

CHEERS!

THEME 5: Be Active



CHEFS!

THEME 5: Be Active

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Bodies Are For Moving

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Fueling Fitness



Session 1:

Bodies Are For Moving – Lesson Plan

Objectives:

- Chefs understand the benefits of having an active lifestyle
- Chefs display many different forms of physical activity.

RESOURCES	DISCUSSIONS & ACTIVITIES	TIME (MINUTES)
<p>Canadian Physical Activity Guidelines (http://www.csep.ca/CMFiles/Guidelines/CSEP-InfoSheets-child-ENG.pdf)</p> <p>Tips to Get Active (http://www.phac-aspc.gc.ca/hp-ps/hl-mvs/pa-ap/assets/pdfs/05paap-eng.pdf)</p>	<p>Lead a discussion which highlights the guidelines for children ages 5-11. Emphasize the importance of and differences between both aerobic and strengthening activities.</p> <p><i>essential</i></p>	10
<p>Active Charades</p>	<p>The children have fun demonstrating many different types of physical activity.</p> <p><i>essential</i></p>	20
<p>My Body Song</p>	<p>Get the children active with this fun song. <i>optional</i></p>	5
<p>Screen Time Journal</p>	<p>Have the children keep a 3-day journal to log the amount of time they spend in front of a screen. This number can be reported back to the group for discussion during the next session. <i>optional</i></p>	0

Try one of these recipes (40 mins):

- Spaghetti Squares
- Harvest Vegetable Soup
- Butternut Squash, Spinach, and Feta Frittata

TEACHING MOMENT:

When incorporating online resources into your lesson plan, be sure that the website you access is a reputable source of information. Generally, you can trust the credibility of websites representing government, a well-known healthy organization, or an educational institution.

It's a Fact! The first carrots were not orange. In the 1500s, the Dutch bred purple carrots with yellow carrots to develop the first orange carrots. Over the years, plant breeders have developed carrot varieties that have about 75% more beta carotene than the carrot varieties that existed 25 years ago.



BE ACTIVE

BODIES ARE FOR MOVING



Session 1:

Bodies Are For Moving – Resources

Canadian Physical Activity Guidelines

Canadian Physical Activity Guidelines

FOR CHILDREN - 5 – 11 YEARS

Guidelines



For health benefits, children aged 5-11 years should accumulate at least 60 minutes of moderate- to vigorous-intensity physical activity daily. This should include:



Vigorous-intensity activities at least 3 days per week.



Activities that strengthen muscle and bone at least 3 days per week.



More daily physical activity provides greater health benefits.

Let's Talk Intensity!

Moderate-intensity physical activities will cause children to sweat a little and to breathe harder. Activities like:

- Bike riding
- Playground activities

Vigorous-intensity physical activities will cause children to sweat and be 'out of breath'. Activities like:

- Running
- Swimming

Being active for at least 60 minutes daily can help children:

- Improve their health
- Do better in school
- Improve their fitness
- Grow stronger
- Have fun playing with friends
- Feel happier
- Maintain a healthy body weight
- Improve their self-confidence
- Learn new skills

Parents and caregivers can help to plan their child's daily activity. Kids can:

- Play tag – or freeze-tag!
- Go to the playground after school.
- Walk, bike, rollerblade or skateboard to school.
- Play an active game at recess.
- Go sledding in the park on the weekend.
- Go "puddle hopping" on a rainy day.

60 minutes a day. You can help your child get there!



THE GOLD STANDARD IN EXERCISE SCIENCE AND PERSONAL TRAINING
www.csep.ca/guidelines

Session 1:

Bodies Are For Moving – Resources

Tips to Get Active



Tips to Get Active

> Physical Activity Tips for Children (5-11 years)

Information and tips for parents, teachers and caregivers of children (5-11 years)

Help kids enjoy their way to a healthier lifestyle! **One hour** of physical activity every day: at home, at school, at play. Every step counts!

1

Physical activity plays an important role in the health, well-being and quality of life of all Canadians, and it is particularly important for children and youth. **Habits formed early can last a lifetime.**

2

How much physical activity do children need? Children aged 5-11 should accumulate at least **One hour of moderate-to vigorous-intensity physical activity daily.** But more is even better!

