

READ FOR
HEALTH
WSU Edition
Grades 1 and 2

Appendix A

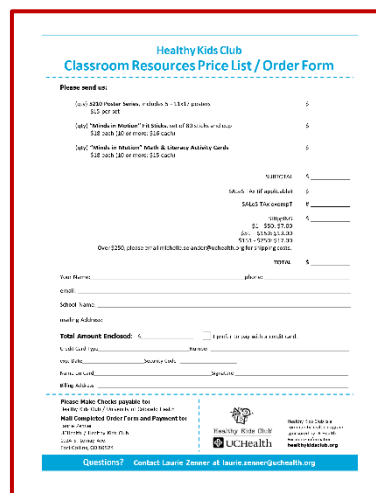
Resources

Read for Health Resources for WSU Edition Grades 1 and 2

- **Minds in Motion Fit Sticks**

<https://www.uchealth.org/Documents/file-pdf/COMHEA-HKCRResourceOrderForm-June2015.pdf>

Order sheet sample below.

The form is titled "Healthy Kids Club Classroom Resources Price List / Order Form". It includes a table for pricing and a section for contact information.

Item	Price
Each 5210 Poster Set, 5210 posters - 1345 posters - \$25.00	\$
Each "Minds in Motion" Fit Sticks, set of 80 sticks in a box - \$25.00 each	\$
Each "Minds in Motion" Match & Literacy Activity Cards - \$25.00 each	\$
Quantity	\$
Subtotal	\$
TAXES	\$
Total	\$

 Below the table, there are fields for:

- Your Name: _____ phone: _____
- email: _____
- School Name: _____
- Address: _____
- City/State/Zip: _____
- Country: _____
- Phone: _____
- Signature: _____

 At the bottom, it says "Please Note: Checks payable to: Healthy Kids Club / University of Washington and Mail Completed Order Form and Payment to: Healthy Kids Club, 1000 University of Washington, Seattle, WA 98195-5000."

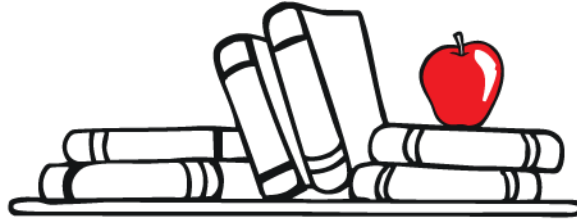
- **I Tried it! Stickers**

<http://www.learningzonexpress.com/nsearch/?q=i+tried+it+stickers>

- **Food Models**

Washington State Dairy Council. <http://nutrition.eatsmart.org/search?q=Food+Models>

Over 100 photos of serving size of foods representing all food groups. Cost \$25.00. All nutrition educators in Washington and Alaska can receive free materials annually for \$25.00. See information at: <http://nutrition.eatsmart.org/pages/allotment>



READ FOR
HEALTH
WSU Edition
Grades 1 and 2

Appendix B

Activities



1. "Name That Produce"

Materials Needed

Tape
Scissors

Directions

Use the Fruit and Vegetable Picture Cards (found in Materials Appendix) or cut out pictures of fruits and vegetables from a magazine. Tape one picture to each child's back without showing that picture to the child. Have them walk around the room, asking their classmates to describe the item on their back using descriptive words about color, taste, texture etc. until each child guesses which fruit or vegetable they have on their back.



2. "Dancing Dice"

Materials Needed

6 square pieces of cardboard, approximately
6 inches Scrap newspaper, several sheets
Mailing Tape
"Activity Cards" found in Materials Appendix

OR

Use the red/blue die cut out form provided in materials section, fold and use

Directions

Prior to class, tape 5 cardboard pieces together to start forming a cube. Before attaching the 6th side, stuff with newspaper for stability. Tape one activity card to each side of the cube.

During class, have children form a circle in an open area. Allow them to take turns rolling the dice. Children will practice the activity that is rolled for 30 seconds.



3. "Grow Your Own Sprout"

Materials Needed

8 ounces clear plastic cup, with small holes in bottom Seeds (radish seeds sprout quickly)
Potting soil Water
Light source (access to a window or a lamp)

Directions

Fill cups with soil. Using your finger, make a small hole for the seeds. Place the seeds in the hole and gently cover the seeds with soil. Water the seeds and place the cup under light. Track the growth of the seed on a chart! Older children may complete a daily growth journal where they can track growth and make daily observations. *To grow radish plant to maturity, use a pint or quart sized container, such as yogurt or cottage cheese containers.



4. "Party Placemats"

Materials Needed

MyPlate Handout (print one copy for each child from

www.choosemyplate.gov) Markers or crayons

Laminating Supplies (optional)

Cut out pictures of fruits, vegetables, and other healthy foods (optional)

Directions

Children will fill their plate with their favorite foods from each food group. Distribute one handout and coloring utensils to each child. Have children draw or cut out pictures of fruits, vegetables and other healthy foods to complete their favorite healthy meal.



