Nutrition Outcomes & Instant Activities: The Perfect Blend

Aaron Hart (@nyaaronhart)
Andrea Hart, RDN

Unpacking Standard 3's Nutrition Outcome

Standard 3: Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

→ Standards are broken into grade level outcomes (E6.3).

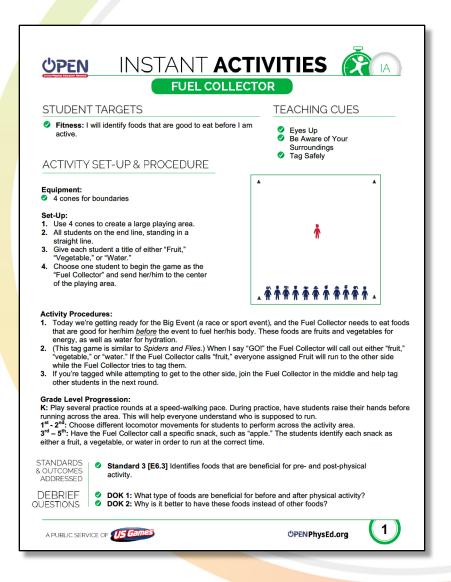
Grade 3: Identifies foods that are beneficial for pre- and postphysical activity. (E6.3)

- → Educators must then take those outcomes and break them into essential knowledge blocks.
- Focus activity snacks on fresh fruits and vegetables with water.
- This hydrates the body, provides quick energy, and is easily (comfortably) digested.

Unpacking Standard 3's Nutrition Outcome

- Standard 3: Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
 - Standards are broken into grade level outcomes (E6.4).
- Grade 4: Discusses the importance of hydration and hydration choices relative to physical activities (E6.4).
 - → Educators must then take those outcomes and break them into essential knowledge blocks.
- Hydrate with Water! Water is the <u>best</u> way to hydrate.
- Sports drinks can help if you sweat for more than an hour.
- More hydration is needed with sweat and hot temperatures.

OPENPhysEd.org Instant Activities [Part 1]



Fuel Collector

Today we're getting ready for the Big Event (a race or sport event), and the Fuel Collector needs to eat foods that are good for her/him before the event to fuel her/his body. These foods are fruits and vegetables for energy, as well as water for hydration.

Comprehensive Nutrition Education vs Physical Education Nutrition Outcomes

Physical Education Outcomes are Slanted toward Physical Activity

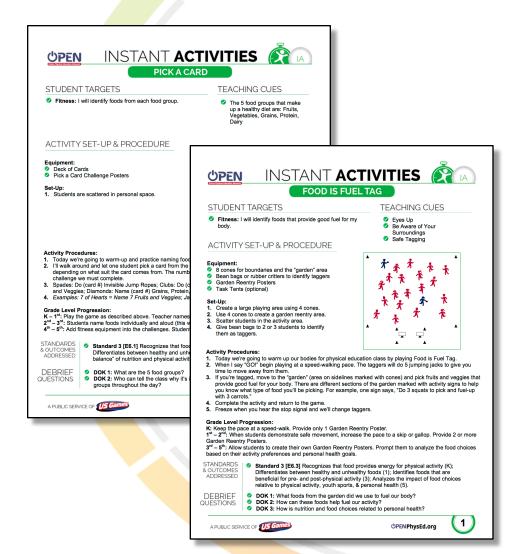
Outcomes [Grade 3 & 4]

- Identifies foods that are beneficial for pre- and post-physical activity (E6.3).
- Discusses the importance of hydration and hydration choices relative to physical activities (E6.4).

MyPlate [Grade 3 & 4]

- Nutrients in food help us grow and stay healthy
- Understanding Moderation
- Limit Solid Fats & Added Sugars

OPENPhysEd.org Instant Activities [Part 2]



Food is Fuel Tag

Today we're going to warm up our bodies for physical education class by playing Food is Fuel Tag.

Pick a Card

Today we're going to warm-up and practice naming foods for each food group with a game called Pick a Card.

How did the PE Teacher do???

-Did we plant seeds of nutrition awareness?

Was the information presented in an accurate and positive way?

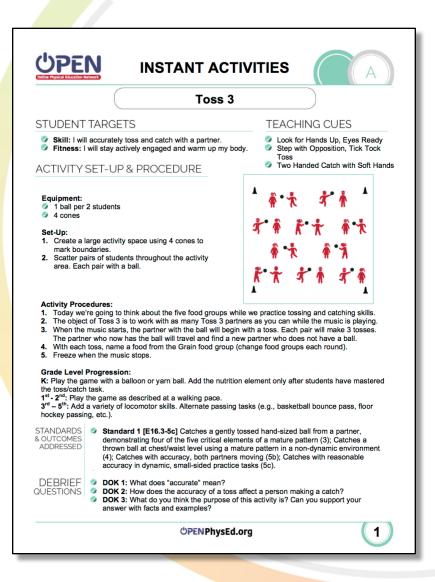


Focus on FOOD GROUPS

Learning and understanding the 5 food groups begins in Grade 1 and continues through High School.

- Essential Knowledge GR1: Identify foods from food groups and increase Fruit and vegetable consumption.
- Essential Knowledge HS Level 1: Use MyPlate to create a personalized nutrition plan appropriate for a healthy, active lifestyle.

OPENPhysEd.org Instant Activities [Part 3]



Toss 3

Today we're going to think about the five food groups while we practice tossing and catching skills.

The object of Toss 3 is to work with as many Toss 3 partners as you can while the music is playing.



A Public Service of



Register for Free! OPENPhysEd.org