

Stayfit Productions, LLC

2317 Cardinal Dr., Wichita, KS 67204
1-800-834-9334 / www.kidpowerprograms.com

KID POWER: OPERATION LUNCH LINE

Teacher's Study Guide

Kid Power and the Nutrition Mission is designed to reinforce your curriculum in Health and Nutrition with connections to Physical Education, Science (Biology, Anatomy, & Energy) and Performing Arts.

(Feel free to adapt this study guide to better suit the ages and needs of your students.)

VOCABULARY

Brain	Heart	Organ	Quart	Vitamins, minerals, water
Stomach	Cells	muscles	Esophagus	Proteins, Carbohydrates, Fats
Nerve	Bone	Optic nerve	Photosynthesis	Flaco (Spanish for "Thin")
Digestion	Lungs	Nutrients	large intestines	Enzymes (Pepsin, Lipase, Amylase)
Tissue	Abdomen	Calorie	small intestines	High fructose corn syrup
Pyramid	Famished	Fatigue	Natural food	Processed food

PRE-SHOW ACTIVITIES

1. **Fantastic Voyage:** in the performance your students will be asked to imagine that they are miniaturized and put inside a human body. Ask them what they think that would be like. What would they see in different parts of the body? Also, what is the value of pretending and imagination?
2. **Vocabulary:** play the Jeopardy game with the vocabulary words above - you give the definition and they must come up with the word, in the form of a question.
3. **Brain Storm:** make a chart with two lists: **BEST FOODS FOR HEALTH** and **BEST ACTIVITIES FOR FITNESS**. Urge the students to give their suggestions when asked during the show.
4. **Organ Autobiography:** Have the students' research one of the organs listed in the vocabulary list. Then have them write the "Autobiography" of that organ, as if they were the organ talking. They can then read their autobiography to the other students.
5. **Remind the students of appropriate audience behavior:**
 - If you like the performance, clapping at the end of a song and at the end of the show is the best way to let the performer know.
 - Listen closely to the performer - sometimes he will ask you to say something all together, other times he will ask you to raise your hand if you'd like to answer a question or volunteer on stage.

- Twice during the show he will ask you to move and dance - please stay in your own space; be careful not to touch or bump into your neighbor.
- If you don't like the show, the appropriate thing to do is sit quietly and respectfully.

POST-SHOW ACTIVITIES

1. Have a Mystery Tasting Day. Set up a number of different tasting stations where the students can sample some foods they might not know. Have them keep a journal where they describe the taste, look and feel. Then have them try to match their observations with a list of fruits and their qualities that you have prepared beforehand (suggestions: kiwi, mango, jicama, pomegranate, and rutabaga. You might want to stick mostly with fruits, lest we turn them away from more vegetables before their palates are ready for them.)
2. Sneaky Moves: kids often think that exercise has to be a sport or something they do in gym class. Have them make a list of activities that would burn calories but are NOT a sport, a game or a traditional "exercise".
3. Create-a-cise: working in pairs or small groups, have the students create a new exercise or physical game in one of three categories: Aerobic, Strength or Flexibility. Have the whole class try each one. Impress upon them that exercise is only effective if done on a regular basis.
4. Veggie Graph. Have your class keep a record of the number of different vegetables they eat in a week. (For example, Heather had corn twice, green beans once, etc.) At the end of the week, tally the servings of vegetables eaten by the students and create a class graph to show how many servings of each vegetable were consumed. What was the most popular vegetable? (Note: You might want a category called "mixed salad.")
5. Rhyming Riddles: have the students write rhyming clues about their favorite fruit. Then have the other students guess. (Example):

My skin is yellow
 My taste is mellow.
 I grow on bunches on a tree
 I have lots of Vitamin B. What am I?

6. Food Pyramid: create the largest food pyramid you can manage. Have the students find pictures of foods in magazines and/or on the internet and paste them onto the respective sections of the pyramid. (This can also be adapted as a game for a Smart Board.)
7. Arrange for someone from your school's cafeteria staff to come to your classroom. Have the students prepare questions about how the cafeteria staff creates the menus with particular attention to their health benefits.
8. Body Types: healthy bodies come in many different shapes and sizes. Have your kids find images of different healthy bodies in magazines and on the internet. Make a collage or poster of the images. Discuss how someone who weighs 200 pounds and someone who weighs 100 pounds can both be healthy and fit.

RECOMMENDED READING

<http://eduscapes.com/tap/taphealth.html>

<http://www.healthyfridge.org/kidsrec.html>

<http://www.healthyfridge.org/kids.html>

http://www.nourishinteractive.com/hco/lesson_plans

Resources for Health and Fitness

Healthy, Kid-friendly recipes

Kid's Healthy Food Quiz

Nutrition Lesson Plans