

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 the importance of nutrients and what they include.

**ACTIVE Intro Ice Breaker: Giants, Wizards, Elves**

This game involves two teams who will act as one of 3 characters: giants, wizards, and elves. When a player acts out a character, he or she does the specific hand motions and also makes the noise associated with the character.

**Giants.** Stand on your tippy toes, raise your arms like a giant, and make a menacing growling noise: "Rarr!"

**Wizards.** Crouch slightly, as wizards are a bit shorter. Wave your fingers as though you're casting a magical spell, and make a magical noise: "Shaazaam!"

**Elves.** Crouch down very low, cup your hands around your ears, and make a high pitched elf noise: "Eeeee!"

Split everyone into two teams and divide them into separate sides of the room. For each round, both teams huddle and choose to become a giant, wizard, or elf. When ready, both teams then line up and stand facing each other, about five or six feet apart. At the start of each round, the leader says "Three, two, one, go!!"

Each team acts out the character they chose (giant, wizard, or elf). As soon as they do this, the winner tries to tag the loser and as many people over to their side as they can. If captured, a person now belongs to the other team. The following determines who beats who: Giants beat elves, because giants are able to "squash" elves. Elves beat wizards because they outsmart them. Elves chew at their legs. Wizards beat giants because they are able to zap them with a magic spell. If both teams show the same character, no one wins. Rounds keep repeating until one team wins (the other team is completely captured).

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**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.**

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**Frantic Freeze Tag: 1 scarf or 1 small towel**

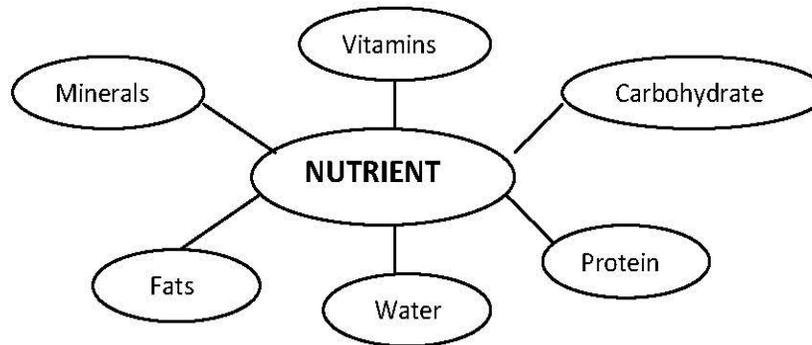
- Assign someone to be the tagger (tagger will get a scarf or towel to carry)
- Everyone must walk/speed walk during this game, no running
- If someone is tagged, he/she must march in place 10 times before rejoining the game (high knee marches if possible)
- Switch taggers after each "freeze" round
- Repeat the game multiple times, changing taggers each time

**ACTIVE Nutrition: Introduction Part B**

When you hear the word nutrient what comes to your mind?" (Allow everyone time to share their ideas and write what they say to one side of the board or paper)

- Nutrient= a 'substance used by the body to function and grow.'
- We get these nutrients from food because our body can't make enough of them on its own.
- 40 or more nutrients that we get from food, divided into 6 categories.

**Draw:**



- Many of the foods we eat provide one or more of these nutrients, but the amount and types of nutrients are different in every food, thus variety is important in our daily diets.
- Let's think about our car example for a minute – if we only put gas in our car and never added oil, coolant or other fluids what would eventually happen? We'd probably find ourselves stranded on the side of the road with a car that wouldn't budge, right?
- To keep the car running smoothly we have to make sure it gets all the things it needs. Some things it may need in smaller amounts than others – our body works in the same way. We might need less of one nutrient and more of another but we can't do without any one of the nutrients entirely – this is why they are called the essential nutrients.

**Nutrient Charts (at the end of lesson)**

**Distribute** one nutrient chart. **Hold** up the nutrient chart and read through the nutrients and their functions. Have each person decide which food groups that they are most commonly associated with. After everyone is finished, collect and grade the charts according to the answer sheet. The person with the most correct wins

**ACTIVE Games****Mining Minerals**

- Goal: to increase understanding of where minerals are found and what they do.
- Everyone will start marching in place and pumping their arms.
- The leader will say 'Imagine you all are plants and animals searching for minerals.'
- When the leader says **soil**, you will do 3 squats and touch the ground.
- When the leader says **Water** you will do 3 star jumps.
- For every squat or star jump players will yell out the roles of minerals for the human body: **Grow, Develop, Stay healthy!**

**Bean Bag Medley Relay** 10 cones or floor markers, 5 bean bags per team

- All team members line up at the starting cone (one team on each side of the cones)
- Each team gets 5 bean bags (you can use small foam balls or scarves if you don't have any bean bags)
- When the leader starts that race, the first person from each line runs or walks to the other cone at the end, puts the bean bag down and returns to the starting line
- Then the next person in line does the same thing
- This process repeats until all the bean bags have been put down.
- Then the process is reversed and the team must remove the bean bags one at a time
- Throughout the race, the leader can call out one of three different types of movement, skipping, walking backwards, or running
- All players must do this type of movement if it is their turn in the relay (if you are physically unable to skip or run, you can simply walk quickly)
- The first team to fill and then empty their bean bags wins the race
- Repeat this relay multiple times with the teams switching their order each time

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**ACTIVE Cool Down and Mission**

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

**Nutrition Chart**

Nutrient	Major Functions	Main Food Group(s)
Protein	<ul style="list-style-type: none"> <li>• Provides material for muscle growth and repair.</li> <li>• Used in making hormones and blood.</li> </ul>	
Calcium (Mineral)	<ul style="list-style-type: none"> <li>• Makes bones and teeth strong.</li> <li>• Helps muscles move.</li> <li>• Helps blood clot.</li> </ul>	
Vitamin C (Vitamin)	<ul style="list-style-type: none"> <li>• Helps heal cuts and bruises</li> <li>• Helps keep immune system strong</li> </ul>	
Fiber	<ul style="list-style-type: none"> <li>• Helps fill you up</li> <li>• Cleans out digestive system</li> </ul>	
Carbohydrate	<ul style="list-style-type: none"> <li>• Main source of energy for the body.</li> <li>• Only source of energy for the brain</li> </ul>	
Fat	<ul style="list-style-type: none"> <li>• Helps build cells in body</li> <li>• Transports vitamins A, D, E and K</li> </ul>	

**Family Fun:  
Nutrients**

**Answer Key**

<b>Nutrient</b>	<b>Major Functions</b>	<b>Main Food Group(s)</b>
Protein	<ul style="list-style-type: none"> <li>• Provides material for muscle growth and repair.</li> <li>• Used in making hormones and blood.</li> </ul>	Meat/beans
Calcium (Mineral)	<ul style="list-style-type: none"> <li>• Makes bones and teeth strong.</li> <li>• Helps muscles move.</li> <li>• Helps blood clot.</li> </ul>	Milk
Vitamin C (Vitamin)	<ul style="list-style-type: none"> <li>• Helps heal cuts and bruises</li> <li>• Helps keep immune system strong</li> </ul>	Fruit Vegetable
Fiber	<ul style="list-style-type: none"> <li>• Helps fill you up</li> <li>• Cleans out digestive system</li> </ul>	Fruit Vegetable Grains (whole grains)
Carbohydrate	<ul style="list-style-type: none"> <li>• Main source of energy for the body.</li> <li>• Only source of energy for the brain</li> </ul>	Grains Fruit Vegetable
Fat	<ul style="list-style-type: none"> <li>• Helps build cells in body</li> <li>• Transports vitamins A, D, E and K</li> </ul>	Meat Milk Oils