3

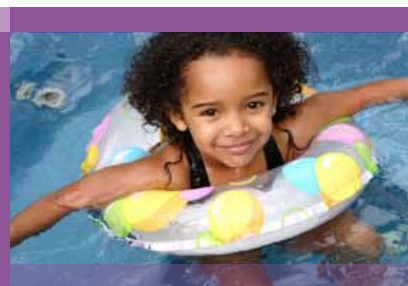
To make the most of their physical activity, try to include: Vigorous-intensity activities at least **three days per week.** Activities that strengthen muscle and bone at least three days per week.

Tips to help kids get active

- Encourage walking to school and getting active as a family
- Get them to skateboard, bike or run instead of getting a ride
- Ask them to walk the dog with you
- Have them rake the leaves, shovel snow or carry the groceries
- Encourage them to dance to their favourite music
- Replace computer and TV time with something active
- Build active opportunities into daily classroom routines and encourage students to join a school sport team
- Take kids to the playground or to the park to play
- Reduce screen time



Be more active in the after-school time period. Every step counts!





Session 1:

Bodies Are For Moving – Resources

Tips to Get Active



Tips to Get Active

> Physical Activity Tips for Children (5-11 years)

Health Benefits

- > OPPORTUNITIES FOR SOCIALIZING
- > IMPROVE FITNESS
- > INCREASED CONCENTRATION
- > BETTER ACADEMIC SCORES
- > STRONGER HEART, BONES AND HEALTHIER MUSCLES
- > HEALTHY GROWTH AND DEVELOPMENT
- > IMPROVED SELF-ESTEEM
- > BETTER POSTURE AND BALANCE
- > LOWER STRESS

More physical activity provides health benefits. Encourage children to move more as part of a healthy lifestyle.

What is moderate aerobic activity?

Moderate-intensity aerobic activity makes you breathe harder and your heart beat faster. You should be able to talk, but not sing.

- > Examples of moderate-intensity physical activity include walking quickly, skating, bike riding and skateboarding.

What is vigorous aerobic activity?

With vigorous-intensity aerobic activity, your heart rate will increase even more and you will not be able to say more than a few words without catching a breath.

- > Examples of vigorous activity include running, basketball, soccer and cross-country skiing.

What are strengthening activities?

Muscle-strengthening activities build up your muscles.

With bone-strengthening activities, muscles push and pull against bones helping make them stronger.

- > For children, climbing and swinging on playground equipment is an example of a muscle strengthening activity.
- > Examples of bone-strengthening activities include running, walking, and jumping rope.

www.publichealth.gc.ca/paguide

Combine aerobic and strengthening activities

To achieve health benefits, children need to do both aerobic and strengthening activities. Aerobic activities result in faster breathing, a warmer feeling and an increased heart rate. Strengthening activities build muscles and bones.

Get them active after school

After school is a great time to be physically active. Suggest activities other than TV/Computer. Sign up for active programs, and if possible find active ways to get home from school. Make time to be active every day.

Canadian Physical Activity Guidelines were developed by the Canadian Society for Exercise Physiology and are available at: www.csep.ca/guidelines

Cat.: HP10-16/1-2011E-PDF ISBN: 978-1-100-18922-2

Session 1:

Bodies Are For Moving – Resources

Active Charades

Source: Adapted from Kids in the Kitchen

Objective: This activity gives the children a chance to be active while learning many different ways to be physically active every day.

Materials/resources:

- Hat/bowl
- Cut out Active Charades cards
- Flipchart paper/marker board
- Markers

Instructions: Divide the children into two teams. Every team member gets a chance to draw a card from the hat and act out the activity written on the card for their team members. If their team does not correctly guess the activity within 30 seconds, the opposing team has a chance to guess. Keep score on a flipchart or marker board.

Charades Cards:

- | | |
|--------------------|-----------------|
| • Volleyball | • Football |
| • Hockey | • Skipping Rope |
| • Basketball | • Soccer |
| • Hopscotch | • Swimming |
| • Tag | • Karate |
| • Rollerblading | • Baseball |
| • Ice Skating | • Bicycling |
| • Horseback Riding | • Ballet |
| • Tennis | • Dancing |
| • Downhill Skiing | • Jumping |
| • Running | |



BE ACTIVE

BODIES ARE FOR MOVING



Session 1:

Bodies Are For Moving – Resources

Active Charades

Volleyball

**Horseback
Riding**

Swimming

Hockey

Tennis

Karate

Basketball

**Downhill
skiing**

Baseball

Hopscotch

Running

Bicycling

Tag

Football

Ballet

**Roller-
blading**

**Skipping
Rope**

Dancing

Ice Skating

Soccer

Jumping

Session 2

Fueling Fitness – Resources

My Body Song

Source: Adapted from Alberta Education

Objective: Add activity to the session and reinforce the physical activity message.

