



Eat Smart. Play Hard.

Lesson

Goals

Students will learn that being healthy is more than about eating healthy. It is also about being physically active.

Objectives

Students will review how to eat smart and discover ways to be physically active. The class will then play hard by doing an active plant identification game and chopping compost for the garden.

Standards

Science: Life Science

GR.5-S.2-GLE.2

Comprehensive Health: Physical & Personal Wellness in Health

GR.4-S.2-GLE.2

GR.6-S.2-GLE.4

Did you know?

Exercising reduces the risk for heart disease, cancer, high blood pressure and diabetes, improves your stamina and delays the aging process.

Total Time – 60 minutes

Materials

- MyPlate poster or handout (Available on DUG's curriculum website: <http://dug.org/school-garden-curriculum/resource-sheets/myplate-information.html>)
- Variety of 7-10 garden specimens (e.g. plant leaves, flowers, vegetables and fruit – if fruit and vegetables are not available from the garden purchase some from the store)
- Tools to chop compost (shovels, clippers, etc)
- Healthy snack
- Journals

Background for Teachers

This is a great follow-up lesson to *Be Healthy!*

(http://dug.org/storage/school-garden-curriculum/Be_Healthy.pdf)

or *My Plate* (http://dug.org/storage/school-garden-curriculum/My_Plate.pdf) because it continues to reinforce what being healthy means.

Method

Introduction (10-15 minutes)

1. Review MyPlate and healthy food choices with the class. Remind the class that eating right is not the only component to being healthy. Students their age **need at least one hour** of physical activity each day.
2. Have the class brainstorm ways they can stay active. If they do not come up with gardening on their own, suggest it and ask them what they can do in the garden that is healthy for them (e.g.

chopping compost, pulling weeds and cultivating the soil). This is chance for you to link healthy bodies to healthy gardens.

3. Explain to the class that they will be going out to the garden to play hard on two activities. The first activity is a game that will involve their plant identification skills and will also involve physical activity. The second activity will focus on chopping materials for the compost pile, which allows the students to use major muscle groups as well as contribute to the health of the garden.

Activity (35 minutes)

1. Bring the class to the garden and form two teams. Line them up facing each other about 30 feet apart, if possible. Put the plant and food specimens you have collected in a row on the ground between the two teams. The teams count off, so that each player has a number and on each team there are players numbered 1, 2, 3, etc.
2. When the teams are ready, call out the name of one of the items lying between the teams and then call out a number. As soon as their number is called, the students race to the items, trying to be the first to find the correct item. Every successful player earns two points for their team.
3. After all players have had a chance to go and all items have been identified, add up all the points and reward the winning team.
4. Now transition the class to the next garden activity—compost chopping. Have students tear up by hand or use tools to chop up the compost materials into pieces smaller than two inches.
5. All material that has been chopped for the compost pile should be dug into the pile. Make sure that the freshly chopped material has been buried under a small amount of soil (1" or less) or partially finished compost. Make sure that the pile is moist enough to feel like a wrung out sponge. Cover the pile with black plastic that is weighted down with several rocks.

Snack & Conclusion (10-15 minutes)

1. While the class is eating their snack, review the importance of eating smart and playing hard.
2. Have the class journal on ways they can increase their physical activity (e.g. daily sports, walking or gardening).

Assessment Tools

- Participation and Journals

Possible Modifications and Extensions

- Expand on the composting activity by looking at the *Let's Make Compost* (http://dug.org/storage/school-garden-curriculum/Lets_Make_Compost.pdf) lesson.

Sources

Cornell, Joseph Bharat. *Sharing Nature with Children*. Dawn Publishing, 1998.

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