Warm Up

- Do 10 Hops
- Do 10 knee to elbow touches
- Do 10 sit ups
- Run in place for 30 seconds
- Do 10 jumping jacks

Activity:

Round 1: March in place for 15 seconds
Round 2: Skip for 20 seconds
Round 3: Jog in place for 30 seconds

- Say the name of a red fruit and do the exercise for round 1
- Say the name of a protein and do the exercise for round 1
- Say the name of a healthy snack and do the exercise for round 1
- Say the name of a GO food and do the exercise for round 1

Repeat to complete each round.

Nutrition

- Just like there are guidelines for how much food we need to be healthy, there are also recommendations for how much exercise.
- Each day, you should be active for an hour or more.
- Throughout the day, you can take the stairs; walk or ride your bike; do stretches or jumping jacks while watching TV to increase your physical activity.
- Follow the Myplate guidelines and remember to look for and measure out serving sizes for healthy and unhealthy foods.
  - Fill half of your plate with vegetables and fruits.
  - The rest of your plate should have whole grains, low fat dairy and lean proteins.
Family Club #2

This material was funded by USDA’s Supplemental Nutrition Assistance Program -- SNAP. This institution is an equal opportunity provider. To receive assistance purchasing healthy foods, sign up for SNAP benefits at: yourtexasbenefits.com.

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3rd-5th Grade Lesson: Stay Healthy

BALANCED DIET | FRUIT | PORTION
---|---|---
DAIRY | GRAINS | PROTEINS
FIVE FOOD GROUPS | HEALTH | SERVING SIZE
FOOD LABEL | MYPLATE | VEGETABLES

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3rd-5th Grade Lesson: Stay Healthy

Soccer

N S X Y I Q T B K H T A C U U
E X S V K D C J O C E M A G G
S E S N E F E D O C U G K N I
Q H B E N S E O Z T U V W O H
J A S H O O T E R O Y Y Z I V
S G H W I R S B Q H V U Y T U
Y X F O T C R A B S S O R C M
R I K P U I W A S N P V D E S
D H T O A X U I X B U R J L U
U W G A C G B B Y U I K O F V
Q O C M P J Y Y J L I L D E C
O P H S Y Q P Z L D F B D D X
L S T A E L C I F V K D I U W
H Z L L W G N S A S F F U V C
D P I U C R W H R F F S H X F

CROSSBAR  CAUTION  GAME  SHOT
SHOOTER  DEFENSE  DRILL  PLAY
CLEATS  DEFLECTION

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Reflection/ Stretch: Answer the questions below and then do each stretch to 10 seconds.

1. How many minutes should you be active each day?

2. How much of your plate should be filled with fruits and vegetables?

- Stretch #1: Stand straight with hands on the waist.
  - Take one step forward and bend your front knee. The knee should not go over the toes. Hold this stretch for 10 seconds.
  - Repeat the same by changing the legs.
- Stretch #2: Butterfly Stretch - Sit down with folded legs.
  - Bring the feet together such that the soles touch one another, and let the knees stretch apart.
  - Swing the knees up and down, like flapping wings of a butterfly for 10–30 seconds.