

# Oh, The Things You Can Do That Are Good For You!

## **About the book:**

*Oh, The Things You Can Do That Are Good For You!*  
by Tish Rabe

Publisher: Random House  
ISBN#: 0-375-81098-6

## **Nutrition Objectives**

- State the difference between foods that are healthy foods and foods that are not healthy.
- Recognize basic lifestyle habits to follow in order to stay healthy.

## **Physical Education Objectives**

- Identify ways to exercise to promote growth, endurance, flexibility, and strength.

## Activities

- Nutrition Activity #1: FIT Bingo
- Nutrition Activity #2: Food Hero
- Physical Activity #1: Relay Races!
- Physical Activity #2: A Trip to the Feeling Great Clinic

## Lesson Handouts

- FIT Bingo cards
- Hero Pictures

## Parent Newsletter

- ABC's of Hand Washing

## Intent of Lesson

Look at nutrition and physical activity as part of a lifestyle of behaviors that maintain children's whole health. Make as many connections as possible between eating healthy food and other healthy behaviors (teeth that are strong from eating calcium rich foods should be brushed often).

## Previewing (5 minutes)

MyPlate reminds us to eat healthfully and to get regular exercise. Record ideas onto a list that will grow after reading the story.

### **Q. What are some things you do that are good for your body right away when you get up in the morning?**

- A. Shower or bathe, eat breakfast, brush and floss teeth, put on clothes right for the season.

## Active Reading: (10 minutes)

*Oh, the Things You Can Do That Are Good for You!* By Tish Rabe. Listen for more things to add to our list.

## Summarizing (5 minutes)

After reading the story, ask the following questions to reinforce the lessons of the book. Write ideas onto the list started before reading the book.

### **Q. What are some things that we can do to keep our bodies healthy and working properly?**

- A. Exercise regularly, eat a variety of foods, get plenty of rest (sleep), brush and floss your teeth every day, and wash your hands several times each day, go to the doctor and dentist regularly and as needed.

### **Q. Why is hand washing so important to help us stay healthy?**

- A. It helps prevent the spread of germs and diseases that can make us sick. We should wash our hands before and after we eat or make food, more often when we are sick, after we use the restroom, and anytime we feel that our hands might be dirty. Wash your hands with warm, soapy water for at least 20 seconds.



**20 minutes**

**Equipment:**

- FIT Bingo Cards (create more cards with various placement of answers if desired.)
- Buttons/tokens or felt-tip markers
- Master question sheet

## Fit Bingo

**Directions:**

1. Choose the appropriate version of Bingo cards—picture or text. Copy enough Bingo cards so that each child has one or two.
2. For young children go over the pictures and what they represent as healthy behaviors.
3. Read the questions about healthy behaviors one at a time.
4. Instruct children to place a marker or draw an X over the correct answer if it is on their card. Not every answer will appear on every card.
5. Keep asking questions until a child gets three markers in a row—across, up and down, or diagonally. They should then call out FIT Bingo.
6. Reward the winner with a positive incentive such as being first in line for an activity, a desired duty in the classroom, or a small item (pencil, stickers, etc.)
7. Play again with new cards if felt-tip markers were used for X-ing or if tokens were used remove tokens and start again on the same cards.
8. You can continue for black-out if desired.

<b>Questions</b>		
To remove germs from hands	To make a healthy mouth	To get up rested in the morning
Do this before heading to school or play	To keep from spreading germs when you sneeze	To guide you in eating all during the day
Do this to have energy all day	What to do when stomach is grumbling	Protect your brain

<b>F</b>	<b>I</b>	<b>T</b>
<b>Bingo</b>		
Exercise to get blood flowing	Sleep for 8 hours	Brush teeth often
Eat breakfast	Sneeze into your elbow	Wash with soap & water
Follow MyPlate plan	Wear a helmet	Take time to eat

