

Exercise and Eat Like an Animal

Lessons for kids K-5th grade

Welcome to a creative toolkit with videos and lessons that motivate kids to engage in healthy eating and physical activity!

This downloadable toolkit contains

- Tips for using the toolkit with mixed ages and diverse groups
- 5 Zoo videos on DVD
- Coordinating lessons on CD

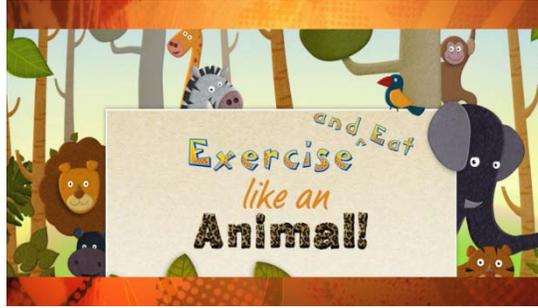
These K-5th grade lessons are designed to be used not only in a classroom setting but also in a wide variety of kid friendly learning environments, such as after school, summer school, recreation programs, library, faith based programs, day camps, and field trips to the zoo.

The lessons were developed...

- to meet The Centers for Disease Control and Prevention (CDC) healthy eating and physical activity education standards (HECAT and PECAT).
- with a focus on topics identified by CDC and other researchers as key health behaviors. They are identified as Active Play –Balance My Day; Breakfast GO Power; Drink Think; Fruits and Veggies Every Day the Tasty Way; and Smart Servings.
- with content and skills for use with 3-5th graders. However, they are easy to adapt for use with K-2 graders and mixed age groups.
- to help kids think about and begin to establish or improve positive attitudes towards healthier eating and physical activity behaviors in a fun environment... the Zoo!

Move, Learn and Have Fun!





Each of the following lessons is coordinated with the enclosed Zoo Video and contains:

- Teacher Talking and Discussion Points
- Kids’ Healthy Eating Activity
- Physical Activity: Move Like an Animal
- Animal Facts from the Zoo
- A Worksheet: Fitness Check and Healthy Habit Challenge
- Parent Tips

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Healthy Message: Breakfast Go Power

Grade level: 3rd-5th

Theme: Learn, Play, and Work better with *Breakfast GO Power* every day!



HECAT Standards: Kids will conclude that breakfast should be eaten every day (1.12); make a personal commitment to improve food choices (7.3) set a healthy goal and monitor progress (6.1, 6.2).

Teacher talking points:

- A.** For people and animals breakfast is the most important meal of the day. There are 4 great reasons to eat breakfast:
1. Breakfast gives kids and animals energy (GO Power). Skipping breakfast leaves kids tired, grouchy and restless. **Q:** Can you guess why skipping it might make us feel that way? **A:** A whole night is a long time for the body to go without food. Kids need to fuel up for the day ahead.
 2. Kids who don't eat breakfast have more hunger-stomachaches, too. In the wild, some animals need to find their own food and eat whenever they are hungry, but at the zoo they do get breakfast. At the zoo monkeys, apes, and toads really enjoy their breakfast.
 3. Breakfast helps kids and adults keep a healthy weight and gives vitamins and minerals that help us feel our best. Studies have been done that actually prove that.
 4. Breakfast makes it easier for us to learn. A breakfast with whole grains (like cereal) and without sugary foods (like donuts and pastries) help us pay attention, concentrate and remember things. Studies have also shown that kids who eat breakfast have better school attendance.
- B.** In the wild, animals have to search for their food. **Q:** What kind of barriers (difficulties) do you think they might meet? **A:** Possibilities include other animals and weather. At the zoo, primates (monkeys and apes) don't have those problems. They get "room service" and really look forward to their breakfast!
- C.** **Q:** What barriers (reasons) do kids have for not eating breakfast?
A: Don't have time; don't know what to eat; not hungry and not sure to how to make it easier. (Things we can try: get up earlier, make a list of breakfast ideas, set out things the night before, start with something easy to prepare, such as low fat breakfast drink.)
- D.** Have kids pick one of the ways they can make it easier to become a regular breakfast eater. Challenge them to do it for the next week. Ask them 2 good reasons for doing that (feel better, learn more easily). Point out it will be much easier for them to overcome difficulties than an animal in the wild!
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Kids' activities: How to choose a healthy breakfast

Materials: MyPlate graphic (page 18) and breakfast food pictures or models. Paper plates are optional.

1. Talk about what makes up a healthy MyPlate breakfast for kids (At least 3 out of 5 MyPlate food groups).
2. Unlike animals in the wild, we have MANY choices for breakfast, so have to think about a good balance of foods. For balance, eating smaller amounts of foods high in fat and added sugar, less often is a healthy choice. **Q:** Ask for examples of foods to eat less. **A:** Donuts, pastries, fruit drinks
3. If paper plates are available, have kids draw a MyPlate and within each food group, write items for a healthy breakfast.



Video: Watch the video and think about breakfast GO power.

Fitness Check and Breakfast Go Power Challenge

Have kids use the worksheet (page 9) to complete the Fitness Knowledge Check and set a goal to meet the Breakfast GO Power Challenge.



Move...Like an Animal

Exercise Like an Ape

- Have kids stand up, bend forward slightly and let their arms hang like an ape's arms.
- Give them movement commands like slide side-to-side, jump up, hop on one foot, and march in place.

Stretch Like a Monkey - Monkeys stretch all their limbs when climbing from place to place.

- Have kids stand with feet wide apart and arms stretched apart above their heads.
- Tell them to lift their right foot off the floor and balance on their left foot while reaching toward an imaginary branch on their left side.
- Have them balance there for 10 seconds.
- Switch sides.



Move like a turtle – Turtles move their heads in and out of their shells.

- Very slowly and gently bring your shoulders up towards your ears and down again.
- Repeat.

