

The Core 4: The Building Blocks of Nutrition and Exercise

Essential Questions addressed in the Core 4 Afterschool Unit:

1. What do the different sections mean on *My Plate*?
2. How do I know which foods belong to the different food groups?
3. Which foods are proteins or grains?
4. How does my body turn a cookie into energy?
5. Does exercise help my heart?
6. How do muscles make my arms and legs move?

Recommended Booklist:

- The Food Parade* by Elicia Castaldi
- Gazpacho for Nacho* by Tracey Kyle
- Duck on a Bike* by David Shannon
- What Happens to a Hamburger?* by Paul Showers
- Where the Wild Things Are* by Maurice Sendak
- The Snowy Day* by Ezra Jack Keats

Supplemental Booklist:

- How Did That Get in My Lunchbox: The Story of Food* by Chris Butterworth
- Lunch* by Denise Fleming
- Bread & Jam for Frances* by Russell Hoban
- I Will Never Not Ever Eat a Tomato* by Lauren Child
- Giraffes Can't Dance* by Giles Andreae
- Pete the Cat: I Love My White Shoes* by Eric Litwin
- Bones* by Steven Jenkins
- A Drop of Blood* by Paul Showers
- Hear Your Heart* by Paul Showers

The Core 4:

The Building Blocks of Nutrition and Exercise

<p><u>Week 1</u> Lesson:</p> <p>Intro to My Plate What is a Balanced Diet?</p> <p>http://teachfitclub.org/intro-plate-grades-4-5/ http://teachfitclub.org/balanced-diet-grades-4-5/</p> <p>Book: <i>The Food Parade</i> by Elicia Castaldi</p>	<p>Notes:</p> <p>Most students have been taught <i>My Plate</i> in school, so these two lessons can be abbreviated and easily combined into one afternoon. Use the paper bag activity in Intro to My Plate and have the kids examine their own lunch or dinner for What is a Balanced Diet?</p>
<p><u>Week 2</u> Lesson:</p> <p>Design a Day of Meals http://teachfitclub.org/design-day-meals-grades-4-5/</p> <p>Book: <i>Gazpacho for Nacho</i> by Tracey Kyle</p>	<p>Notes:</p> <p>Have kids choose a favorite athlete or other role model for this activity! They will pretend to be restaurant owners in charge of serving their customer with healthy and balanced meals for the day.</p>
<p><u>Week 3</u> Lesson:</p> <p>Let's Stay Active! http://teachfitclub.org/lets-stay-active-grades-4-5/</p> <p>Book: <i>Duck on a Bike</i> by David Shannon</p>	<p>Notes:</p>



<p><u>Week 4</u> Lesson:</p> <p>F.I.T. Trainers (Videos) http://teachfitclub.org/fit-trainers/</p> <p>Book: <i>What Happens to a Hamburger?</i> by Paul Showers</p>	<p>Notes:</p> <p><u>Plotting Heart Rates</u> (requires a clock or watch with a second hand)</p> <p><u>My Major Muscle Groups</u> (requires supplies such as a can of pumpkins and a textbook)</p> <p><u>Aerobic, Strength and Flexibility</u></p> <p><u>Fascia and the Knock Me Over Experiment!</u></p> <p>The teacher can watch these videos prior to class in order to prepare if there is no computer access during afterschool time.</p>
<p><u>Week 5</u> Lesson:</p> <p>Field Day!</p> <p>Book: <i>Where the Wild Things Are</i> by Maurice Sendak</p> <p><i>The Snowy Day</i> by Ezra Jack Keats</p>	<p>Notes:</p> <p>Set up an outdoor field with different stations and obstacle courses. If your class is unable to go outside, then be creative with indoor stations.</p> <p>Choose your book depending on the season!</p>
<p>Notes:</p>	