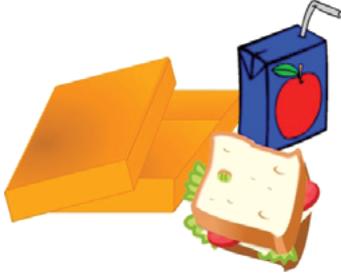
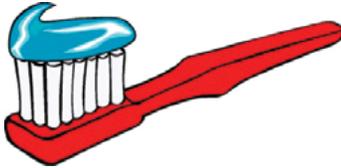
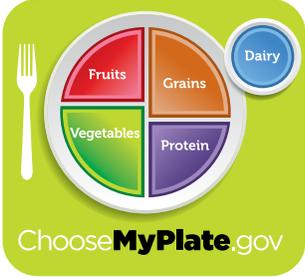
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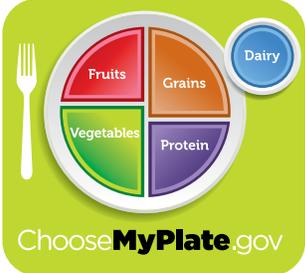
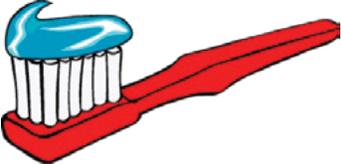
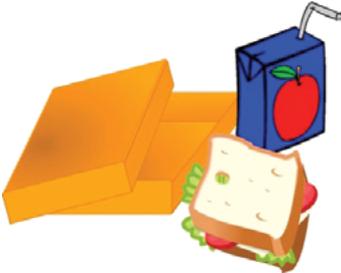
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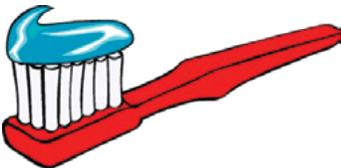
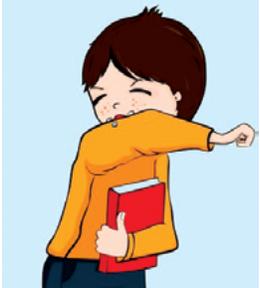
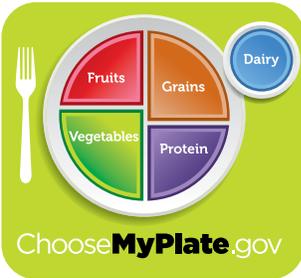
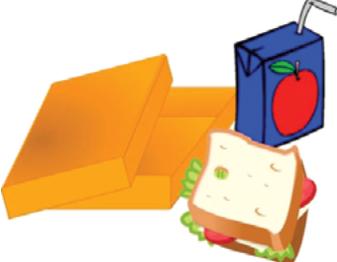
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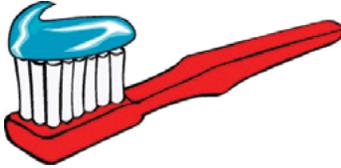
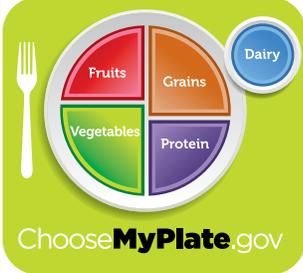
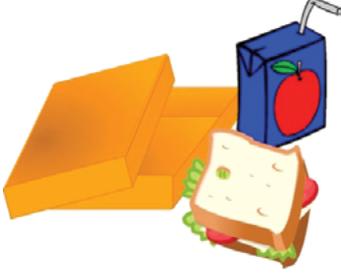
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Take time to eat	Sneeze into your elbow	Follow MyPlate plan
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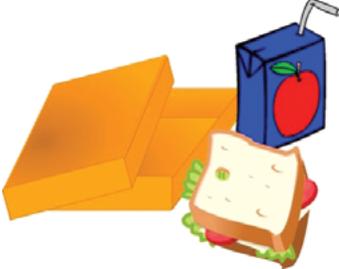
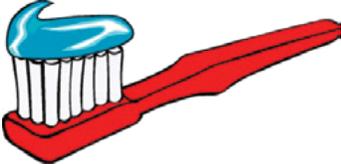
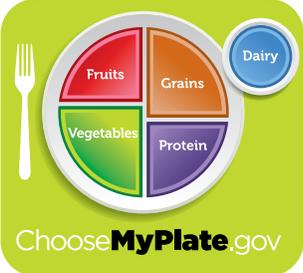
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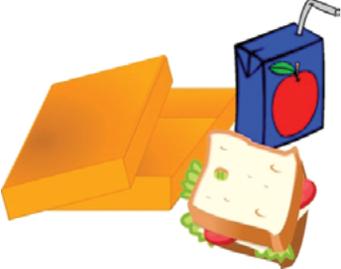
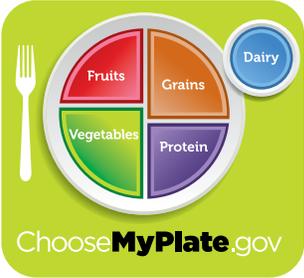
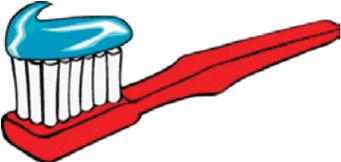
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<b>Bingo</b>		
		
		
		 <p>Choose <b>MyPlate</b>.gov</p>

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		 <p>Choose <b>MyPlate</b>.gov</p>

F	I	T
<b>Bingo</b>		
		
		
		



**20 minutes**

**Equipment:**

- Pictures of heroes
- Paper and markers/  
crayons
- Magazines, scissors, glue
- Whiteboard or flipchart

## Rolling in Dough

**Directions:**

**Q: What is a hero? Write ideas on a poster.**

A: saves people from harm, brave, example for others, role model, does something other people can't or don't, someone to be like

**Q: Do you know of any cartoon or movie heroes? (Show some pictures if children do not respond.)**

A: Superman, Spiderman, soldier, police officer/ FBI, doctor

Write "food hero = someone who shows you how to eat and live healthy."