Animal Facts from the Zoo

Monkeys

- Groups of monkeys, called troops, travel together to find food. Infants are helpless at birth, so they get rides by clinging to their mothers. When the troop is not traveling, monkey babies are very active, spending much of their waking hours playing. Playing helps young monkeys develop physical and social skills they need for adult life.

Turtles

- The earliest known turtles date back millions and millions of years ago.
- The largest living turtle is the leatherback sea turtle, which reaches a shell length of 200 cm (6.6 ft) and can reach a weight of over 900 kg (2,000 lb).
- Land living turtles are called tortoises.





Worksheet

Breakfast GO Power Fitness Check

Do a fitness knowledge check.

1. What are 3 reasons breakfast is a healthy choice?

Choose from these sets of words: learning***vitamins – minerals – weight***energy

Fill in the blank with the correct answers.



a. It gives us _____ to start the day.

b. It makes _____ easier.

c. It provides important _____ and _____ and helps us keep a healthy _____.

2. Below, write one reason eating breakfast is hard.

The reason eating breakfast is (sometimes or always) hard.

Write some ideas for what you can do to make it easier to eat breakfast (getting up earlier, having breakfast foods in the house, or writing a breakfast menu and putting it on the refrigerator):

Meet a Breakfast GO Power Challenge!

1. Set a goal to eat breakfast every day (or most days) for a week.

If you are already eating breakfast every day, set a goal to choose foods from at least 3 MyPlate food groups each day.



2. Write your goal and place a checkmark each day you meet your goal.

Write your goal	Sun	Mon	Tues	Weds	Thurs	Fri	Sat

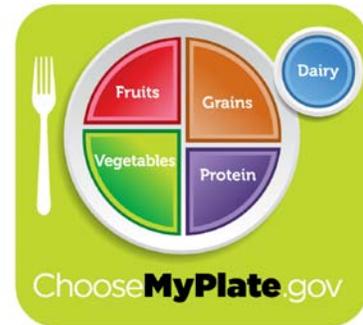


Family Breakfast Tips

Lessons from our animal friends at the zoo!

**A little planning to make sure we have a healthy breakfast is worth it because...
Breakfast gives zoo animals and KIDS GO Power to feel, work,
learn and play better!**

If you are wondering about what makes up a healthy breakfast, just keep in mind, a combination of at least 3 of the 5 MyPlate food groups...the “5” are Fruits, Vegetables, Grains, Protein and Dairy.



One of the best things you can do to make sure you don't miss out on Breakfast GO power every day is to think ahead. Make a weekly grocery list and shop to have breakfast items on hand.

If eating breakfast hasn't been a habit because you are bored with breakfast foods, mix it up! You don't have to have cereal and milk every morning. Breakfast can be anything you want it to be. How about the following ideas...

- Slivered almonds sprinkled over yogurt, topped with berries, and sprinkled with granola.
- A whole-wheat flour tortilla spread with non-fat cream cheese; then sprinkled with grated mozzarella cheese and sliced green peppers. It's topped with 2 tablespoons of salsa before rolling and eating.
- Low fat cheese and sliced tomato on toasted whole wheat bread.
- Did any of the ideas start you thinking about something different for your breakfast? If so, write your thoughts here and keep them handy.



Healthy Message: Drink Think

Grade level: 3rd-5th

Theme: Kids and animals, “Drink Think Water!”...life depends on it.



HECAT Standards: Kids will be able to summarize the benefits of drinking plenty of water. (1.6) set a healthy goal (6.1); demonstrate the ability to keep track of foods and beverages consumed. (6.2)

Teacher talking points

- A.** Did you know that most (70%) of our bodies are made of water? Both people and animals depend on water to live. Water
- produces sweat which cools us down when our body gets too hot..
 - is needed to make urine which washes away waste (stuff our bodies don't need after digestion).
 - makes up a big part of blood which carries oxygen and nutrients around to parts of our body.
- B.** Water is the best drink choice for people and animals! You can live about a month without food, but you can only live a week or less without water! Each day we lose water when we breathe, sweat, and go to the bathroom. By drinking water throughout the day and getting it from the foods we eat, we keep from getting dehydrated (dried out). Some animals, like the desert tortoise, store water much better than people. Unlike us, they don't sweat and can keep water in their bladder! Camels live in a very dry climate, so their bodies are made to store water, too. (See “Animal Facts” on the next page.)
- C.** If you don't get enough water you become dehydrated (dried out).
Q: Do you think being dehydrated would make you feel good or bad?
A: Bad. You may feel tired and sick because your body cells and brain do not have enough water to work the way they should.
A: It might be harder to concentrate and learn in school.
A: You aren't able to make enough sweat to cool your body down and could have heat stroke (body can overheat and cause possible damage to the brain or body). **Q:** What are two ways your body could overheat? **A:** When playing outside when it is hot, or when you are sick with a fever.
- D.** Animals don't get a lot of choices of things to drink, and water is very important to them. They will go to extremes to find water! Baby mammals do drink milk and some animals do get juice from fruit.
- E.** **Q:** Besides water, what do you think are healthy drink choices for kids?
A: Low fat milk and 100% juice.
Q: What makes those drinks different from a drink like soda?
A: Milk and 100% juice have vitamins and minerals that soda doesn't. Soda also has 10 tsp. of added sugar in every 12 ounce can.

Kids' activities: “Drink Think” water throughout your day.

- Q:** Where are there water choices?
Q: What do you usually choose to drink?
Q: What could make it easier for you to choose water to drink?
Q: Is it more likely that a person should drink more or less water in the summer? **A:** More, if out in the heat and sweating.



Video: Watch the video and think about how zoo animals have access to water all of the time.

