

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Module 5: Physical Activity

**Lesson Theme:** Teaching the importance of living an active lifestyle and guiding students towards participating in at least 1 hour of physical activity every day.

### ACTIVITY

#### Did you know?

- Kids should be active for 60 minutes each day.
- Physical activity is not just good for your body, it's good for your mood, too!
- Exercising while you're young helps your bones stay strong.
- The more physically active you are, the healthier you may be.
- You should drink water before, during and after being physically active.

#### Get Active!

- Make time (about 60 minutes) each day to be active. Remember, all minutes of physical activity add up—every little bit helps!
- It can be fun! Play games like Hide and Seek, Freeze Tag or have a Dance Party at home.
- Take family walks a few times a week. You can take your dog if you have one.
- Simple chores like yardwork and gardening are great forms of physical activity.
- Take your water bottle with you. It's important to replenish the water we lose.



**REFLECTION:** In the space below, write one thing that you learned during today's lesson and what you thought about the mindful tasting.

**Today I tasted:**

**Melon and Fresh Herb Salad**



**Ingredients**

- 2 Tbsp. lemon juice
- 1 Tbsp. honey
- 4 c. seedless watermelon, cut into 1-inch pieces
- 2 c. cantaloupe, cut into 1-inch pieces
- 1/2 c. torn mint leaves
- 1/2 c. torn basil leaves

**Instructions**

- In a large bowl, mix together lemon juice and honey with a fork until honey dissolves.
- Add watermelon and cantaloupe; toss to combine.
- Store in refrigerator until ready to serve.
- Add mint and basil; toss again.

Source: <https://parade.com/842651/communitytable/melon-fresh-herb-salad/>



**Take home tip:**

One day a week, pick a fun family outing that includes some physical activity, such as a morning hike, a mid-day bike ride or an after-dinner walk around the neighborhood!



**Joke:**

When do you go at red and stop at green?

When you are eating a watermelon!