

Page 1 can be done with parent/ guardian.

## Warm Up:

- March in place for 30 seconds
- Do 10 jumping jacks
- Do 10 front kicks on each leg
- Do 10 arm circles with each arm

## Activity: Jungle Power Stations

1. Cheetah Dash: Run as fast as you can in place or to and from a distance. Repeat for 60 seconds.
2. Gorilla Power Pod: To get strong like a gorilla, do 7 push ups, 5 jumping jacks, and 2 squats.
3. Kangaroo Explosion: Jump in place or to and from a distance. Repeat for 60 seconds.
4. Gazelle Endurance Challenge: Do 10 jumping jacks and then jog in place for 60 seconds without stopping.

## Nutrition

- Although many foods have “natural” sugars in them, we consume a lot of foods with “added” sugars. Eating too much sugar can lead to weight gain, diabetes, and tooth decay.
- Soda is unhealthy because it has a lot of sugar, which can hurt your teeth. It can also make it harder to learn in school.
- Diet sodas are made with sugar substitutes but these drinks still have other ingredients, which are not healthy.
- Other unhealthy sugary drinks include sweet tea, lemonades, fruit juice that is not 100% juice, sports drinks, Vitamin Water, and other sweetened with sugar.

## Healthy Food

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

BEANS

CHEESE

CHICKEN

FISH

FRUITS

YOGURT

## Candy and Sweets

Count how many sweets there are.



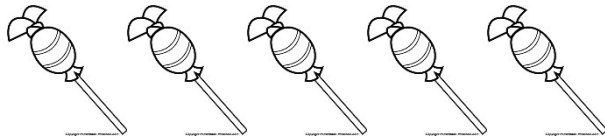
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K-2<sup>nd</sup> Grade Lesson: Sugar Sweetened Beverages

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

1. Why is soda unhealthy?

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2. Name a healthy drink.

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- Stretch #1: Bring your right arm over to your left and stretch your right arm. Count to 10. Repeat with your left arm.
- Stretch #2: Reach both arms forward and hold. Count to 10.