Fitness Check and Drink Think Challenge

Have kids use the worksheet (page 13) to complete the Fitness Knowledge Check and set a goal to meet the *Drink Think* Challenge.



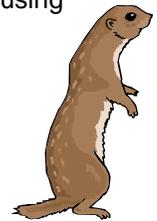
Move... Like an Animal

Otter Roll

Lie on the floor face down. Keeping your arms at your sides and your feet together, try to roll from back to front and back again like an otter does when they swim. How many times can you do it without using your hands or arms to help?

Otter Relay

Stage a relay race where kids swim like otters. Divide them into teams. Have the first person “swim” to the other end of the room; grab a pretend drink of water, and swim back to tag the next person.



Otter Stretch

Lie on the floor face up and make your body as long and lean as an otter's. Stretch from the tips of your fingers all the way down to the tips of your toes. Breathe deep and repeat as time allows.

Animal Facts from the Zoo

- **Hippopotamus (or Hippo)**
 - After the elephant and rhinoceros, the common hippopotamus is the third-largest type of land mammal.
 - Despite their physical resemblance to pigs, their living relatives are cetaceans (whales, porpoises, etc.) from which they descended about 55 million years ago.
 - Adult hippos move at speeds up to 5 mph in water; typically resurfacing to breathe every three to five minutes.
 - Their main food source is grass.
- **River otter**
 - Water is important to animals like the otters because they live in and around it too. They are excellent swimmers and can hold their breath for quite a while. While they can live away from water, the food they eat (mussels and small animals like crayfish and fish) live in water.
 - River otters have webbed feet to help them swim and a rudder-like tail.
- **Camels**
 - Camels are very good at living in very dry conditions.
 - They can drink a lot of water at one time.
 - Camels will also use less water like the desert tortoise (does not sweat as much, pass less water in urine, extract more water during respiration, etc.)
 - Camel humps do not store water but instead stores fat that can be broken down for energy and water.



Worksheet



Drink Think Fitness Check

Do a fitness knowledge check by filling in the blanks with the correct answers.

1. What are 3 reasons drinking water is important?

To fill in the blank, choose from these sets of words: Blood ***Sweat - Cool *** Urine

- Water is needed to produce _____ to _____ our body.
- Water makes up much of our _____ which carries nutrients through our body.
- Water produces _____ to help wash waste out of our body.



2. Fill in the blanks to name the 3 healthiest drink choices.

- w ___ t ___ r
- low fat ___ i ___ k
- 100% f ___ u ___ t



Meet a Drink Think Challenge!

How much water do you drink in a typical week? If you drink soda or sweetened fruit drinks, can you set a goal to drink water instead?

Think about how many days a week you drink sugary drinks (such as soda, fruit drinks, and sports drinks), and how many times during that day. Record your answers below.

- The number of days per week I choose sugary drinks. _____
- On the days I choose sugary drinks, the number of times that. _____

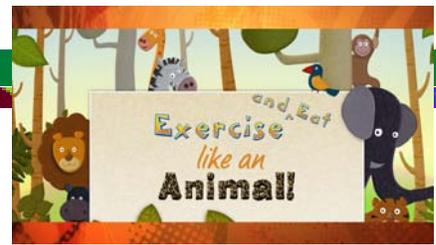
Each day for 1 week, use the log below to record the number of times you choose water instead of a sugary drink.

One-Week Water Log							
Day of the week	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
The number of times I chose water instead of a sugary drink							

Note: How much water you drink depends on your size and how much you sweat. The best way to make sure you are getting enough is to drink water when thirsty and check the color of your urine. It should be lemonade colored. If it is dark, chances are that you are not drinking enough water.

Family Drink Think Tips

Lessons from our animal friends at the zoo!



Zoo animals have access to water all the time.

Do you? Is water your favorite drink? If not re-think that!

There many great reasons to make water your favorite choice!

- **Water is refreshing!**
If you want a little more flavor, add a fresh lemon or lime slice. Or, a more budget friendly choice is a squeeze of bottled lemon juice.
- **Regular soda is packed with sugar.**
One 12 ounce can has 10 teaspoons of sugar, providing an eye-opening 150 calories. If you are a one-a-day soda drinker, that can add up to more than 15 pounds a year. And who stops at 12 ounces these days? A 20-ounce bottle is a more typical choice.
- **Diet soda has its' own problems.**
Some health researchers have found that people may actually gain weight on diet soda.

Making water a more regular choice is a healthy goal. Try some of these tips to build a habit:

- **Make a change at fast food restaurants...**
Choose water instead of soda every time or part of the time.
- **When on the go...**
Take a bottle of water along.
- **Make it an easy choice...**
Keep cold water easily available at home.

Keep other healthy *Drink Think* choices in mind.

Besides water,

- low fat milk (about 3 cups a day for anyone over the age of 9) is a healthy choice.
- 100% fruit juice, up to 1 cup a day is another healthy option.





Healthy Message: Fruits and Veggies Every Day the Tasty Way

Grade level: 3rd-5th

Theme: Just like many animals, fruits and veggies are an important part of our daily diet.

HECAT Standards: Kids will be able to describe the benefits of eating plenty of fruits and vegetables. (1.3); identify ways a person can eat more fruits (and veggies) (7.1) set a goal to improve food choices (6.1); and monitor progress (6.2).