5. Musical Chairs

- Have students stand up and get in a large circle.
- Put a card FACE DOWN in front of each student.
- Instruct them to start walking and dancing in a circle.
- When the music stops they should be behind a card, if they're not they need to find one! When everyone is behind a card have them flip their card one at a time and tell the class what their card is (some might need help reading their card) then the class will decide if it's a "sometimes" or "anytime" food or activity.
- You can have student do a move for each answer. For example, if they think it's any "anytime" food/activity, they can jump up, if they think it's a "sometimes" food/activity they can squat down.
- Remind students that some of the cards don't have a right or wrong answer. For example, yogurt or cereal.
- Some yogurts and cereals are packed with added sugar, while others aren't.



6. On the Farm (WSU Edition)

Objective: Learn that working on a farm is good physical activity and makes your body health.

- As each food or animal is mentioned, ask students to which food group they belong.
- Have students stand at their desks. Tell them we are visiting Farmer Brown's place and are discovering what he grows there.
- Start marching in place, going up and down the fields, bending knees and high-stepping.
- Stop-look down and see a row of carrots. Bending down, start pulling out carrots by reaching your right hand to your left foot and straighten. Reach down your left hand to your right foot and straighten. Repeat several times.
- Stand upright and start walking in place. Next we spy an apple orchard. Pick some apples from the trees by stretching your right hand upward toward the left and left hand upward to the right, repeating a few times.
- Start walking again. Next we find a field of wheat, so we'll scythe the wheat, putting hands together and swinging them like a golf club, back and forth a few times.
- Walk some more, up and down hills, to the barn. What do we find? Cows! Let's milk some cows. Squat, using a milking motion with hands.
- What's left? Oh yes....let's chase some chickens! **Run in a tight circle or run in place....**





7. **Go Bananas** (WSU Edition)

This activity only takes 2 minutes, so fun for a short class.

Have students stand at their desks or form a circle. Set a rhythm or beat by snapping fingers or clapping hands and bopping to the beat. Use rhythm when making the following motions:

- When ‘forming’ a fruit or vegetable, swing right arm out and up to over your head according to the beat. Then do the same for the left, with fingers meeting at the top.
- As you ‘peel’ the veggie or fruit, bring right arm out and down toward your side, followed by the left, using a different motion for each V/F (re: peeling potato: use motion as if you are holding a veggie peeler; peeling orange: with pinched fingers, rotate hand in circles at the wrist while bringing arm out and down to side; shucking corn: with hands horizontal to the floor, use slicing motion while bringing arm to your side; peeling banana: use downward sweeping motions, as if actually peeling a banana).
- During the last two lines of each verse, use motions to pantomime each action: (re: mash potatoes: with fists clench in front of you, do up and down motion in rhythm with feet; squeeze orange: wrap your arms around your midsection and squeeze yourself with all your might while twisting side to side; pop the corn: while bouncing, throw up your hands and splay fingers wide several times; go bananas: with arms over head, shake hands wildly while turning a circle.

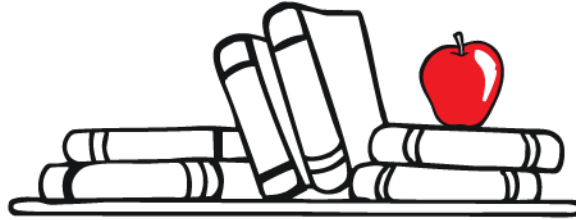
(For Video, see... URL...coming!)

Lyrics

<p>Form potato, form-form potato (<i>right arm</i>) Form potato, form-form potato (<i>left arm</i>) Peel potato, peel-peel potato Peel potato, peel-peel potato</p> <p style="text-align: center;">Makes you Mash Potato, Mash-Mash Potato Makes you Mash Potato, Mash-Mash Potato</p>	<p>Form the corn, form-form the corn Form the corn, form-form the corn Shuck the corn, shuck-shuck the corn Shuck the corn, shuck-shuck the corn</p> <p style="text-align: center;">Makes you Pop the Corn, Pop-Pop the Corn Makes you Pop the Corn, Pop-Pop the Corn</p>
<p>Form the orange, form-form the orange Form the orange, form-form the orange Peel the orange, peel-peel the orange Peel the orange, peel-peel the orange</p> <p style="text-align: center;">Makes you Squeeze the Orange, Squeeze-Squeeze the Orange Makes you Squeeze the Orange, Squeeze-Squeeze the Orange</p>	<p>Form banana, form-form banana Form banana, form-form banana Peel banana, peel-peel banana Peel banana, peel-peel banana</p> <p style="text-align: center;">Makes you GO Bananas, GO-GO Bananas Makes you GO Bananas, GO-GO Bananas</p>

*Adapted from a 4H Songbook





READ FOR HEALTH

WSU Edition
Grades 1 and 2

Appendix C

Materials

Dancing Dice Cube Labels & Cut-Out.....	A13
Whole Grains Handout	A17
Fruit and Veggie Picture Cards.....	A19
Food and Activity Picture Cards	A39
Source of Food Cards	A51
Soil Jar	A57



**JUMPING
JACKS**

DANCE

SKIP

HOP

RUN

STRETCH

**MAKE YOUR OWN
DANCING DICE!**

Dancing Dice is a fun game the entire family can play indoors without a lot of space!

