

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 Serving Sizes.

ACTIVE Intro Ice Breaker: Chivalrous Couples

- One person with a loud voice will stand on a chair or other high place so that they can be seen above the heads of the group. After you have explained the game and everyone is ready the person on the chair will call out one of the following couples: Knight and Queen, Prince and Princess, and Horse and Rider. When one of these three couples is called people must get into pairs.
- If Horse and Rider were called one of the people in the pairs will be the Horse and one will be the Rider. Then the pairs will get into the correct formation.
- Each of the three chivalrous couples has its own formation that goes with it.
 - The Knight and Queen's formation is one person as the "Knight" down on one knee and the other person as the "Queen" sitting on the "Knight's" knee.
 - The Prince and Princess formation is one person as the "Prince" will have the other person, the "Princess," in their arms.
 - The Horse and Rider formation is the "Horse" will be standing up and the "Rider" will be riding piggy-back on the "Horse."
- The last pair to get into the correct formation is either out of the game or they "Take 5" off to the side of the group. Play as long as it is still fun and exciting.

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.**

Bean Bag Tag 4 jump ropes (to mark zones with a diagonal line near the corner), 8 bean bags (as per activity description), challenge sheets

- Designate a tagger with a bean bag or towel
- Everyone spread out around the entire play space
- If you are tagged, you must go to the challenge zone and do 5 of the exercises that is decided on by the leader
- After you complete 5 you can join back into the game

ACTIVE Nutrition: Serving Sizes

One very important aspect of a food label is the serving size area. The serving size tells you exactly how much of the food that the manufacturer considers a serving.

- The nutrition information in the label is based on this amount of the food.
- Often times serving sizes are very small and thus can be misleading.
- The nutrition facts might look pretty good for one serving, but if you are actually eating 5 servings it can be downright scary.
- Always make sure that you multiply the nutrition facts by the number of servings that you are eating. (Make sure everyone understands how to do this before the activity.)
- The amount you actually eat is the "portion size"

If there is not a label-if you're in a restaurant or at a friend's house-you can always eyeball a proper portion size.

What do you think is a recommended portion of.....

- Vegetables or fruit? The size of your fist or a baseball
- Snack serving of chips or pretzels? A rounded handful (1/2 c.)
- Meat or poultry? The palm of your hand (don't count your fingers!) or a deck of cards (one chicken breast, ¼ pound hamburger patty or a medium pork chop)
- Dried fruit or nuts? egg or golfball (¼ cup)
- Ice cream? Tennis ball (½ cup)
- Baked potato? Computer mouse
- Pancake or small waffle?

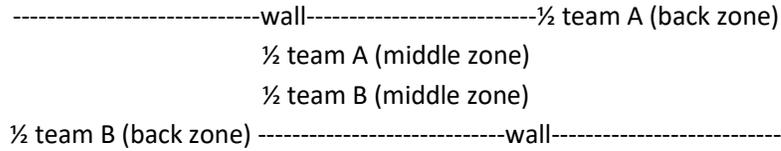
ACTIVE Games

Farmer's Market Workout: Benefits of buying food from the Farmer's Market: you can meet farmers, could visit the farmer, supports local farmers and business, helps reduce pollution from food transport

- If there is more than 1 person participating, you can race each other to complete the exercises first
- Complete 5 knee pushups to "dig the hole"
- Complete 5 sumo squats to "plant the seed"
- Complete 5 rowing motions to "harvest the plant"
- Complete 5 star jumps to "take the produce to the market"
- Congratulate them when they have done all the exercises, say that they have successfully farmed!

Bowling for Goals 2 foam volleyballs or 2 soccer balls

- 2 even teams, one on each side of the rectangle (as per the diagram)
- ½ of each team must stand in the middle zone(s) and ½ must stand in the back zone (if the team is uneven, more people should stand in the middle zone)
- Players must stay in their own zones until a switch is called by the leader
- The goal is to get a ball to hit the other team's back wall
- All shots must be ROLLED UNDERHANDED as if you were bowling
- Every ball that hits the back wall is a goal (like in soccer)
- (switch zones every 2-3 minutes)
- Use 3-4 balls, depending on the number of players



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.