Teacher talking points

- A. Different people and animals eat different things. The following words are used for either meat or plant eaters, or those who eat both. Animals that are only meat eaters have sharp teeth to chew.
- Carnivore = meat eater – sharp teeth
 - Herbivore = plant eater – flat teeth
 - Omnivore = both meat and plants – combination of sharp and flat teeth
- B. Whether or not, people – or animals - are omnivores, or herbivores (vegetarians), fruits and veggies are an important part of our diet. They provide
- Needed vitamins, minerals, and other nutrients to grow healthy and strong bodies.
 - Fiber to keep us heart healthy, prevent some cancers, and keep waste moving through our body.
- C. You may be surprised by some zoo animals that need fruits and veggies. Did you know that **maned** wolves not only eat meat, but also need a variety of fruits to stay healthy? It's true. Zoo keepers report they used to think maned wolves were carnivores, so only fed them meat, but they kept getting sick. When they began feeding the wolves fruits every day, their health returned. Today, over 50% of a maned wolf's zoo diet is composed of fruits. Sloth bears are omnivores, too. Their primary foods in the wild are insects and termites, but they also eat a lot of fruits and vegetables.
- D. What kinds of foods do you usually eat?
- Do you have plenty of fruits and veggies every day? Many "snack" foods like chips, cookies, and soda often take their place. Like the maned wolves, if you don't have fruits and veggies, do you think you can feel your best? Fruits and veggies have vitamins and other nutrients that aren't easily found in other foods. Zoo keepers feed maned wolves a controlled diet, but as people, we make our own choices every day.
 - **Q:** How can you eat more fruits and veggies? What is enough? **A:** What we need is a little different depending on our age and whether we are a girl or a boy. However many of us need 5 cups a day. As a guide, USDA's MyPlate guides us to fill half our plates with fruits and veggies.
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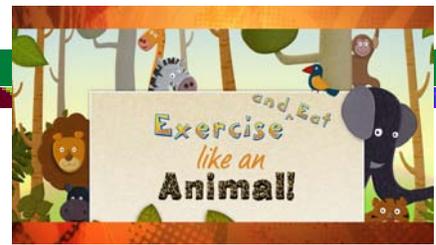
Kids' activities: Eat Your Colors.

Materials: Paper plates, crayons

Use colors of the rainbow as a reminder to eat more fruits and veggies. The fruit and veggie rainbow has 5 color sections: BLUE/PURPLE – GREEN – WHITE – YELLOW/ORANGE – RED. Foods are grouped that way because the colors indicate similar nutrients for good health.

- **Q:** Can you name examples of fruits in the rainbow of fruit colors? **A:** Purple grapes, green apple, white banana, orange tangerine, and red strawberries
- **Q:** Can you name examples of veggies in the rainbow of veggie colors? **A:** Purple cabbage, green broccoli, white onions, yellow squash, and red tomatoes

...continued on the next page



- Draw a circle on your plate and divide it in half. Label $\frac{1}{2}$ fruits and veggies. Think of all the fruits and veggies you had to eat in the last day, and write them on the $\frac{1}{2}$ of the plate labeled fruits and veggies.
- Now choose crayons that represent the colors of the fruits and veggies you ate. Use the crayons, in the correct colors, to draw pictures of the fruits and veggies (or write the words). Then look to see how many different colors you have on your plate.

Brainstorm ideas for how to eat more fruits and veggies, for example:

- Order pizza with colorful veggies like tomatoes, peppers and mushrooms on top.
- Ask for a fruit cup or package of sliced apples when eating out.
- Create a colorful salad of dark green lettuce, red tomatoes, orange carrots, green cucumbers, and red peppers.
- Enjoy applesauce, fruit cocktail, or canned peaches for dessert.

Video: Watch to see how the fruits and veggies are prepared at the zoo.

Fitness Check and Fruits & Veggies Challenge

Have kids use the worksheet (page 17) to complete the Fitness Knowledge Check and set a goal to meet the Fruits & Veggies Challenge.



Move...Like an Animal

Exercise Like a Wolf

Wolves like to play catch. Pair up and play catch with a ball or wadded up piece of paper.

Stretch Like a Wolf

Stretch your neck and head up toward the ceiling like you've seen a howling wolf do. Hold for 10 seconds while you open and close your lower jaw, feeling the different face and neck muscles stretch. Then lower your chin all the way down to your chest and let your head hang there for 10 seconds. Repeat.



Animal Facts from the Zoo

There are some other zoo animals that eat fruits and veggies that might surprise you.

- **Zebras**
 - Zebras feed almost entirely on grasses, but may occasionally eat shrubs, herbs, twigs, leaves and bark.
 - It was previously believed that zebras were white animals with black stripes, since some zebras have white underbellies. However evidence now shows the zebra's background color is black and the white stripes and bellies are additions.
 - Like horses, zebras sleep standing up, and only sleep when neighbors are around to warn them of predators.
- **Sloth Bears**
 - Sloth bears, like many others, are omnivores. Their primary foods in the wild are insects and termites but they also eat a lot of fruits and vegetables.
 - Zoo keepers report that they often use fruits as treats or items of enrichment.



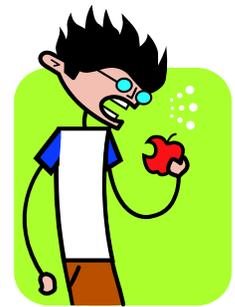


Worksheet

Fruits & Veggies Fitness Check

Do a fitness check. Place a checkmark by all the ways you might plan to eat more fruits and veggies.

- Add more veggies to pizza, like tomatoes, peppers and mushrooms.
- Ask for a fruit cup or package of sliced apples when eating out.
- Create a colorful salad of dark green lettuce, red tomatoes, orange carrots, green cucumbers, and red peppers.
- Enjoy applesauce, fruit cocktail, or canned peaches for dessert.
- Describe other ways you will use to eat more fruits and veggies.



Meet a Fruits & Veggies Every Day the Tasty Way Challenge!

Eat Your Colors Like an Animal

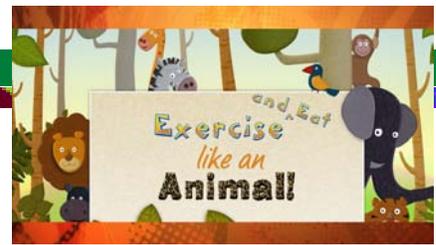
Set a goal of eating at least 5 fruits and veggies – in as many of the 5 color groups as possible – every day for 5 days.

