

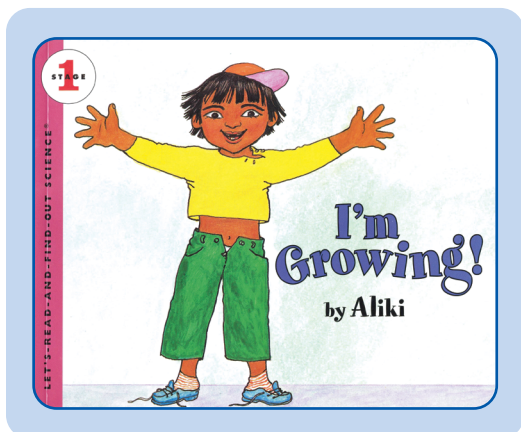


**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Growing Active **READERS**

I'm Growing!

Target Age: Pre-K to 2nd Grade



About the book:

I'm Growing!

by Alikì

Publisher: Harper Collins Publishers

ISBN#: 0-064-45116-4

Nutrition Objectives

- Identify that drinking milk is important to help students grow and learn.
- Recognize that everyone grows at different times and at different rates.

Physical Education Objectives

- Illustrate with activity how the body changes as a child grows.

Activities

- Nutrition Activity #1: Milk Matters
- Nutrition Activity #2: Me!
- Physical Activity #1: I'm Growing
- Physical Activity #2: Bean Bag Toss

Lesson Handouts

- Milk Life posters

Parent Newsletter

- Milk for Growing Bones

Intent of Lesson

Growth is dependent on good nutrition, especially from the dairy group. Help the children recognize that they are growing at different times and at different rates.

Previewing (5 minutes)

The story we are reading today will help you learn how to keep your bodies strong and healthy. Drinking milk is one way to do this.

Questions to ask:

Q. What does MyPlate teach us?

- A. How to make healthy food choices; how to eat the right amount.

Q. How many servings of dairy should you have in a day? What besides milk is in the dairy group?

- A. Dietary guidelines recommend children 4-8 years old to have up to 2 ½ cups a day, and children 9-13 years old to have up to 3 cups of dairy per day. Yogurt, cheese, cottage cheese, ice cream, pudding, custard, frozen yogurt is also in the dairy group.

Active Reading: (10 minutes)

Today we will be reading *I'm Growing* by Alikei.

Summarizing (10 minutes)

Q. How can you tell if you are growing?

- A. Weigh more, outgrow clothes and shoes, taller, more hungry, losing and gaining teeth, outgrow tricycle or other toys

Q. What ways do you grow?

- A. Body, hair, teeth and fingernails.

Q. Do we all grow at the same rate?

- A. No, some children grow faster than others and that's okay!

Q. What can you do to help your body grow?

- A. Be active, drink milk, eat a variety of healthy foods and snacks, brush teeth.



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20-30 minutes

Equipment:

- Food model cards of milk, yogurt, cheese, pudding, ice cream. (National Dairy Council, 200 cards, 1-800-426-8271).
- Drawing paper, markers, crayons
- Glasses of milk and digital camera and printer (optional)

Milk Matters

Directions:

Q: What does milk look like? Taste like? Feel like in your mouth? Smell like? Does it make a sound?

A: Answers will vary.

1. Explain “Milk and foods made from milk give you calcium and Vitamin D that your body needs for strong bones and teeth. You are growing and building bones and teeth right now so it is important for you to get 2 cups every day”.

Q: Do you know what other foods are made from milk?

A: yogurt, pudding, cheese, cottage cheese, ice cream. Show food model cards of these.

