

changes during Puberty —

Emotions

Lesson 10

Grades
4th & 5th

Fitness

In this lesson we will explore the importance of fitness and nutrition during and after puberty, as well as the emotions surrounding it.

Materials needed: journals, overhead transparency of current food pyramid, butcher paper, crayons, markers, and colored pencils

Today you will need your journals, question cards, and the Petite Amie Pamphlet #3 – Changes during Puberty – Emotions.

Side Note: Give them a bit of time to get out their things. Make sure you have some extra pamphlets for those who forgot theirs.

I'd like you to open your journals to a clean page. Put the date in the top right hand corner (or however you have your students head their papers). **Write what you ate for breakfast and what you will have for lunch. If you don't know for sure, make your best guess. I also want you to write what kind of exercise you will do today. Keep writing for 3 minutes. Go.**

Side Note: Give the girls 3 minutes to write. Put up the Food Pyramid on the overhead projector. At the end of 3 minutes, tell them to finish what they are writing and put their pencils down.

Now, look up at the overhead projection. This is the current food pyramid which describes the recommended daily nutritional requirements based on food groups.. It is designed to help you understand what foods you should eat each day in order to stay healthy. You should have:

- ◆ **2 cups of fruit**
- ◆ **2.5 cups of vegetables**
- ◆ **1300 milligrams/3 cups dairy**
- ◆ **6 ounces of grains – half of which should be whole grain (6 slices of bread)**
- ◆ **5.5 ounces of lean protein – 2 decks of cards in size.**



This is based on a 2,000-calorie diet, which is what the average American teen needs to grow and develop in a healthy manner. But, you should talk to your doctor to find out how many calories you need each day. Along with eating healthy foods, exercise is very important. Teen girls should get 60 minutes – or one hour – of exercise each day.

Raise your hand if you think you get enough exercise each day.

Raise your hand if you think you eat all you should each day.

It seems like a lot, I know. But if you cut out the snacks and sugary treats, you can fit it all in.

You will probably want to start taking on the responsibility for a healthy body as you begin puberty. Not only is your body growing and changing, so is your mind. Part of that will mean you are interested in making more decisions for and about yourself. This includes how you stay healthy. Eating a healthy diet and exercising regularly is something that every girl should do. But deciding what you like to eat, and how you exercise is up to you.

What are some healthy things you like to eat? (Let the girls make some suggestions.)

What are some of the ways you like to exercise? Do you ride your bike or walk to school? Do you play on a sports team? Do you like to play kickball at recess? (Let the girls tell you some of the things they do to exercise.)

Unhealthy eating habits can be passed down through families. What family members eat and how they exercise has more effect than your inherited genes on a person's risk of becoming overweight. Do your families exercise together? Do you eat healthy meals, in general?

These habits can be changed. Simple exercise, even walking, can have huge benefits for your health. And don't forget to drink water during the day to stay hydrated. It's another way to keep your body running smoothly.

Eating healthy foods every day means you won't have to diet. Diets aren't the best idea for girls or teens. Your body is actively growing and you want to make sure it has all the energy and nutrients it needs to grow as fully to maturity as possible. And yes, you do need fat in your diet. How else do you think you are going to get those great curves that every girl dreams about?

Today we are going to make some art to illustrate how we should eat and exercise. Open your journal and spend one minute write down all the different enjoyable ways you can think of to exercise.

Now, Make another list. This time I want you to make a list of all of the foods you like that fall into the food categories you need to eat every day. I'll give you one minute to do this.

Side Note: At this time, roll out the butcher paper on which you have already drawn a blank food pyramid. Have markers, crayons and colored pencils ready for the girls.



Each of you will contribute to our classroom food pyramid. I am going to break the class up into 5 groups.

1. Decide (with my help) which category of the food pyramid your group will be working on.
2. Brainstorm foods that fit into that category. Make lists in your journals.
3. Decide which foods you think girls in this class actually eat – don't put liver in the protein section simply because it is a good source of protein – it must be something you think would make it into our break-fasts, lunches, and dinners. If we like our choices for healthy eating, we are more likely to stick to them.
4. Write the names of the chosen foods on the food pyramid poster.
5. Illustrate your section with pictures of the good food choices you have made together.

Side Note: Give the girls about 45 minutes to work on the poster. Then ask them to clean up their work. They will need more time during the week to work on this. Try to have it finished by the time you are ready to give the quiz.

The next activity we will do is to create two exercise posters. Can anyone tell me why me might be making two exercise posters?

One for indoor activities and one for outdoor activities.

Side Note: Roll out two sheets of butcher paper. One with the heading 'Ways I Can Exercise Inside' And the other, 'Ways I Can Exercise Outside'.

You have already made lists in your journals about the different ways you exercise. Now you are going to tell me how you exercise. I will write down all the different ways you list. You may be surprised at what you see.

Side Note: As the girls name different ways to exercise, list them either on the indoor or outdoor poster.

Possible suggestions include:

- ◆ Running
- ◆ Biking
- ◆ Water polo
- ◆ Soccer
- ◆ Yoga
- ◆ Exercise video tapes
- ◆ Aerobic classes
- ◆ Weight workouts at a gym
- ◆ Walking to school
- ◆ Weeding the yard
- ◆ PE class
- ◆ Swimming
- ◆ Playing tag
- ◆ Helping with chores around the house

Post these posters in a prominent place in the classroom.

For homework, you are to a plan how you will exercise this week. Write your plan in your journals. Remember you are to get one full hour of exercise each day. Pick fun activities to do. You are also to create a menu for one day with only healthy foods in the recommended amounts stated on the food pyramid. Choose foods and activities you enjoy. So think about it – and get help from your parents on this assignment. Involving them is a good way to get you on the right track. They are the ones who do the grocery shopping, you know.

Side Note: Continue to give the girls time in class to work on the food pyramid poster over the next couple of days. By the day of Quiz#3, make sure they are finished so they can be displayed.



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