Materials/resources:

- Chairs
- Instructions:

Introduce and sing together the following song to the tune of “My Bonnie Lies Over the Ocean.” When a word is sung that begins with the letter “B”, the children stand up. When the next word beginning with the letter “B” is sung, the students sit down.

My body lies over the sofa

My body sees too much tv

My body it needs to be healthy

Please bring back my body to me!

Bring back, bring back

Oh, bring back my body to me, to me!

Bring back, bring back

Oh, bring back my body to me!



BE ACTIVE

FUELING FITNESS



Session 2

Fueling Fitness – Resources

Screen Time Journal



Every time you find yourself in front of a screen (tv, video, computer, iPad, etc.) is a missed chance to be active. Sometimes you need to work on the computer to get schoolwork done, or your whole family is watching a movie and you want to join in. We often spend a lot of time in front of a screen when we don't really need to.

For 3 days, keep track of the time you spend in front of a screen. By the end of the three days, you may be very surprised! Add up the hours and discuss it with your group at the next Chefs! session. Think of other more active ways you could have spent that time.

TYPE OF SCREEN	REASON	START TIME – END TIME	TOTAL TIME
TYPE OF SCREEN	VIDEO GAMES	7:30-8:45	1 HR 15 MINUTES

Session 1:

Bodies Are For Moving – Recipes

Spaghetti Squares

Skill level: Moderate

Serves: 6

Prep time: 25 minutes

Cook time: 30 minutes

INGREDIENTS:

300 grams whole wheat spaghetti, uncooked
1 ½ lbs extra lean ground beef
1 tbsp vegetable oil
1 small onion diced 🍎
1 cup sliced mushrooms
1 small green pepper diced 🍎
1 jar (700ml) reduced sodium pasta sauce
½ tsp onion powder

1 tsp dried basil
½ tsp dried oregano 🍎
½ tsp garlic powder
2 eggs beaten 🍎
1- 500g container reduced sodium 1% cottage cheese
¼ tsp garlic powder
2 cups reduced fat mozzarella, grated and divided

INSTRUCTIONS:

Preheat oven to 400°F.

1. Combine ½ tsp onion and garlic powder, along with the oregano and basil in a small bowl and set aside.
2. Brown ground beef in a large non-stick skillet on med-high, breaking up meat with a wooden spoon as it cooks. Drain any excess fat and then add mushrooms, green pepper and your spice/herb mixture. Cook 5 min more or until mushrooms start to soften. Then add the pasta sauce and set aside.
3. Meanwhile, cook pasta as directed on package. Drain, shake off excess water. Set aside to cool a few minutes.
4. Break eggs into a large bowl and whisk until beaten. Add cottage cheese, ¼ tsp garlic powder and 1 cup of the mozzarella. Add the drained pasta and mix well.
5. Spread noodle mixture in 13 x 9 inch glass baking pan that has been sprayed with non stick spray. Top with a layer of the meat mixture then with the remaining cheese.
6. Bake for 30 minutes or until heated through. Cut into squares and serve.

EQUIPMENT/TOOLS NEEDED:

- 13 x 9 inch glass baking pan
- Non stick spray
- Cutting board and non slip mat
- Large non stick skillet
- Wooden spoon
- Whisk
- Large mixing bowl
- Grater
- Rubber spatula
- Large pot with a lid





Session 1:

Bodies Are For Moving – Recipes

Harvest Vegetable Soup

Skill level: Moderate

Prep time: 20 minutes

Serves: 10

Cook time: 50 minutes

INGREDIENTS

- | | |
|---|---|
| 2 tbsp vegetable oil | 1 can reduced sodium tomato soup |
| 1 medium onion diced 🍎 | 2 cups shredded cabbage 🍎 |
| 2 stalks celery diced 🍎 | ½ cup whole wheat macaroni, cooked |
| 2 large carrots peeled and diced 🍎 | 5 cups low sodium chicken or beef broth |
| 2 cloves garlic minced | 1 cup water |
| 1 large potato peeled and diced 🍎 | 1 tsp dried basil and oregano 🍎 |
| ½ cup pearl barley, cooked | 1 tsp thyme 🍎 |
| 796 ml can no salt added diced tomatoes | ½ tsp pepper |

INSTRUCTIONS:

1. Heat vegetable oil in a large pot. Add onion, celery, carrots, potatoes, garlic and barley. Sauté for 10 minutes.
2. Add diced tomatoes, tomato soup, cooked pasta, cabbage, herbs, pepper, stock, and water. Bring soup to a boil, then cover the pot. Reduce the heat and simmer soup for at least 30 minutes.