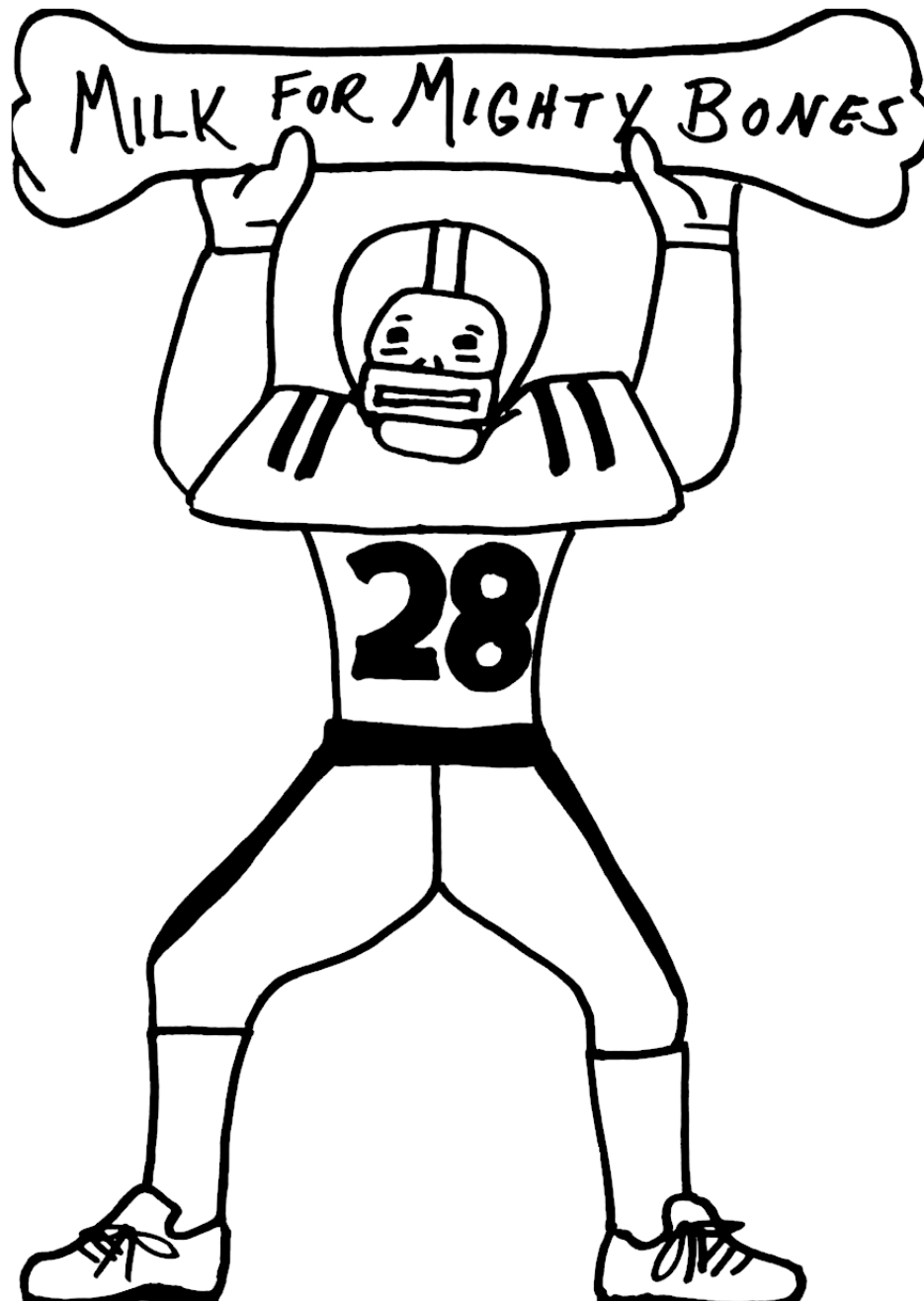
2. Show children sample posters and videos from the Milk Life Campaign. milklife.com
3. Hand out paper, markers, and crayons and instruct them to draw a poster that encourages someone their age to drink milk or eat foods made from milk. Take milk moustache photos of the children to use if time allows.
4. Share posters and discuss their messages.



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Milk Life Poster

Encourage children to use their imaginations to make promotional milk posters like this sample. Draw additional examples from the Milk Life/Milk Moustache campaign.





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20 minutes

Equipment:

- Butcher Paper or newsprint
- Crayons/Colored Pencils/Markers

Me!

Directions:

1. Using large paper, trace an outline of each child's body. The child can also color and draw in his/her features.
2. Ask the child to draw pictures of his or her favorite foods inside the line. Ask the child to draw pictures of ways to keep their body healthy through exercise and activities that he or she enjoys outside the line.
3. Post posters. Look at differences. Discuss: Everyone grows at different rates.

Q: Is everyone the same height?

Q: Is everyone exactly the same age?

Q: Does everyone have the same length hair?

Q: Do some of you have teeth missing?

Emphasize:

"Even though some of you are near to the same age, you will not all be the same height, have the same number of teeth, or have the same length of hair. We all grow at different rates."



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10-15 minutes

Connection:

Review how a child grows as described and illustrated in *I'm Growing*.

I'm Growing and Moving

Activity Guide:

After reading the book, the students will model growing from birth until present using locomotor skills (walk, run, hop, jump, step-hop, skip, gallop, leap, and slide). Each stage of life will have a different action. For example, after birth, a child will crawl and then progress to walk.

1. First I was a baby; I couldn't walk or crawl.

Popcorn: Students lie on back and tuck into a ball; tuck chin to knees and hold legs to chest with arms; hold for 3 seconds and pop out (let go of legs and relax).

2. But then I started moving a little more.

Lay on the floor and do the log roll several times.

3. Next, I could pull myself around, but my muscles weren't strong enough to crawl so it looked like an army crawl.

Army crawl: move with arms and legs but leave stomach on the floor.

4. Then finally I could crawl.

Crawl: on hands and knees. First slow, then a little faster.

5. Once my muscles and bones became stronger by eating healthy foods, I learned to walk.

What are some healthy food that we should eat to have strong bones and muscles?

Walk around slowly; then power walk. Run for a few seconds.

What are some exercises you can do to keep your bones strong?

Push-ups, sit-ups, etc. Have the students do 2 or 3 of each of the examples they give.

6. Your bones and muscles haven't been the only things changing.

Your brain, heart, lungs, stomach, and skin change too.

Locate these organs by showing them the picture on page 11 of book, but have them point to that area of their own body as well.

