

# Health Feels Great!

## TEKS: First Grade

- 4 (B) Ask relevant questions, seek clarification, and locate facts and details about stories and other texts.
- 14 (B) Identify important facts or details in text, heard or read.
  - (D) Use text features (e.g., title, table of contents, illustrations) to locate specific information in text.

## Meets Additional TEKS:

Reading: 1(F); 4(A,C); 14(A,B,C)  
Math: 1(A); 10(A); 11(A)

## Objective:

Students will be able to discuss why nutrition and movement are important for maintaining a healthy body.

Students will discuss that a body needs sleep in order to recharge itself.

Students will be able to identify five or more healthy choices they can each make daily.

Students will discuss that individuals have choices and that wise choices are important for maintaining health.



## Activities:

1. Introduction (5 minutes) – The *Health Feels Great!* video shows students that making healthy choices can make them feel good.
2. Survey (15 minutes) – The students take a quick survey about which healthy choices they are making every day.
3. Shared Reading (15 minutes) – A short book that demonstrates good habits for a healthy life.
4. Points to Ponder (5 minutes) – Options for further discussion.
5. Activities We Like (30 minutes) – An activity that discusses the importance of physical activity.
6. Teacher Says (5 minutes) – An activity that gets students moving while they compare the amount of energy used in different activities.

## Materials:

**Introduction: Video:** Health Feels Great!

**Shared Reading: Book:** Healthy Habits by Rebecca Weber

**Activities We Like:** "Post-its"

**Teacher Says:** Activity Cards worksheet, children's backpacks

## Did You Know...

Children need 60 minutes or more of physical exercise each day.<sup>1</sup>

When your body is moving you are using energy. When you are resting, your energy is being stored.

Want to make your bones stronger? Try jumping rope!<sup>2</sup>

If you are between 5 and 10 years of age your body needs 10 - 11 hours of sleep each night!<sup>3</sup>  
Are you getting enough?



## Pedagogy:

Remember to use Bloom's Taxonomy and Gardner's M.I.! For example, in this lesson, you might ask the students to DESIGN a poster or mural that shows the benefits of good health (Bloom). Alternatively, for a verbal style of learner (Gardner), you might have the student write a thank you letter to his or her body, thanking it for all the things it can do.



## Brain Builder Vocabulary:

nutrition  
nutrient  
movement  
exercise  
survey  
energy  
habit

## Other Resources:

<http://www.cdc.gov/physicalactivity/everyone/guidelines/children.html>

<http://www.choosemyplate.gov/>

[http://www.bam.gov/sub\\_physicalactivity/](http://www.bam.gov/sub_physicalactivity/)

<sup>1</sup> <http://www.cdc.gov/physicalactivity/everyone/guidelines/children.html>

<sup>2</sup> <http://www.cdc.gov/physicalactivity/everyone/guidelines/children.html>

<sup>3</sup> <http://www.cdc.gov/Features/Sleep/>