

5th Graders Caught You Being Healthy

Learning Objectives: Physical Education SOLs

5.2- The student will demonstrate responsibility for developing personal health habits and practicing behaviors that promote an active, healthy lifestyle.

5.3 The student will explain how peers, families, and community groups work together to promote health, prevent disease, and create a healthy community.

b) Support others in making positive food, physical activity, and sleep choice.

Overview

Fifth graders will engage in critical thinking about healthy habits. Students will have a better understanding of the importance of healthy behaviors and will be able to identify healthy habits inside and outside of the school environment.

Materials

Teacher

- Copies of MyPlate handout (attached)
- Bulletin board art supplies: Craft paper, colored pencils, markers, pens
- Smart phone or camera for taking pictures of healthy habits
- Bulletin board space

Teacher Introduction:

Today we are going to talk about healthy habits! A good habit is something you do routinely to help your body stay healthy and strong. Can anyone name some habits you think are healthy?

(eating fruits, veggies, whole grains and protein; drinking milk and water; washing hands; brushing teeth; physical activity)

Cafeteria Manager:

Great job! Eating nutritious foods is one of those most important healthy habits you can have! Here in the cafeteria we offer many healthy choices to help you get in the habit of healthy eating. Can you name some healthy options you choose when you come through the lunch line?

Teacher or Cafeteria Manager:

Pass out MyPlate handout.

When you are eating school breakfast and lunch, or meals at home, you can use the MyPlate diagram to make sure you have a healthy plate. Review handout and food groups.

On your handout, draw or write foods that you would eat to fill all the spaces on your MyPlate.

Have students share what they wrote.

Teacher:

Earlier you all shared a lot of healthy habits besides good nutrition (recap). This week (or another set time frame) we are going to be on the lookout for healthy habits around the school. If you see anyone demonstrating a healthy habit, let me know and I will take a picture. Don't forget to tell them "I caught you being healthy!" Once we have lots of pictures of healthy habits, we will decorate our "Caught You Being Healthy" bulletin board with the pictures to set a good example for the whole school!

Cafeteria Manager:

Thank you all for coming! I am looking forward to seeing the pictures of everyone that you catch being healthy!

