

These lessons are designed to be FUN, EDUCATIONAL, and ACTIVE. We want to give you a chance to get active as families and help you learn more about health, fitness, and nutrition along the way. Today we are going to learn about Meal Planning.

ACTIVE Intro Ice Breaker: Family Trip

Go around the group and ask each person to answer the question, If you could plan a family trip, where would we go and what would we do?

ACTIVE Warm Up

- Everyone should line up and walk around your space 4 times. If you don't have a big space, you can also march/ jog in place for 2 min.
- **Do any additional warm ups needed to prepare yourselves for physical activity.**

ACTIVE Tag: Heads and Tails

- At a flip of a coin, and shout out "Declare", each person chooses to be either heads or tails, as indicated by them placing their hand on their head or on their "tail"
- Play then begins, people who chose the side that the coin lands on then they become the taggers and try to tag the players who did not pick the flipped side of the coin
- Example: If the coin lands on HEADS then everyone who chose HEADS becomes taggers and they try to tag everyone who chose TAILS
- Once tagged, that player then also becomes a tagger with the rest of the taggers

ACTIVE Nutrition: Meal Planning Discussion

Fifty years ago, people would spend about 2.5 hours preparing a family meal. Now, most people do not spend more than forty-five minutes doing meal preparation. When time is short, most people choose convenience over health. With a little weekly planning, you can choose both. Planning meals is very important because it allows you to work healthy food choices into your diet. Additionally, it can save you money.

Here are some guidelines for preparing meals:

1. Pick a day to plan as many meals as possible for the following week. This allows you to put together a specific grocery list as well.
2. Choose lots of colors and textures to keep things interesting and nutritious (the more colors, the more vitamins).
3. You can actually prepare many small meals (particularly good for lunches) at once and then put them in plastic bags or containers to be frozen or refrigerated until you are ready to eat them. This helps reduce preparation time during the week when you are busy with other things.
4. Prep food ahead of time.
5. Wash and chop vegetables, pound and trim meat, cook grains, etc.
6. Plan for leftovers—If you know you will be working late or busy late one afternoon, you can make twice as much as you need earlier in the week (especially if you have a small family) to make prep on your busy night much quicker

What would be a good example of a food that you could make a double or triple batch of?" (pasta – serve with meat sauce, then chilled with tuna salad then in a soup)

- Make it more fun by using themes each day.
 - For example, Tuesday might be crazy chicken day and each week you prepare a different type of chicken dinner

Planning snacks is important as well.

- It is much better for you to create a snack container to grab orange slices, cut up carrots, etc... instead of chips or cookies. We often grab unhealthy snacks because they are as easy as opening a bag. Make healthy snacks the same way with just a little preparation one time a week. It is well worth it.

ACTIVE Games

Meal Preparation

- Planning meals and preparing them ahead of time are great methods to save money, prevent overeating, and help in making healthier choices!
- Goal: To understand the importance of meal planning and preparation
- Have everyone stand and close their eyes and do arm circles. They will have to use their ears to listen to the instructions.
- When you say, "plan, shop, cook, and eat" you have to open your eyes and act it out while also saying the sequence.
- The game leader will identify foods that would be prepared in the sequence that is acted out.
- Other examples: "mix, pour, freeze, slurp!" + "wash, chop, saute!" + "peel, cut, boil, drain, mash, taste!" + "crumble, pour, slice, chill, serve!" + "buy, wash, season, steam, serve!" + "mix, pour, bake, enjoy!" + "unwrap, preheat, bake, slice, share, serve!"

Hula Hoop Holla 4 hula hoops or floor markers

- One person is the activity caller (stands in the middle), everyone else spreads out
- Caller yells out an exercise or activity that can be done in place (group does everything he/she says)
- Every 20 seconds or so, the instructor will yell out "hula hoop!" AND a body part (left hand, right foot, right elbow, etc...)
- Everyone (including the caller) has to run out to a hula hoop, stand in the hula hoop, and touch that body part with somebody else (i.e. elbow to elbow) before returning to the circle
- Only two people can be in any hula hoop!!! (first come, first served, modify according to your group size)
- If someone is alone in a hoop, he/she has to wait for someone to come touch him/her to get back to the game (you can touch more than one person per round)
- Game leader chooses a new caller each time (encourage the callers to pick creative and funny activities/exercises)

Find the Flag! 3 different colored scarves or small towels.

- Three even teams, each team goes to a different corner; modify according to your group size
 - Each team gets 1 juggling scarf of one color (i.e. green team, orange team, and yellow team)
 - On the “Huddle” signal, each team huddles closely together facing the corner and one person is chosen to be the flag holder and he/she hides the scarf in a pocket or under his/her shirt
 - On the “Go” signal, all the players scatter around the play space
 - Everyone tries to tag members of the other teams, looking for the flag
 - If the person with the flag is tagged, he/she must IMMEDIATELY hand it to the player who then holds it up and yells “Got It!” (ending the round)
 - If someone without the flag is tagged, he/she must do five jumping jacks before rejoining the game
 - Each time a flag is found, the tagger’s team gets one point
 - Do 7-8 rounds of the game, the team with the most points wins
 - Make sure the flag holders are changed each round and that everyone gets chances to do the different jobs
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ACTIVE Cool Down and Mission

- **Lead** the group in walking 2 laps and or light stretching while reviewing the nutrition lesson by asking them several questions about it.