**Q: Can you think of someone you know who is a food hero?**

A: Doctor, nurse, coach, teacher, parent, grandparent, brother or sister, athlete

**Q: What does he or she do that is healthy?**

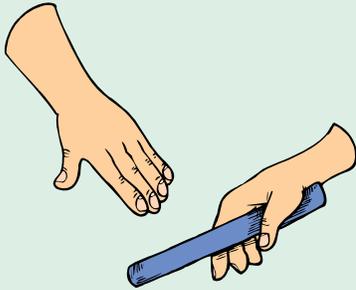
A: Write children's responses on a flipchart or whiteboard. Ideas might include eats good food, lifts weights, runs /walks/bikes, goes to doctor, tells other how to be healthy

1. Provide a variety of magazines, scissors, and glue. Have children cut and paste a collage of healthy heroes and what they do.
2. Encourage children to give their healthy hero a cool name. Share with the group. Post.









**10-15 minutes**

**Connection:**

The Tac-Toe Tapping Tweets encourage physical activity. Relay races that are named after nutrients can remind students about nutrition and to be active.

**Equipment:**

- Sacks
- Scooter boards
- Paper plates

**Safety Concerns:**

Students will need to be able to move safely in personal and general space.

## Relay Races!

**Activity Guide:**

1. To help youth understand the importance of increasing their physical fitness, have some simple relay races.
2. Create teams and set up a start and finish area. This can be done outdoors or in a large indoor room.
3. You can reinforce the importance of good nutrition by naming the races with different names such as "Vitamin A" Races or "Protein" Races, etc. Some examples of relays you can do include:
  - Running forward and backward (Sugar race)
  - Crawling (Calcium race)
  - Racing in sacks (if available) (Protein race)
  - Hopping races (Vitamin race)
  - Balance races (have the children balance a paper plate on their head during the race) (Breakfast race)
  - Tip-toe or walk on heels (Whole grains race)
  - Crab walk (Minerals race)
  - Scooter board (Vegetable race)



**15-20 minutes**

**Connection:**

Help students review the healthy habits on the trip by simulating an activity for each.

**Equipment:**

- Hula hoops (1 per student)
- Small, soft balls (tennis ball size, 20-30)
- Koosh balls (20-30)
- 15-20 different food model cards, some from each food group
- MyPlate poster
- Pool noodles (1 per student)
- Mats (2-3)

## A Trip to Feeling Great Clinic

**Activity Guide:**

1. To begin, students jump into hula hoops for their "cars" which will take them on a ride to the Feeling Great Clinic.
2. At our first stop, Tac-Toe-Tapping Tweet, the importance of exercise is presented, have the students do 15 jumping jacks and hop in place ten times.
3. Next, have small, soft balls scattered on the floor representing germs, similar to Snuff-Gruffe's sneezing problem. Have the students demonstrate how to properly cover a cough and sneeze. Then move zig-zag around the germs on the floor. (Change locomotor skills.)
4. Next stop will be the Scrubble-Bubble Machine, here have the students pretend to scrub their nails, hair, under their arms, and so forth. Have a pool noodle for each student to use as a scrub brush (or pretend that you are holding a scrub brush).
5. Next is the Great Food Plate: Show the students different pictures of foods and ask them where each food item belongs on the MyPlate poster. (Q: How much should you have for each group? A: Grains 6 oz., fruit 1 1/2 cups, vegetables 2 1/2 cups, protein 5 oz., dairy 3 cups)
6. The next stop will be about reading signs of your own body. Have the students show how they feel during certain situations and how to solve the problem: Thirsty, hungry, in pain, tired, angry.
7. Next stop is all about protection. The students show the most important areas to protect on their body. Face a partner, choose one as the leader, do the steps in washing your hands with the follower mirroring the leader. Have them sing the ABC song to time the hand washing.

8. In our last stop before the Feeling Great Clinic, have students learn about the importance of sleep. We will have them lie down on the tumble mats on the floor, and pretend to lay down and sleep.
9. Pretend to ride a bike. Put on your helmet first!
10. Then we arrive at the FEELING GREAT CLINIC!