EQUIPMENT/TOOLS NEEDED:

- Large pot with lid
- Cutting board and non slip mat
- Chef's knife
- Paring knife
- Dry measuring cups and measuring spoons
- Can opener



Session 1:

Bodies Are For Moving – Recipes

Butternut Squash, Spinach, and Feta Frittata

Skill level: Moderate

Prep time: 15 minutes

Serves: 12

Cook time: 35-45 minutes

INGREDIENTS:

1 butternut squash, peeled and cubed 🍅

1 300 gram package frozen chopped spinach, thawed and drained

1 ½ cups potatoes, cubed and peeled 🍅

¾ cup red onion, thinly sliced 🍅

8 eggs 🍅

½ cup 1% milk

½ tsp black pepper

¾ cup reduced-fat cheddar cheese, grated

½ cup feta cheese, crumbled

INSTRUCTIONS:

Preheat oven to 400°F.

1. Place squash in a large microwave-safe bowl and cover with plastic wrap, leaving a corner open to vent. Microwave on high for about 5 minutes or until fork-tender.
2. Drain off excess liquid. Gently stir in spinach, potatoes and red onion. Spread in prepared baking dish.
3. In a bowl, whisk together eggs and milk. Season to taste with pepper. Pour over vegetables and stir gently to distribute. Sprinkle evenly with cheddar and feta.
4. Bake in preheated oven for 35 to 40 minutes or until eggs are set.

EQUIPMENT/TOOLS NEEDED:

- Cutting board
- Non-slip mat
- Non-stick spray
- Whisk
- Chef's knife
- Paring knife
- Liquid and dry measures
- 13 x 9 inch glass baking dish
- Microwave-safe bowl
- Grater



BE ACTIVE

RECIPES



Session 2

Fueling Fitness – Lesson Plan

Objectives:

- Chefs connect their understanding of healthy eating with physical activity.
- Chefs create strategies for increasing daily physical activity.

RESOURCES	DISCUSSIONS & ACTIVITIES	TIME (MINUTES)
Summing it Up! Musical Chairs	Lead a summarizing discussion and musical chairs with a healthy twist. <i>essential</i>	20
Jumping into Activity	Have the children think, silently, about one way that they can increase their time spent being active. Once they've chosen a strategy, they must stand up. Once all of the children have stood, lead them in jumping jacks (or other active movement) and when you call on a child, the group stands still and the child must respond with their strategy. Do this until all of the children have recorded their strategies. <i>essential</i>	20
I Eat ... So I Can ...	Ask the children to sum up what they've learned about healthy eating and physical activity through drawn images. Note: you may wish to use this resource as an evaluation tool. <i>optional</i>	20
Guest Speaker	Invite a local athlete to speak to the group about how healthy eating fuels their activity, or to teach the children sport skills. <i>optional</i> <i>Note: if the Chefs! are preparing a dish which requires 30 minutes baking/cooking time, use this time for this activity.</i>	30

Try one of these recipes (50 mins):

- Chickpea Veggie Burgers
- Fiesta Lasagna

TEACHING MOMENT:

Often, lifestyle changes are more likely to occur if they are made one small step at a time. It is best for children to be encouraged to make SMART goals: Specific, Measurable, Achievable, Realistic, and Time-framed.

Session 2

Fueling Fitness – Resources

Summing it Up! Musical Chairs

Objective: Reinforce and summarize the healthy eating and physical activity messages that have been communicated throughout the program.

Materials:

- Chairs
- Upbeat music
- Audio equipment

Instructions: Lead an active discussion which summarizes the content of past sessions. Reinforce the message that healthy eating provides your body with the best fuel to grow and be active.