Anyone who completes the log all 5 days wins a walk with their leader or teacher!



Goal	Mon	Tues	Weds	Thurs	Fri
The number of fruits and veggies I ate					
The number of colors I ate					

5 COLOR GROUPS: BLUE/PURPLE – GREEN – WHITE – YELLOW/ORANGE – RED



Family Fruit and Veggie Tips

Lessons from our animal friends at the zoo!

Zoo animals need to eat their fruits and veggies to be healthy ... and you do too! One of the “secrets” to getting a healthy amount of fruits and veggies is to include them into at snack time. With these fun ideas, show kids how healthy snacks can be yummy!

Fruit'n Dip:

Cut a fresh pear (or apple) in slices and dip into flavored yogurt.

Blender Banana-Strawberry Smoothie (3 servings)

Blend the following:

- 1 cup calcium-fortified orange juice
- 1-1/4 cups frozen strawberries
- 1 cup sliced ripe banana
- 3/4 cup vanilla fat-free yogurt
- 1/3 cup nonfat dry milk
- 1 tablespoon sugar

Name a Pizza:

1. Crisp a small, low fat flour tortilla (depending on the age of the child, parents will need to provide assistance).
2. To crisp: Arrange one or more tortillas in a single layer on a baking sheet coated with cooking spray.
3. Bake at 400 degrees for 5 minutes or until golden. After "crisping", top with salsa or "pizza sauce", veggies of choices, and low fat cheese.
4. The result is "(Your child's name) Pizza"! Cut the "pizza" in quarters or halves depending on the age of the child and size of the tortilla.

Great Grahams!

Make a graham cracker "sandwich" with thinly sliced banana (or kiwi) and a small amount of non-fat cream cheese.

Little or "no extra work" ideas:

Pretzels; baby carrots; red or green pepper slices; dry cereal, graham crackers; ready-to-eat fresh fruit wedges; and low fat milk.

Healthy Snacks to Have on Hand

- Fresh fruit
- Fresh veggies
- Graham crackers
- Animal crackers
- Pretzels
- Baked chips
- Mini bagels
- Low fat tortillas
- Low fat string or mozzarella cheese
- Low-fat yogurt
- Low fat or fat free milk

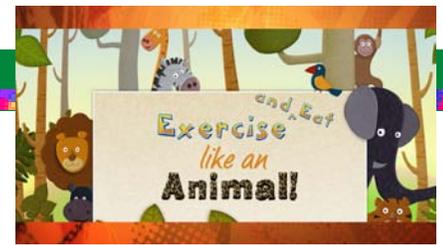
*Budget savings idea:
Cut your own string cheese strips from a block of mozzarella cheese.



Healthy Message: Smart Servings

Grade level: 3rd-5th

Theme: Eating the right amount of food is important for both people and animals.



HECAT Standards: Kids will be able to explain that both eating habits and level of physical activity can affect a person's weight. (1.12; 1.14); set a healthy goal and monitor progress (6.1, 6.2); identify ways a person can eat less fat. (7.1)

Teacher talking points

A. It is not only important to eat the right foods, but also to eat the right amounts. This is true for animals just like it is for people. Zoo staff watches animals to make sure they are eating the right amounts. Every person and animal is different, which means needs for the amounts of food differ.

B. It is much harder for people to get the right amounts of food because we don't always eat to just satisfy hunger like animals in the wild. When large portions are given, too often we eat or drink beyond the time we are full. Without a thought to feeling full or not, we just keep eating or drinking to finish off whatever is in a package, in a bottle, or on a plate. Some people refer to that as portion distortion. We also eat when we are bored and not because we are hungry. Animals at the zoo don't have portion distortion because their diets are carefully prepared by the staff.

Q: Where do you see very large portions? **A:** eating at restaurants and fast food places, the snacks at movie theaters, "value-size" snacks and sodas at stores.

Q: Why is portion distortion unhealthy? **A:** Because "energy in" is much greater than "energy out", it upsets balance and leads to an unhealthy weight. In addition, sugary foods are bad for teeth and foods high in solid fat are not heart healthy. Zoo animals do not have to worry about unhealthy amounts of food because their diets are carefully planned every day.

C. Q: Do you have to give up some foods if you want to eat healthy? **A:** No! With smart servings, all foods can fit in a healthy diet. Watch how much you eat, how often you eat it, and balance it with Active Play.

D. Q: Are there factors other than hunger that affect how much we eat? **A:** Yes. Needs vary with activity levels: **Q:** Do you need more food when you watch a movie or when you play a sport? **A:** Play a sport.

The same is true for animals! Sloths have very slow movements so they don't need as much food as weasels, which are very active. **Q:** Do cats in the wild - cheetahs, lions, tigers - need more or less food than cats in zoos? **A:** More. **Q:** Why? **A:** Because they are actively hunting for their food out in the wild, but in the zoo they don't have to look for food.

How much also depends on body size. **Q:** Does an elephant need to eat more than a mouse? **A:** Yes!

Kids' activities: Servings matter, especially for high fat and added sugar foods.

Materials: 1 stick of margarine

Q: How do the small and large sizes compare for an order of fries?

A: A small order of fries has about 1 Tbsp. of fat. A large order has 2 Tbsp. of fat.

Visual: Find the marking for tablespoons on a stick of margarine. Cut off 1 and 2 Tbsp.



Q: How many minutes of running do you think you would need to balance the extra energy in from an order of large fries?

A: Run in place for 1 minute. Now multiply that times 25. The answer is 25 minutes.

Q: Besides eating smaller portions of high fat foods, what are other ways a person can eat less fat?

A: Eat them less often and eat a lower fat food instead.



