



Additional Activities - Unit 11 & 12: Healthy Lifestyles – Healthy Eating & Physical Activity

In this lesson, children will learn how different foods help fuel the body. They will learn which foods belong in the different food groups and how foods can be healthy or harmful to the body.

Your child will be able to identify and practice fun ways they can get physically active. They will learn how aerobic activities increase their heart rate and breathing and to limit the time they spend inside, sitting and watching TV or playing video games. Here are some activities you can do with your little one to strengthen the HALO at Home lesson!

Food Collage

This activity help children to identify pictures of healthy foods.

Materials:

- Old magazines
- Scissors
- Glue
- Paper

Directions: Have your child look through magazines and cut out pictures of healthy foods. They can then glue them to the paper to make a collage. Encourage your child to also cut out pictures of foods that are unhealthy. They can make a separate collage or use half of the page for healthy foods and the other half for foods that are unhealthy.

From Nose To Toes

This activity is designed to help children relieve stress in a healthy way.

Materials:

- A length of hose (either attached to a sink or you can use pitchers of water)
- A large plastic container

Directions: Remind your child that the heart pumps blood all over your body through your veins and arteries. Explain to them that eating junk food can build up on the inside of those veins and arteries and cause the passageways inside to get very small. (You can demonstrate this with paper towel tubes.) Using the hose and water show how the flow of water slows down when you pinch or crimp the hose.

Explain that this is the same thing that is happening inside of the body. This is what makes the heart work harder and can make it tire out very quickly. Give your child a chance to experiment with the hose.

Living Things Need Water

This activity gives children the opportunity to watch what happens to plants and our bodies when we don't get enough water.

Materials:

- Two identical plants (a florist suggests Peace Lilies or Philodendrons, as both are fragile plants that will thrive or die dramatically and quickly)
- Camera

Directions: Plants and humans are living things and living things need water to live. Present your child with the two plants. Allow your child to vote on which plant will get enough water and which plant will not. After your child votes, take a picture of each plant individually. The picture will serve as a reference for the condition of the plant at the start of your experiment. Post the pictures by the plants. During the experiment you will allow one plant to dehydrate while one flourishes because it was watered. Every few days allow your child to re-examine the two plants and their pictures looking for the differences in the appearances between the two. Explain to your child our bodies are like the two plants and that is why it is important to drink water.

Kitchen Clay

This activity uses kitchen clay to show children why water is important to our bodies.

Materials:

- Ingredients to make 2 batches of kitchen clay (one batch is made ahead of time and dried out)
- Ziploc bags

Directions: Make one batch of clay ahead of time and let it dry out. Place in a Ziploc bag. Make the other batch of kitchen clay with your child; show them that it is important to have water to make the clay. When the clay is made and ready to be played with divide it among the children and let them squeeze and knead the clay with their hands. Explain to them that it is the water that makes the clay so they can play with it. Our bodies are like the kitchen clay because without enough water it is hard for us to play. Bring out the dried clay and let your child try to mold it. Tell your child, without drinking water our knees and elbows become very stiff and hard to move and we become dehydrated (really thirsty and lose a lot of water) which can make us very sick.

Kitchen Clay

- 3 cups flour
- 1 cup salt
- ½ cup vegetable oil
- 1 cup water
- food coloring

Mix flour and salt. Stir in oil. Add water 1/2 cup at a time. Mix well with large spoon. Knead with hands until it is no longer sticky. Place in airtight container or zip lock bags. Kitchen Clay will keep for several weeks.

Shake Your Body

This activity reinforces the child's knowledge of the organs and body parts while keeping them active.

Materials:

- No special materials needed

Directions: Sing out loud: Shake your body, Shake, shake, shake, Shake your body! (Repeat twice) Then say STOP! Your child must freeze until you tell them to shake another body part. Have them shake their arms, legs, brain, heart, etc. Every once in a while, tell them to shake their whole body, or they can jump up and down and move their whole bodies.

Relay Races

Materials:

- Sidewalk chalk

Directions: Have your child plan out a relay race. They can think of various things like hopscotch, running, hopping on one foot, etc. Help them to think of various ways to move their bodies. Once the race is planned, help your child to draw the obstacle course with sidewalk chalk. If it is summertime, this can be done outside on the concrete. You, your child, and other family members can take turns running the relay race.

Come Dance With Me

This activity shows the fun of physical activity.

Materials:

- Music of all styles
- Room to move freely

Directions: Discuss with your child the benefits of fun and dancing. Play various types of music and encourage your child to dance freely.