Arrange chairs into a circle and attach a sign to a chair which designates it as the question chair. Begin to play the music and have the children walk around the chairs until the music stops. The children must sit in the chair they are in front of. Ask a question of the child sitting in the question chair. If the child is unable to answer the question fully, start the music again and ask the next child in the question seat to complete the answer.

Examples of questions:

- Why do we need to choose healthy foods?
- How do you know if a food is healthy?
- Name 3 things that healthy foods contain.
- How can knowing how to cook your own food help you eat healthier?
- How do our bodies get energy to be active?
- Why do our bodies need to move?
- What are some of the benefits of being physically active?
- Name 3 ways to get more physical activity every day.
- Have you changed any of your eating or activity habits since taking part in Chefs!?

Note: You may wish to record these answers as an evaluation tool. You may use video or audio recording to do this, or ask a volunteer/assistant to write down the answers provided by the children.





BE ACTIVE

Session 2

Fueling Fitness – Resources

I Eat ... So I Can ...

Healthy eating is the best fuel for growing and being active. Create an image that represents some of the things you've learned about healthy eating and physical activity.

I Eat

So I can

FUELING FITNESS

Session 2

Fueling Fitness – Recipes

Chickpea Veggie Burgers

Skill level: Moderate

Prep time: 25 minutes

Serves: 8

Cook time: 5-10 minutes

INGREDIENTS:

- | | |
|---|---|
| 1/3 cup pecans | 1/2 cup fresh parsley, finely chopped 🍏 |
| 1 19 oz can chickpeas, drained and rinsed | 1 tsp dried rosemary |
| 2 tbsp vegetable oil | 1 tbsp grated lemon rind |
| 1 clove garlic, minced | 1 tsp Worcestershire sauce |
| 1 egg 🍏 | Canola oil for brushing patties |
| 1/4 cup whole grain bread crumbs 🍏 | 4 whole wheat buns, halved |
| 1 cup green onion, chopped 🍏 | |

INSTRUCTIONS:

Preheat oven to 350°F

1. Spread pecans on a baking sheet and bake for 5-8 minutes at 350°F.
2. Purée chickpeas, pecans, vegetable oil, garlic, and egg in a food processor until smooth. Transfer into a large bowl and stir in the bread crumbs.
3. Stir in green onions, parsley, rosemary, lemon rind, and Worcestershire sauce.
4. Form the mixture into 8 patties.
5. Brush the patties with oil and fry over medium heat for 3 minutes per side.
6. Place each patty on a bun half and top with lettuce and other vegetables (optional).
7. Serve open-faced.

EQUIPMENT/TOOLS NEEDED:

- Baking sheet
- Chef's knife
- Cutting board
- Non-slip mat
- Grater
- Pastry brush
- Can opener
- Food processor/blender
- Large skillet
- Measuring spoons and cups

Adapted from Pulse Canada





Session 2

Fueling Fitness – Recipes

Fiesta Lasagna

Skill level: Moderate

Prep time: 25 minutes

Serves: 12

Cook time: 20 minutes

INGREDIENTS:

1 ¼ cup or 1 398 mL can of each black beans, red kidney beans, and white kidney beans, drained and rinsed	½ medium onion, chopped
1 ½ cup frozen corn	2 tsp cumin
1 398 mL can no salt added diced tomatoes	2 tsp chili powder
1 ½ cup salsa	6 whole wheat tortillas (12 inch diameter)
3 cloves garlic, minced	1 ½ cup reduced fat mozzarella or cheddar cheese, grated

INSTRUCTIONS:

Preheat oven to 350°F

1. Combine, beans, corn, tomatoes, salsa, garlic, onion, green pepper, cumin, and chili powder in a large saucepan. Bring to a boil and simmer for 20 minutes, stirring occasionally. Remove from heat.
2. Meanwhile, spray 9 x 13 inch baking pan with cooking spray or spread oil. Cut tortillas in half and place the four halves covering the bottom of the pan. Flat edges should face the outside.
3. Spread 1/3 of the bean mixture over tortillas. Repeat procedure, adding two more layers, ending with the bean mixture. Sprinkle cheese over the top.
4. Bake at 350°F for 20 minutes, or until cheese is melted. Let sit for 5 minutes before cutting.

EQUIPMENT/TOOLS NEEDED:

- Can opener
- Large saucepan
- Chef's knife
- Cutting board
- Non-slip mat
- Measuring spoons and cups
- Grater
- 9 x 13 inch baking pan

Adapted from Pulse Canada

