

Classroom Activities

Elementary - Teachers and Nurses



Monday	Tuesday	Wednesday	Thursday	Friday
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Focus for the Day

Vegetables <ul style="list-style-type: none"> Vary your veggies 	Dairy <ul style="list-style-type: none"> Milk and calcium-rich foods 	Meats and Beans <ul style="list-style-type: none"> Go lean with protein 	Grains <ul style="list-style-type: none"> Make half your grains whole 	Fruits <ul style="list-style-type: none"> Focus on fruits
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Activity of the Day

Nutrition				
<ul style="list-style-type: none"> Using each letter of the alphabet, have students name a variety of fruits and vegetables. Remind students to eat fruits and vegetables every day for better health. 	<ul style="list-style-type: none"> Have your students name calcium-rich foods and foods made from dairy products. 	<ul style="list-style-type: none"> Link language arts, math, etc., to a Nutrition Facts label. Have your students find the grams of protein on the label. 	<ul style="list-style-type: none"> Help your students identify whole-grain products on the school breakfast or lunch menu: <ul style="list-style-type: none"> Whole-wheat bread Oatmeal Brown rice 	<ul style="list-style-type: none"> Ask students to show and tell what healthy fruit snack they brought to school.
Physical Activity				
Alphabet Workout <ul style="list-style-type: none"> Using the alphabet, have students name an activity for each letter of the alphabet, and then act it out. For example, B = bending, batting a ball or bowling. <hr/> <p><i>Write the Alphabet</i></p> <ul style="list-style-type: none"> Have students sit on chairs. Lift and rotate one foot to “write” each letter of the alphabet. Repeat using the other leg. 	Flower Stretch <ul style="list-style-type: none"> In a circle, everyone starts as a small seed (crouched and hunched), then slowly sprouts and grows, eventually flowering toward the sun (tippy toes, arms outreached). Repeat, getting faster each time, leading eventually to seeds in unison jumping into the air. 	Food Label Workout <ul style="list-style-type: none"> Choose a number on the Nutrition Facts label and do that many of a specific activity. For example 10 = 10 jumping jacks. <hr/> <p><i>Heel Lifts</i></p> <ul style="list-style-type: none"> Sit on a chair. Press down on the toes of one foot as you lift your heel. Hold for a few seconds, and then lower. Repeat 10 times with each foot. 	Chicken Stretch (Don't reveal the name of this activity until after your students are done.) <ul style="list-style-type: none"> Explain that it is important to warm up one's body from head to toe before starting any physical activity. Starting with legs, try to get their knee to touch their chin. Try each leg alternately. Ask for 10 knee-to-chin touches. Move on to arms. One side at a time, stick your thumb under your armpit, “flap” arms up and do a side stretch – three times each side. Finally, put all activities together. Demonstrate and encourage walking around, raising knees in the air, flapping both arms. Add chicken noises, and you have a group of warmed up, silly students! 	Fruit and Vegetable Workout <ul style="list-style-type: none"> As your students show and tell, use the first letter of the fruit/vegetable and do an activity. For example, apple = arm circles. <hr/> <p><i>Mirror Image Activity</i></p> <ul style="list-style-type: none"> Partner students in teams of two. Have one person mirror the actions of their partner, then switch.

Flower stretch and chicken stretch adapted from www.wilderdom.com.