

Breakfast Fruits & Veggies

Warm Up- Breakfast Fruit Warm-Up

Target Grades: K-5

Goal: Warm up and stretch your body while role-playing fruits.

Direct Teach:

- Breakfast is an important meal of the day. It helps boost (increase) your metabolism and prepares your body to start the day.
- Can you name fruits and veggies you eat in the morning?
 - Here are a few ways to add fruits and veggies into your breakfast: sliced bananas or strawberries in cereal, or apples, raisins, and dates in oatmeal. Throw in mushrooms, bell peppers, spinach and tomatoes for a yummy omelet. All are great ways to make your breakfast more nutritious.

Activity:

- Super Banana: Have participants lie on their stomach then lift arms and legs approximately 6 inches off the floor. Keeping both arms and legs straight. Do 10 reps (15 sec each) depending on age or grade level.
 - Roll over onto the back and hold opposite position, lift arms and legs off the floor with knees bent at approximately 90-degree angle.
 - Do not encourage participants to perform straight leg lifts. This can put undue stress on the lower lumbar region of the spine.
- Blueberry Roll: Sit and pull knees to chest, wrap arms around your legs, with feet off the floor, hold for 10 sec.
 - Roll back and then forward again try to keep feet from touching the floor. Do 10 reps.

Additional modifications or extensions for virtual classrooms:

- Have students share what they ate for breakfast today or yesterday. If it didn't include a fruit or veggie, ask them how they could include one.
- Meal plan with your students: have them write down their breakfast plan for the week that includes at least one fruit or vegetable. Have them share with you their goals and their successes. Students can also share photos of the meals.

Professional Standards:

K-1 HE 115.2, b, 1, B; 115.2, b, 1, C; 115.2, b, 4, B; 115.3, b, 1, A; 115.3, b, 4, B

K-1 PE 116.2, b, 1, C; 116.2, b, 7, A; 116.3, b, 1, A; 116.3, b, 7, A

2-3 HE 115.4, b, 1, C; 115.4, b, 1, D; 115.4, b, 1, G; 115.4, b, 4, B; 115.5, b, 1, D

4-5 HE 115.6, b, 2, A; 115.7, b, 1, B; 115.22, b, 1, A

4-5 PE 116.6, b, 3, D; 116.6, b, 1, E; 116.6, b, 3, E; 116.6, b, 7, A; 116.7, b, 7, A

6-8 PE 116.24, b, 3, F

9-10 HE 115.32, b, 5, B

9-10 PE 116.52, b, 2, A; 116.52, b, 4, B; 116.54, b, 3, A