Video: Watch to see how food and activity are balanced for zoo cats.

Fitness Check and Smart Servings Challenge

Have kids use the worksheet (page 21) to complete the Fitness Knowledge Check and set a goal to meet the Smart Servings Challenge.



Move... Like an Animal

Exercise Like a Lion

When chasing down prey, lions have short bursts of intense activity. They can run the length of a football field in six seconds. If space allows, see how far you can run in 6 seconds. Repeat these “sprints” as long as time allows.

Cat Stretch

Get down onto the floor on all fours, making sure your knees are under your hips and hands under your shoulders. Your back should be flat like a tabletop. Start by taking a deep breath. Then as you exhale, pull your belly toward your spine and curve your back toward the ceiling. Hold for a count of 10. Relax back to the original position. Repeat.



Leopard Leaps and Bounds

Leopards can leap 20 feet forward in a single bound and jump 10 feet straight up. Practice bounding from one end of the room to the other, and follow with 10 jumps straight up in the air. Option: Divide into teams and stage a relay race.

Animal Facts from the Zoo

Tigers are lions' closest relatives. Without their coats, lion and tiger bodies are so similar that only experts can tell them apart.

Lions

- Lions are the only cats that live in family unit groups, which are called prides. Prides may include up to three males, a dozen or so females, and their young.
- Female lions are the pride's primary hunters. They often work together to hunt antelopes, zebras, wildebeest, and other large animals of the open grasslands.
- Males defend the pride's territory, which may cover 100 square miles.

Tigers

- A tiger's roar can be heard as far away as 2 miles.
- Tigers are the largest members of the cat family. The big cat's tail is 3 feet long.
- The cat only eats until it is full. It covers its' prey with leaves and dirt to return and feed another day.





Worksheet

Smart Servings Fitness Check

Do a fitness knowledge check by filling in the blanks to learn the correct answers.

1. You can help to balance too much “energy in” created by portion distortion (serving sizes that are too large) with e__ e __ g y o__ t.
2. One way to keep from eating more than you need is to pay attention to when y __ u feel h __ n __ ry.



Meet a Smart Servings Challenge

Think about the high fat and added sugar foods you eat one or more times a week. List them below.

Examples are: Chips, fries, fruit pies, desserts, candy, soda, ice cream, whole milk, bologna, salami, regular cheese.



High fat and/or added sugar foods I eat		

Now look at your list and circle one or two foods for which you can make a smart serving change.

- During the next week, choose to eat those foods in smaller amounts or choose to eat another food that is lower in fat and added sugar.
- On the log below, place a checkmark on the days you meet your goal to make a smart serving change.

Sun	Mon	Tues	Weds	Thurs	Fri	Sat

Family Smart Servings Tips

Lessons from our animal friends at the zoo!



Zoo animals get measured portions of foods each day. While it isn't necessary for you to use a measuring cup for everything, there are some pretty surprisingly easy tips to help you stay smart with servings.

Take it out of the bag.

Instead of eating out of a bag, put a healthy amount of food on a plate. You'd be surprised how easy it is to overeat when eating from the bag!

Set regular snack and meal times.

Regular snack times help keep us from "munching" throughout the day...which is a sure way to get more food than we intended.

Think about what it feels like to be "full".

Most of us eat too fast, not giving ourselves the time needed to feel whether we are full or on empty. By slowing down, we can enjoy our food more, and experience that comfortable feeling of fullness.

Before eating, turn off the television and other "screens" like videos or texts.

When munching and watching TV or other screens, we tend to lose track of how much we eat and end up either feeling stuffed or piling on the calories.

Enjoy high energy foods in smaller amounts, less often.

Serve small amounts of high fat and sugary foods less often. Changing the idea that these are "treats" or rewards, but are part of healthy, balanced eating is helpful.

Use MyPlate as a guide to Smart Servings!

Filling half your plate with fruits and veggies is a healthy start!





Healthy Message: Active Play, Balance My Day

Grade level: 3rd-5th

Theme: Active play is important for kids and animals.

HECAT Standards: Kids will be able to describe the benefits of healthy eating (1.15) balanced with physical activity. Kids will identify activities they consider to be fun (PECAT Standard 6) Kids will set a goal to increase physical activity. (Activity Challenge)

Teacher talking points

A. Kids and elephants have more in common than you think, like the need to have active play for...

1. Energy balance: For both kids and animals, energy balance happens when “Energy in”(energy in food eaten) = “Energy out”(energy used in physical activity). Energy balance is what keeps us at a healthy weight. Yes, even elephants have a healthy weight!

Emphasize that active play (“energy out”) every day is an important part of balancing your day to be at a healthy weight.

Q: How much is enough physical activity to balance the food you eat? How do elephants compare to you?

A: For most kids, 60 minutes every day will help balance the food you eat. Elephants are so big that it takes much more energy out than you and me for them to make even simple moves, like moving their trunks, so they need more “energy in” (food) than we do.

2. A healthier heart and body.
3. Moving more every day is important: Studies show that kids feel better, enjoy school more, and make better grades by taking breaks that make them move during school day. Animal studies show that zoo animals’ health is better when they get enough physical activity every day, too!

B. Q: What are ways you can get 60 minutes of Active Play every day?

A: Walk or ride a bike to and from school, play sports, play on the playground, and games outdoors at home.

- **Q:** What are some ways animals can get physical activity? **A:** The zoo uses toys and activities to keep the animals physically active and their minds busy. They understand what the animals like to do (like play with a log as a toy) and they find ways for the animals to do those things in their zoo “home”. Zoo staff tell us that zoo fun for elephants means playing with large boomer balls and showing off by kneeling, lying down, and using their trunks to salute guests.
 - When physical activity is something fun, we call it Active Play. If we do something we like to do, there is a good chance it will become a healthy habit. It is hard to get an elephant to do something they don’t like to do! Like elephants, pick something you LIKE to do.
-

Kids’ activities: Look at an example of “energy in” and “energy out” balance.

