Activity : 1 hour

Supplies : Printed bingo worksheets, markers or marking chips

Directions :

Introduction (5 minutes):

To make sure everyone knows each other, have every student say their name and their favorite ice cream.

Lesson (10 minutes):

Show demonstrations of various exercises such as push ups, sit ups, and jumping jacks. Ask students to identify what body parts and muscles you are using to perform these exercises.

Activity (25 minutes):

Pass out the Bingo worksheets, made from a blank bingo template. Be sure to fill in the Bingo cards with age-appropriate exercises before class. When called, have students act out what is written on the spot on their card.

For example, B10 may say “Do 5 push ups” and have every student who has B10 on their Bingo card do five push-ups.

The game is over when someone has five in a row and yells “BINGO!”

An example card is shown below.

Exercise Bingo!

B	I	N	G	O
6	3	2	7	30
6 second stretch	3 Burpees	10 second plank	7 bunny hop	20 squats
9	15	28	70	50
9 jumping jacks	15 push-ups	28 hypes	10 second stretch	15 second plank
20	4	Free Space	99	31
15 second situps	10 push ups		20 high knees	20 jumping jacks
25	12	18	36	52
5 burpees	25 arm circles	18 second bear crawl	36 second run in place	10 high knees
21	17	40	10	8
15 second crab walk	17 knee jumps	10 sit-ups	10 Jumping Jacks	8 second penguins

Clean up (10 minutes):

Have students clear their spaces and recycle the Bingo cards. Allow some extra time for cleaning up as the bingo markers can be messy depending what you use.

Conclusion (5 minutes):

Ask students what they learned from exercise bingo and which activity was their favorite exercise.

Parts of the Activity that worked : Students loved the competitiveness of the game and it helped reinforce what they learned about exercise in previous weeks.

Parts of the Activity that did not work : With a wide range of ages, some kids in kindergarten did not know how to play bingo while the second graders loved it. This made it hard to keep everyone engaged, especially after playing for a while.

LESSON PLAN WORKSHEET

Lesson Activity Name : Sports

Length of Activity : 1 hour

Supplies : A soccer ball or sport equipment of choice, outside field/grassy area.

Directions :

Introduction (5 minutes):

Make sure every student knows each other by having everyone introduce themselves and say their favorite movie.

Lesson (10 minutes):

Ask students what sports are and have them list ones they know. Write their responses on the board so they can visually see the name of the sport as well. Have students guess why sports are important and explain how they help keep us active, healthy, and build muscle.

Activity (25 minutes):

Split the kids into teams and have them play soccer or a sport of your choice. Encourage them to run around and have fun, emphasizing the activity more than the competitiveness of the game.

Activity (10 minutes):

In exchange for good participation, offer the kids free time on the playground or a short break to cool down from the sports. Encourage the students to remain active in this time if they wish to do so.

Conclusion (10 minutes):

Have the kids describe how they felt before, during, and after exercise. Allow every student to share.

Parts of the Activity that worked : The kids loved the opportunity to run around, as it felt like “extra recess.”

Parts of the Activity that did not work : Some students are not interested in sports, so it was difficult to keep them motivated to participate the entire time.

LESSON PLAN WORKSHEET

Lesson Activity Name : Health and Nutrition Jeopardy

Length of Activity : 1 hour

Supplies : A white board or projector to write out the categories and points

Directions :

Introduction: (5 minutes)

To make sure everyone knows each other, have the students say their name and what they are dressing up as for Halloween. (5 minutes)

Activity: (50 minutes)

Since this is the last club, there will be no new lesson today, instead we will test the students on how much they learned from their time in the club. Today's activity is a health and nutrition jeopardy game. There are 4 categories: exercise, health, nutrition, and fun facts. The questions range from easy to difficult with the easy questions being only worth 100 points and the difficult questions worth 400.

First split the students into 2 teams and have them pick a creative team name.

Explain Jeopardy to the students so everyone knows how to play

The teams will take turns picking their category and level of difficulty, if they answer the question right they get the points that the question was worth. If they answer incorrectly, the other team can "steal" the question and will get their chance to answer. If the other team answers correctly, they will get the points. If neither team answers correctly, the correct answer will be revealed and no team will receive any points. The team with the most points after all questions are attempted will win.

Here are the jeopardy questions.

We used a white board to draw a 4x5 table and wrote the category names over the top and the points within the boxes. When a box was selected we crossed out that point value so the students knew that question had already been done.

Exercise	Health	Nutrition	Fun Facts
100 - What sport is played with your feet? Answer: Soccer	100 - Which is healthier: Watching TV or going to soccer practice? Answer: going to soccer practice	100 - Which is healthier: Popcorn or Broccoli? Answer: broccoli	100 - Is a tomato a fruit or a vegetable? Answer: Fruit
200 - What should you do before you workout? Answer: stretch	200 - Where do you find your pulse? Answer: Neck or wrist	200 - Name 4 vitamins Answers may vary: Vitamin A, B, C, D, E, etc.	200 - When you workout, are you building up muscle or fat? Answer: Muscle

300 - How many minutes should you exercise each day? Answer: 30	300 - What pumps blood around your body? Answer: Heart	300 - What vitamin is in carrots? Answers may vary: Vitamin A, C, or K are valid	300 - Which contains more protein: A burger or eggs? Answer: eggs
400 - When you warm up it is important to stretch. Even though you may be doing different stretches, they all aim to target a specific part of your body. What is this body part called? Answer: Muscles	400 - How many categories of food are there? Can you name them? Answer: 5 - Protein, Vegetables, Fruit, Grains, and dairy	400 - Does Broccoli or Carrots contain more vitamin C? Answer: Broccoli	400 - How many soccer players are on the field? Answer: 11 players per team, 22 players total

Lesson:

Go through the answers to the questions asked while explaining why the correct answer was right. Make sure each student understands why their answer was right or wrong.

Conclusion: (5 minutes)

Ask the kids to each name one thing that they liked during club and one thing they want us to teach them next semester

Parts of the Activity that worked : The kids loved the creative game we used to check their knowledge.

Parts of the Activity that did not work : The kids got very competitive and started to trash talk each other and we had trouble reining in their competitiveness.