

Eat Well. Stay Fit.

This lesson plan encourages children to take care of themselves by eating healthy foods and exercising. To introduce the unit, you may want to show the video or read the book *D.W., the Picky Eater*. Share the background information below with your students as you do the activities on page 2.

The American Academy of Pediatrics recommends that kids spend no more than 1 to 2 hours of screen time each day.

Children need to eat a balanced variety of healthy foods.



Background Information

Food. Food is the fuel your body uses to move, grow, and repair itself. A healthy diet includes a balance of nutritious foods. Different types of foods help your body do different things:

- Carbohydrates (“carbs”), such as grains and starchy vegetables, are burned for energy.
- Proteins, such as eggs, meat, beans and nuts, help your body grow and repair cells.
- Vitamins and minerals also help your body stay healthy. For example, calcium and vitamin D help to build strong bones. Vitamin E protects skin cells.

Healthy foods contain a good balance of nutrients and fill you up without giving you too many calories. Good choices include vegetables and fruits, lean meats, skim or low-fat milk or yogurt, and beans. Less healthy foods contain too many calories for their nutritional value (“empty calories”), usually because they contain a lot of fat or sugars. If you eat or drink a lot of these foods they can cause you to gain too much weight. Examples include sugar-sweetened drinks (including soda and juice), many snack foods, fried foods, and sweets such as cookies and cakes. It is OK to have these foods once in a while, but not every day.

Exercise. Exercise helps your body stay strong and healthy. It helps to control body weight, build muscles and strong bones, reduces fat, and builds coordination and self-confidence. It also lowers the risk for diabetes and heart disease. Exercise can help you think better, feel more relaxed, and live a longer, healthier life.

Out-of-shape kids. Nearly 1 in 3 American children and teens are now overweight. Kids are less active today than in past generations. They spend much of their free time watching TV and playing video games. In some neighborhoods, kids can’t go out to play on their own because of safety concerns. Being overweight and out-of-shape puts kids at an increased risk for health problems, including type 2 diabetes and heart disease. Type 2 diabetes is a condition that requires medication. If gone untreated, it can lead to complications with eyes, heart, and blood pressure.

Healthy habits. Schools and aftercare programs can help kids develop healthy habits by serving nutritious snacks, limiting the availability of unhealthy foods, and making active play an important part of the day. Limiting screen time will also help kids stay fit. Help kids get in the habit of turning off the television or game when it’s over and doing something active for fun!

Activities

Eating well. Read a book about healthy eating (see Read All About It), or watch the episode *D.W. the Picky Eater*, available at pbskids.org/arthur/health. Talk about keeping a good balance between healthy foods and sweet or high-fat foods. Have children think of healthy foods they like, particularly fruits and vegetables. Remind kids that it is important to eat whole fruits, not just drink fruit juice.

Kid cuisine. Give children the responsibility for planning healthy class snacks. The Eating Well activity (above) will help them think of good choices. Use the easy, nutritious recipe, “Arthur’s Open-Face Sandwiches” (included). Kids’ cookbooks often have other good suggestions for healthy, no-bake snacks.

Get up and move! Fit plenty of “stretch and move” breaks into your day. Do the Hokey Pokey, play Simon Says, Follow the Leader, or a non-competitive version of musical chairs where everyone squeezes in. Schedule time for outdoor play as well. Let students take turns suggesting favorite active games. Yoga stretches are a great way to ease cramped muscles or warm up before a game.

Step 1



Angry Cat. Arch up your back, put your chin down, and hiss!

Step 2



Happy Cat. Arch your back down, put your chin up, and purr.

Our favorite games. Talk about the ways the kids in ARTHUR enjoy being active. Create a class book with directions for playing students’ favorite sports and games. Send copies home to families.

Healthy communities. Organize a family health fair or, with your students, participate in a community walk. Grow a school garden! Sponsor a healthy cooking demonstration. Don’t forget to send home copies of “Arthur’s Open-Face Sandwiches.”

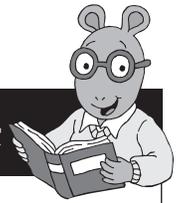
D.W.TM, the Picky Eater

D.W. will not be allowed to go to Grandma Thora’s birthday dinner unless she learns to eat healthy meals. It’s up to Arthur to get D.W. to eat her spinach before time runs out. Read the book or watch the video at pbskids.org/arthur/health.

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Read All About It



EAT WELL.

Eating the Alphabet by Lois Ehlert

Good Enough to Eat by Lizzy Rockwell

Pretend Soup and Other Real Recipes
by Mollie Katzen

Rah, Rah, Radishes: A Vegetable Chant by April Pulley Sayre

The Vegetables We Eat by Gail Gibbons

STAY FIT.

The ABCs of Yoga for Kids by
Teresa Power

The Busy Body Book: A Kid’s Guide to Fitness by Lizzy Rockwell

Let the Games Begin by Maya Ajmera

My Amazing Body: A First Look at Health and Fitness by Pat Thomas

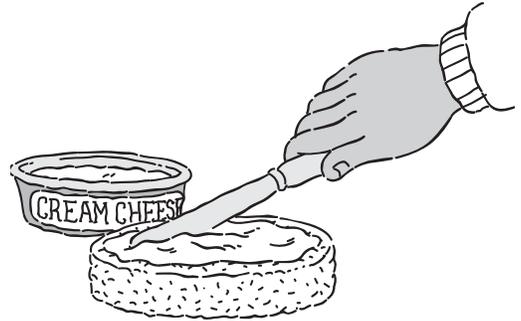
Whether it’s figure skating or ice hockey or something else, find a sport you like to do!



Arthur's Open-Face Sandwiches

1

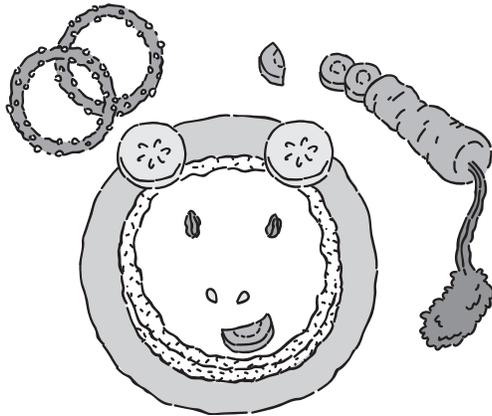
Spread an English muffin, rice cake, or mini pita bread with hummus, cream cheese, or cheese.



2

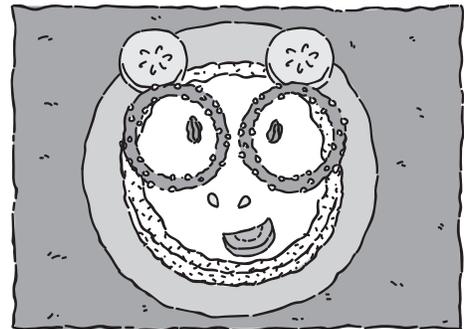
Make Arthur's face.

- Use raisins or sunflower seeds for his eyes and nose.
- Use cucumber or banana slices or dried apricots for his ears.
- Use bits of carrot or sweet red pepper for his mouth.



3

Use round pretzels for Arthur's eyeglasses.



For a nutritious breakfast, try an Arthur sandwich with a glass of milk and a sliced orange.

Who knew Arthur could be so yummy ... and good for you, too!