Demonstrate the amount of energy out needed to balance the energy in from 1 snack bag of potato chips.

- **Q:** How much time would you need to run, bike, or swim, to balance the energy in from 1 potato chip? **A:** 1 minute
- **Q:** If there are 15 chips in a bag, how many minutes of jogging, biking, or swimming would be needed to balance the energy in? **A:** 15 minutes
- **Q:** If you had 3 times as many chips, how many minutes of jogging, biking, or swimming would be needed to balance the energy in? **A:** 45 minutes



Video: Watch the video and think of how animals move and play.

Fitness Check and Active Play Challenge

Have kids use the worksheet (page 5) to complete the Fitness Knowledge Check and set a goal to meet the Active Play Challenge.



Move... Like an Animal

Exercise like an Elephant

- Get on all fours like an elephant and then raise your front two “legs” all the way up and over your head as you stand up straight, then back down.
- Elephant trunk: Cross one wrist over the other and clasp your hands together. Swing your arms back and forth like an elephant’s trunk. Swing your trunk high and then low.
- Elephant balance - Get on all fours. Raise your left leg off the ground while lifting your right arm to the sky. Repeat with your right leg and left arm.



Fly like a Bird - Spread Your Wings Stretch

Have kids stand up. Perform the following arm stretches as time allows, repeating each one 5 times:

- Raise both arms up until parallel to the floor, lower to sides, repeat
- Arm circles forward
- Arm circles backward
- Reach high and low



Animal Facts from the Zoo

Elephants

- Elephant’s ears are a little like an air conditioner. As elephants flap their wet ears on a hot day, the blood flowing through the many blood vessels there is cooled. This in turn cools their large bodies
- An elephant’s skin is so sensitive that it can feel a fly landing on it.
- Elephants use their trunks to drink but the water doesn’t go all the way up the trunk like a straw. Instead, the elephant sucks water part way up the trunk, curls it toward its mouth, tilts its head up, and lets the water pour in.
- Elephants eat roots, grasses, fruit, and bark, and they eat a lot of these things. An adult elephant can consume up to 300 pounds of food in a single day.

Birds

- Birds are warm blooded. What does warm blooded mean? Any warm blooded animal must use energy to maintain a constant body temperature. The more energy that is used, the more food they need to eat.
- The ring-necked dove is an excellent flyer. They can fly up to 40 mph (about as fast as a car on a busy main street).
- Owls are raptors, or birds of prey. This means that they eat meat.



Worksheet

Active Play Fitness Check

Do a fitness knowledge check by filling in the blank with the correct answers.

1. How many minutes of Active Play are recommended for most days? _____
2. What are the 3 reasons for choosing this many minutes of Active Play most days?

Choose from the following sets of words to fill in the blanks:

heart *** school - grades *** balance – weight

- a. Energy _____ for a healthier _____.
- b. A healthy _____ and body.
- c. An easier time at _____ and better _____.



Meet an Active Play Challenge

Set a goal to get active play every day!

1. Think about what you do now:

I have about _____ minutes of Active Play _____ days a week.

2. Choose a goal that will work for you!

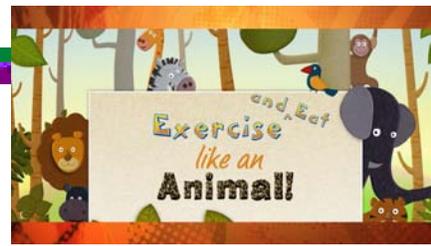
Examples:

- a. If you have Active Play most days, a goal might be: I will be active for 60 minutes every day this week.
- b. If you aren't even close to having Active Play, most days, a goal might be: I will be active for at least 30 minutes most days.

3. Using the log below Write your goal and track your progress by placing a checkmark each day you meet your goal.



My Goal	Sun	Mon	Tues	Weds	Thurs	Fri	Sat



Family Active Play Tips

Lessons from our animal friends at the zoo!

Did you know animals have fun active play?

Zoo keepers tell us they play with balls, ropes, and even puzzles! Kids like to have FUN active play, too! Screen time (TV, computer and video games) often take the place of MOVING! School recess and PE just aren't enough. Kids are healthier and do better in school when they move and are active at least 60 minutes a day. Help kids MOVE and have FUN active play!

MOVE towards making room in the day for things kids LIKE to do!

o MOVE First

Encourage your kids to play with others, by themselves, or with a pet, right after school before sitting down to watch TV or play a computer/video game. Help them make fun, active play a priority.

o MOVE Instead...Set Screen Times

Doctors and health experts recommend no screen time for children under 2 years and for those older, only 1-2 hours a day. Lack of activity is not the only problem with screen time. Too often television messages shape what and how much we eat...and not for the better. Give your kids ideas for other ways to spend their time, such as reading, working with crafts and hobbies, or playing indoor active games like Twister® and Charades.

Set a goal. If it is hard to set screen times every day, start with just one day a week. As it becomes easier, bump up the number of days per week.

