

May is National Physical Fitness and Sports Month! Try a few of these activities with your students to get their minds and bodies working for good health!

## A HEALTHY BODY

### The Nose Knows

Did you know that aroma is an important factor in how food tastes? Try this fun experiment to find out more!

Cut a few crunchy foods, such as apples, pears, potatoes, and carrots, into small pieces. (Or use several flavors of yogurt.) Then have volunteers close their eyes, pinch their noses, and taste one of the foods. Can they tell you what they're eating? Without help from the sense of smell, it is surprisingly difficult!

Try this in

**02:00**

minutes



## A HEALTHY BODY

### Tasty Spit

Your spit, or saliva, has several important functions. It helps you digest food, helps protect your teeth from decay, and makes it easier to speak. And without it, food wouldn't be very tasty!

Provide crackers, cookies, potato chips, or other dry foods. Give students these instructions: "Dry your tongue by wiping it with a paper towel. Then eat a small bite of the dry food. Close your eyes and concentrate on the flavors you can taste as you chew. Next, drink some water to wet your mouth. Taste the same food again. What do you notice this time?" Discuss the results. What have students learned about saliva?

Try this in

**02:00**

minutes

## A HEALTHY BODY

### Seeing Flavors

You may know that your sense of smell helps you taste your food. But did you know that your sense of sight plays a part, too? Try this experiment to learn more.

Out of students' sight, prepare four pitchers of lemonade. Add food coloring to the liquids so that one is red, one is orange, one is green, and one is purple. Then provide cups and have students taste each liquid and guess the flavor. Discuss the results. How many students guessed flavors such as cherry, orange, lime, and grape? Were they surprised to learn that all the pitchers contained lemonade?

Try this in

**05:00**

minutes

# NUTRITION

## Get Your Grains

Moderately active four- to eight-year-olds need four to five ounces of grains each day. Older girls (nine to thirteen years old) need five ounces; older boys need six ounces. Are you getting enough?

List these grain equivalents on the classroom board: 1 ounce = 1 slice of bread, 1 cup of cold cereal,  $\frac{1}{2}$  cup of cooked rice,  $\frac{1}{2}$  cup of cooked pasta, or  $\frac{1}{2}$  cup of cooked cereal. Have students make lists of all the grain foods they ate yesterday. Then help them calculate the equivalent number of ounces. How many students ate their recommended amount of grains?

Try this in

**05:00**

minutes

# NUTRITION

## Eat a Rainbow

One way you can make sure you get the nutrients you need is to eat fruits and vegetables in many different colors. This activity can help you think of more possibilities!

Have students form groups, and assign a color to each one: red, orange, yellow, green, blue, purple, and white. Then set the timer for one minute and have groups list as many fruits and vegetables for their color as they can. Which group came up with the longest list? Trade lists and challenge students to add more fruits and vegetables for their new color. Post the completed lists on a bulletin board.

Try this in

**03:00**

minutes

# NUTRITION

## Find the Fat

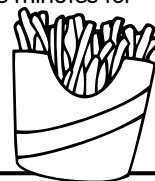
You need to eat some fat (in the form of oil) to be healthy—but most people eat far too much. Try this experiment to find hidden fats in food.

Cut clean brown paper bags into flat sheets. Draw small circles on the sheets. Have students rub various foods inside the circles and write the name of the food next to the circle. Wait five minutes for the smears to dry. Hold the paper up to a light; greasy spots reveal which foods have fat.

Try this in

**05:00**

minutes



# PHYSICAL FITNESS

## The Tortoise and the Hare

Feeling burned out? Take a quick fitness break to energize your brain! Aerobic activity makes your heart and lungs work harder. That helps your blood carry more oxygen to your muscles and your brain.

Set the timer for 15 seconds and have students jog in place like fast-moving hares. Then slow down the tempo and have them jog in place like slow-moving tortoises for another 15 seconds. Continue to alternate fast and slow tempos in 15-second intervals for a total of two minutes.

Try this in

**02:00**

minutes

# PHYSICAL FITNESS

## Sitting Strong

Children can injure themselves if they work out with heavy weights. Instead, build muscles with exercises such as sit-ups.

Set the timer for one minute while pairs of students do sit-ups. Have one child hold the other's feet. Remind students to bend their knees, cross their arms over their chests, and tuck in their chins. Have them switch places and repeat. How many sit-ups did each child do? Repeat twice a week and celebrate improvements.

Try this in

**02:00**

minutes



# PHYSICAL FITNESS

## Walk on the Wild Side

You can strengthen a variety of muscles by copying the movements of animals. Walk around the edge of the classroom or in a large circle if you have enough space.

**Bear:** Walk on all fours, alternately moving both the left hand and foot and then the right hand and foot.

**Toad:** Squat with your hands on the floor between your knees. Hop up and forward, ending in a squat.

**Gorilla:** Bend at the waist and hold your ankles.

Walk stiffly with your feet shoulder-width apart.

**Heron:** Tuck your hands in your armpits, thrust your head forward, and lift your knees very high.

Try this in

**04:00**

minutes