

NTI Day 1

PE/Health

As part of your first NTI day, PE and Health has been designated as your special for today. For today's lesson, students will be performing various physical activities and a health activity that is related to nutrition.

For the PE side, students will perform various physical activities and record their data on the attached physical activity log. Students are required to perform at least 30 minutes of moderate to vigorous activity. This 30 minutes does not have to be completed all at once. It can be broken down into 5-10 minute intervals, but must total 30+ minutes of activity, for the day. Students will write down the type of activity they participated in, how long they did it, and how intense the activity was.

For the nutrition part of the lesson, students will learn about nutrition and the importance of making healthy food choices through Grade Level appropriate worksheets/assignments. Please see the break down of assignments below and have your child complete the assignments for his or her grade level:

Kindergarten and 1st Grade -

Students will complete the attached worksheets "Healthful Foods I Like" and "A Smile or Frown", and "Healthful Food Choices"

2nd and 3rd Grade -

Students will read the handout titled "Too Much of a Good Thing" and use that information to help them answer the Open Response question about Sam's Health, on the Test Your Knowledge handout.

4th and 5th Grade -

Students will read the handout titled "Reading Nutrition Labels" and use this information to complete the Open Response question about Why it is important to read nutrition labels.

TOO MUCH OF A GOOD THING?

If vitamins and minerals are good for you (see chart below), more must be better, right? *Not necessarily!* More isn't always better. Large doses of vitamin C, for example, can cause nausea, kidney stones, or liver damage. And although kids need iron for strong muscles, this mineral can be deadly if children take adult doses! If you and your family take vitamins, make sure you follow your doctor's recommendations.

IMPORTANT VITAMINS AND MINERALS		
	Benefits	Sources
Calcium	Helps make your bones and teeth strong	milk, yogurt, spinach
Iron	Helps your blood carry oxygen	beans, beef, pumpkin seeds
Vitamin A	Helps your eyes, skin, and immune system	sweet potatoes, carrots, spinach
Vitamin B1	Helps your body convert carbohydrates to energy	whole grains, enriched breads, cereals
Vitamin C	Helps protect your cells from damage	citrus fruits, peppers, broccoli
Vitamin D	Helps your bones and immune system	fish, milk, sunlight
Vitamin E	Helps protect your cells from damage	sunflower seeds, almonds, peanut butter



DO YOU KNOW?

There isn't just one kind of vitamin B—there are actually eight!



TEST YOUR KNOWLEDGE



Open Response Question

SAM'S HEALTH

Sam and his family have decided to be more healthy. They want to follow a plan for healthy meals and snacks.

- A. List THREE healthy eating choices the family could make each day to help them be more healthy.
- B. Explain why each choice would help them be more healthy.

SCORING RUBRIC

4	Student lists three healthy eating choices and explains clearly why each choice would help them be more healthy.
3	Student lists three healthy eating choices and clearly explains why at least one of them would help them be more healthy and generally explains why the other two would help them be more healthy.
2	Student names two or three healthy eating choices and generally explains why each of at least two would help them be more healthy.
1	Student demonstrates minimal understanding (e.g., student names one or two healthy eating choices that the family might make with limited or no explanation).
0	Student's response is totally incorrect or irrelevant.

NTI Day Activity Log:

Type of Activity:	Length of Activity:	Intensity: (Low, Moderate, High)	Parent/Guardian Signature:

Examples of Activities:

Running or jogging, walking, sledding, snowboarding, yard work, shoveling the driveway, stretching, push-ups, crunches, dancing, sport activities or practice, or any other physical activity that you may do during the day.