Write your goal here _____

o MOVE to Screen Time Breaks

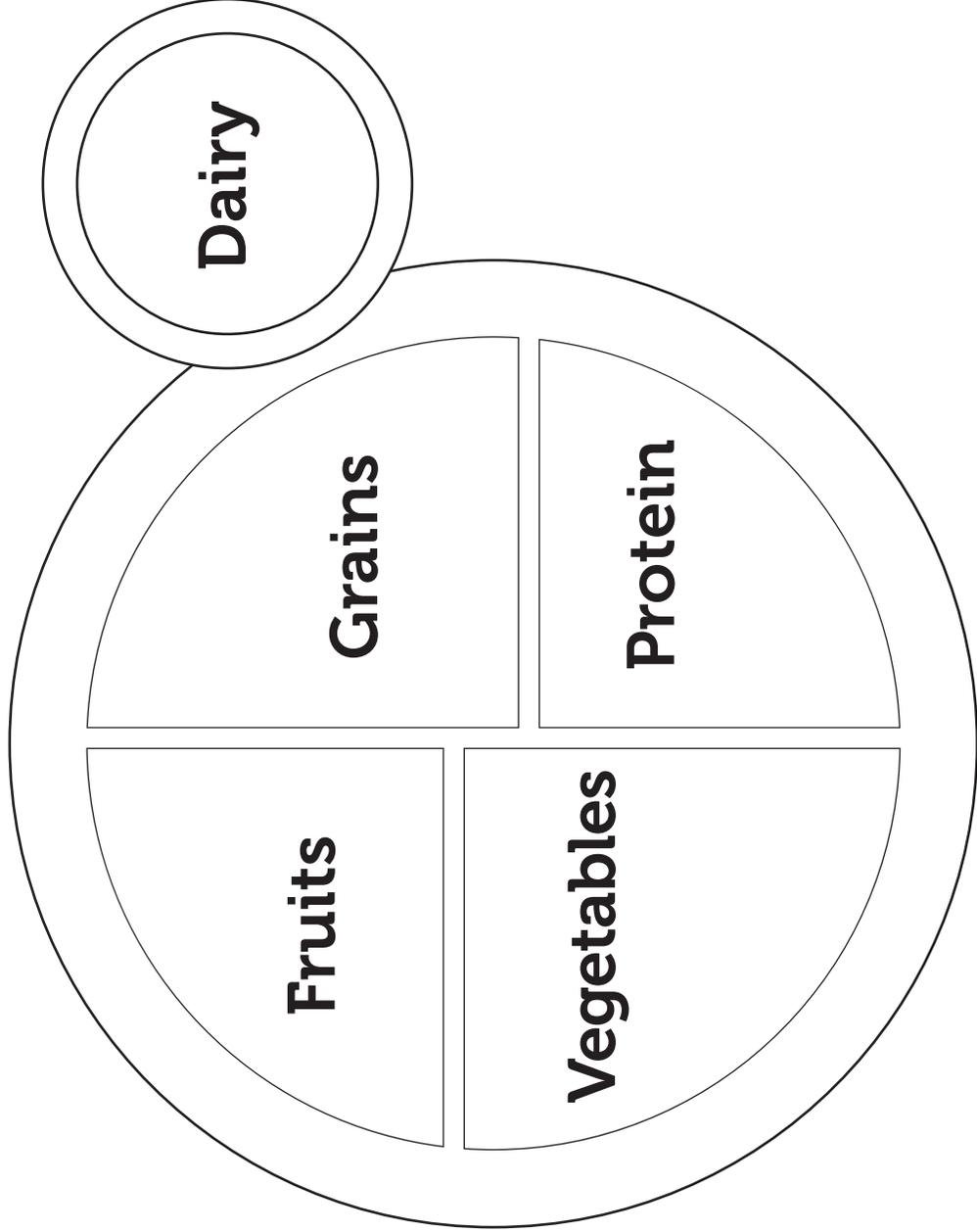
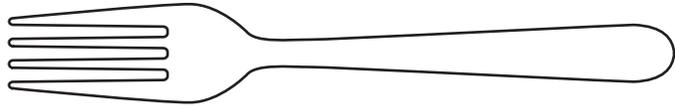
Have your kids set a watch timer or check a nearby clock to get up from sitting every 15-20 minutes. Easy break time activities include dancing and pretending like you are playing sports like tennis, basketball, volleyball, football, swimming or skiing.

o MOVE to Something Different...Share ideas as a family!

Explore your kids' interests and encourage their participation in afterschool activities that will keep them moving.

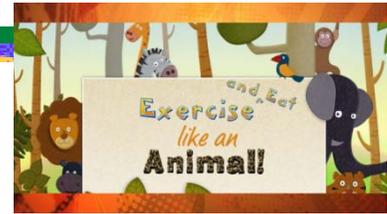
- o Spend a day at the zoo and move like the animals you see.
- o Join kids in a local fun run, walk, or bike ride. Find hiking and biking trails!
- o Play Frisbee and other games in parks.
- o Check out something new at the community recreation center or playground.





ChooseMyPlate.gov

Fitness Check Answers



Breakfast GO Power

1. What are the 3 reasons breakfast is a healthy choice?
 - a. It gives us **energy** to start the day.
 - b. It makes **learning** easier.
 - c. It provides important **vitamins** and **minerals** and helps us keep a healthy **weight**.
2. Individual answers vary based on eating habits.

Drink Think

1. What are 3 reasons drinking water is important?
To fill in the blank, choose from these words: blood sweat urine cool
 - a. Water is needed to produce **sweat** to **cool** our body.
 - b. Water makes up much of our **blood** which carries nutrients through our body.
 - c. Water produces **urine** to help wash waste out of our body.
2. Name the 3 healthiest drink choices.
 - a. **water**
 - b. **low fat milk**
 - c. **100% fruit juice**

Fruits & Veggies Fitness Check

Individual answers vary based on eating habits.

Smart Servings Fitness Check

1. You can help to balance too much “energy in” created by portion distortion (serving sizes that are too large) with **“energy out”**.
2. One way to keep from eating more than you need is to pay attention to **when you feel full**.

Active Play

1. How many minutes of *Active Play* are recommended for most days? **60 minutes**
2. What are the 3 reasons for choosing this many minutes of Active Play most days?
 - a. Energy **balance** for a healthier **weight**.
 - b. A healthy **heart** and body.
 - c. An easier time at **school** and better **grades**.