**Cool Down/Closure:**

**Q: Where are the most important areas on your body you should protect?**

A: Skin, eyes, mouth, teeth, stomach, head, muscles, other

**Q: How can you prevent germs from spreading?**

A: Wash hands often with soap and water, cough or sneeze into your elbow

**Q: What does brushing your teeth do?**

A: Cleans away germs that cause tooth decay



### Family Fun

For a family activity check out the book, *Oh, the Things You Can Do that are Good For You!* by Tish Rabe, from your local library. Read together and discuss the importance of making healthy lifestyle choices.

## ABC's of Hand Washing

### Always Wash Hands

Abby bounced into the kitchen, ready for her afternoon snack. Without a reminder, she put her stool by the sink, turned on the warm water, rubbed her hands with the soap, and washed her hands carefully, happily singing the ABC's. Her mother smiled proudly as she caught Abby's eye.

Hand washing is important for the family. Even if your hands look clean, they probably carry germs (or bacteria). Germs are everywhere. If you wash your hands well with warm soapy water, you can get rid of the germs.

Some germs can make one sick. Colds and flu can spread from one person to another in your family through unwashed hands. It's easy to contaminate food with germs from dirty hands.

Wash before:

- Handling food
- Eating a meal or snack

Wash after:

- Coughing or sneezing into your hands

- Handling food
- Using the bathroom
- Touching a pet
- Blowing your nose
- Changing a diaper
- Handling garbage
- Playing outdoors

### Promote Good Hand Washing with Your Child

Follow good hand washing habits yourself. Your child will watch and follow what you do.

Encourage your child to count slowly to 30, or to sing the Alphabet Song to help make hand washing fun and last long enough.

Make certain that your child can reach the sink safely. A safe stepping stool may be needed.

Place a hand washing reminder by the sink and toilet.

## No Soap and Water

Washing hands with soap and water is the best way to reduce the number of germs. If soap and water is not handy, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

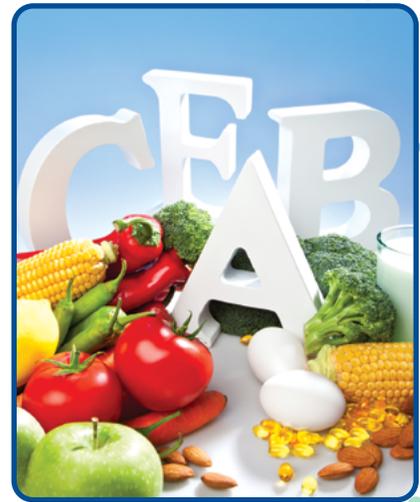
Alcohol-based sanitizers can quickly reduce the number of germs on hands in some cases, but sanitizers do not kill all types of germs. When hands are visibly dirty, hand sanitizers do not work. Apply the product to your hands and rub until dry. ([www.cdc.gov/handwashing/](http://www.cdc.gov/handwashing/))



## How Well Do You Know Your Vitamins?

### Match the vitamin with its role in your body

- |  |              |
|--|--------------|
| 1. Will assist in clotting blood   | A. Vitamin A |
| 2. Known as the sunshine vitamin.  | B. Vitamin B |
| 3. Promotes the absorption of calcium and phosphorus.  | C. Vitamin C |
| 4. This vitamin includes thiamin, riboflavin and niacin. Helps produce energy in all cells of your body. | D. Vitamin D |
| 5. Works as an antioxidant. Reduces the risk of health problems.   | E. Vitamin E |
| 6. Promotes good vision. Dark green and deep yellow vegetables are excellent source.                     | F. Vitamin K |
| 7. This vitamin can protect you from infection by keeping the immune system healthy.                     |              |



1-f; 2-d; 3-d; 4-b; 5-e; 6-a; 7-c

## Baked Chicken with Vegetables

**Servings:** 6

**Ingredients:**

- 4 sliced potatoes
- 6 sliced carrots
- 1 large quartered onion
- 1 raw chicken, cleaned and cut into pieces, skin removed
- 1/2 cup water
- 1 tsp. thyme
- 1/4 tsp. pepper

**Directions:**

Preheat oven to 400 degrees F. Place potatoes, onions and carrots in a large roasting pan. Put chicken pieces on top of the vegetables. Mix water, thyme, and pepper. Pour over chicken and vegetables. Spoon juices over chicken once or twice during cooking. Bake for one hour or more until browned and tender.

**Nutrition Facts:** 190 calories; 3.5g total fat; 1g saturated fat; 75mg cholesterol; 135mg sodium; 13g carbohydrates

**Sources:** <https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/baked-chicken-vegetables>

**Adapted from:** Nibbles for Health, Nutrition Newsletters for Parents of Young Children, USDA, Food and Nutrition Service