7. We want clean teeth.

Talk about why you want to have clean teeth and then move like a tooth brush. Hop up and down, shake side to side, slide around the room/area.

8. Eventually some body parts stop growing (bones), but other things like hair and nails continue to grow. If you eat healthy food you will get energy, vitamins and minerals.

Pretend to eat a healthy food of your choice. Tell a classmate what you are eating. The good food gave you energy to do 5 jumping jacks.

Cool Down/Closure:

Q: Can you describe how you have changed and grown since you were younger?

A: Grew from baby to being able to care for my body and learn to eat healthy foods.



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15 minutes

Connection:

Students will be active as they identify body parts by tossing bean bags at the body posters of themselves.

Equipment:

- Me body posters
- Bean bags

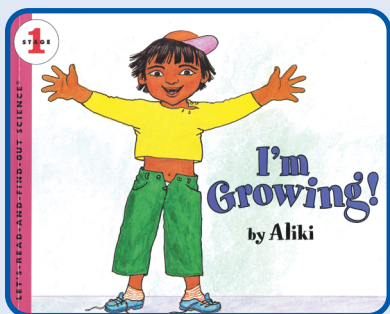
Bean Bag Toss

Directions:

1. Place the Me posters created in the Nutrition Activity on the floor around the room.
2. Give each child a soft bean bag.
3. Have the child step away from the poster by a few large steps (distance from the poster depends on the age of the child).
4. Call out body parts as the child tosses his or her bean bag at the appropriate location on the poster.



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Family Fun

For a family activity check out the book, *I'm Growing* by Alik, from your local library. Read together. Review pictures of your child(ren) and how they grown from infancy to now.

Milk for Growing Bones

Health Benefits of Dairy Products

Consuming dairy products improves one's bone health and reduces the risk of osteoporosis. The intake of dairy products is especially important to bone health during childhood and adolescence, when bone mass is being built.



Milk and milk products are an excellent source of calcium and Vitamin D. Calcium is used for building bones and teeth and in maintaining bone mass. Vitamin D functions to maintain proper levels of calcium and phosphorus.

It is recommended that children between the ages of 4 and 8 consume 2 ½ cups of milk or its equivalent daily. One cup of milk is equal to:

- 8 ounces yogurt
- ⅓ cup shredded cheese
- 1 ½ – 2 ounces cheese
- 1 cup pudding made with milk
- 1 cup frozen yogurt
- 1 ½ cups ice cream
- 2 cups cottage cheese

The current Dietary Guidelines for Americans encourages individuals to select fat-free and low-fat dairy foods. Foods from this group can be high in saturated fat and calories. Selecting lower fat versions will spare one of these. That's healthy!

Whole milk can be offered starting at 12 months until 24 months. After this age, they can drink low-fat milk.

Getting Milk in the Diet

Not all children will drink milk. But there are other ways to get the valuable nutrients supplied by milk in one's diet.

- Make oatmeal, hot chocolate and soups with milk instead of water
- Sprinkle reduced-fat cheddar cheese on scrambled eggs
- Layer low-fat granola, fresh fruit and vanilla yogurt for a quick parfait
- Top baked potato with fat-free or low-fat yogurt
- Make a dip for fruits or vegetables from yogurt

For Growing Bones—Which Milk?

Check the Nutrition Facts panel on milk cartons to help you make choices for your family. Your child will get the same amount of bone-building calcium no matter what type of milk you pick. Low-fat milk has the lesser amount of fat.

Examine the label further. You will note that each type of milk contains the same nutrients.

Calcium and **Vitamin D** for your child's growing bones and teeth. These same nutrients help your bones stay healthy.

Protein for building a growing body. It also keeps your body in good repair.

Vitamin A for healthy eyes and skin.

Nutrition Facts	
Whole Milk	
Serving size	1 Cup (240ml)
Amount Per Serving	
Calories	150
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 120mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 8g	16%
Vitamin D 3mcg	15%
Calcium 282mg	20%
Iron 0mg	0%
Potassium 345mg	8%
Vitamin A 75mcg	8%

Nutrition Facts	
Low Fat Milk 1%	
Serving size	1 Cup (240ml)
Amount Per Serving	
Calories	120
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 160mg	7%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	0%
Total Sugars 14g	
Includes 0g Added Sugars	0%
Protein 11g	22%
Vitamin D 3mcg	15%
Calcium 379mg	30%
Iron 0mg	0%
Potassium 472mg	10%
Vitamin A 168mcg	20%

Shake-A-Pudding

Servings: 8

Ingredients:

- 2 cups milk, skim or low fat
- 1 (3 1/2 ounce) box instant vanilla pudding mix
- 2 bananas, peeled and sliced (or other fruit)

Directions:

Place 2 cups of milk in a quart container with a tight fitting lid. Add package of pudding to the container; secure lid. Shake until mixture is smooth. Place pieces of fruit in a serving bowl or paper cups. Pour pudding over fruit and chill.



Nutrition Facts: 100 calories; 1g total fat; 0g saturated fat; 5mg cholesterol; 210mg sodium; 21g carbohydrates; 2g protein

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

Sources: myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/shake-pudding