Follow the directions to make your own **Dancing Dice!**

SIT UPS

**HOP ON
ONE FOOT**

**JUMPING
JACKS**

PUSH UPS

DANCE

**MARCH IN
PLACE**

To make your **Dancing Dice**:

1. Color the dice with crayons or colored pencils.
2. Cut along **BLUE** lines.
3. Fold on **RED** lines.
4. Assemble into a cube by taping or gluing the sides together.



Use your imagination to create different **Dancing Dice** games. Some suggestions are:

- Each person roll the dice and do the activity that comes up.
- Take turns rolling the dice and everyone do the activity together.
- Take turns and each person roll the dice, but choose someone else to do the activity!

Play a different **Dancing Dice** game each time – have loads of fun!

Kernel of Wheat

ENDOSPERM

Contains:

- **PROTEIN**
(large amount)
- **CARBOHYDRATES**
- **B VITAMINS**
(small amount)

BRAN LAYER

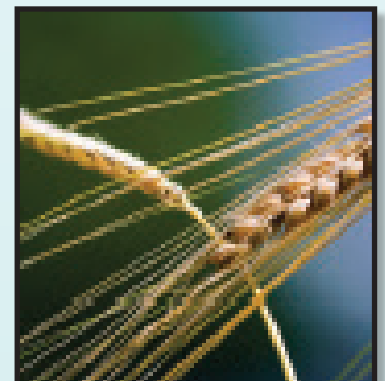
Contains:

- **PROTEIN**
(small amount)
- **B VITAMINS**
(very large amount)
- **MINERALS**
- **FIBER**

GERM

Contains:

- **PROTEIN**
(very small amount)
- **B VITAMINS**
(very large amount)
- **MINERALS**
- **FIBER**





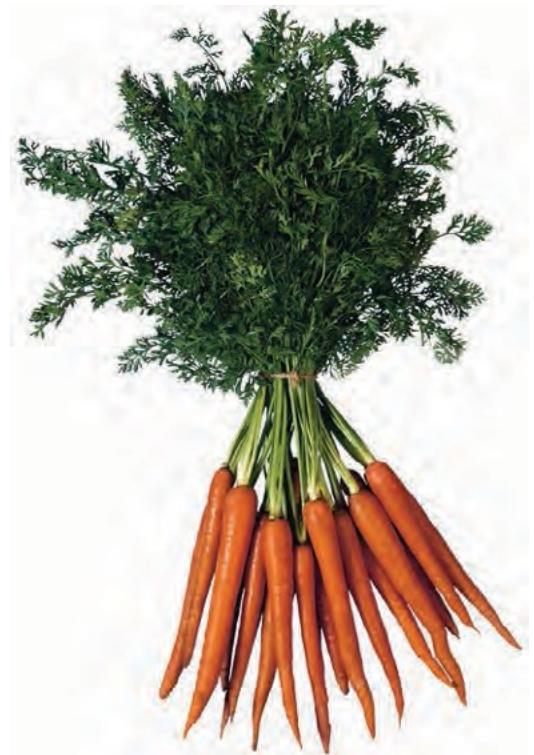
cantaloupe



squash



sweet potato



carrots



apricots



tomato



tomato



red pepper



red pepper



red onion



spinach



spinach



kale



kale



collard greens



pineapple



banana



peach



mango



lettuce



purple grapes



blackberries



blueberries



plums



raisins



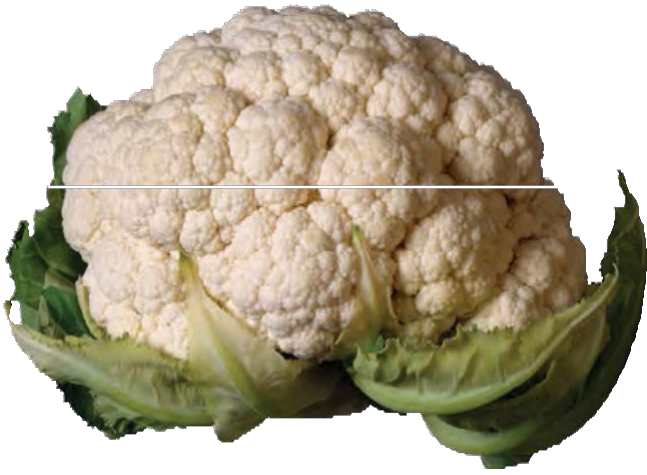
broccoli



corn



broccoli



cauliflower



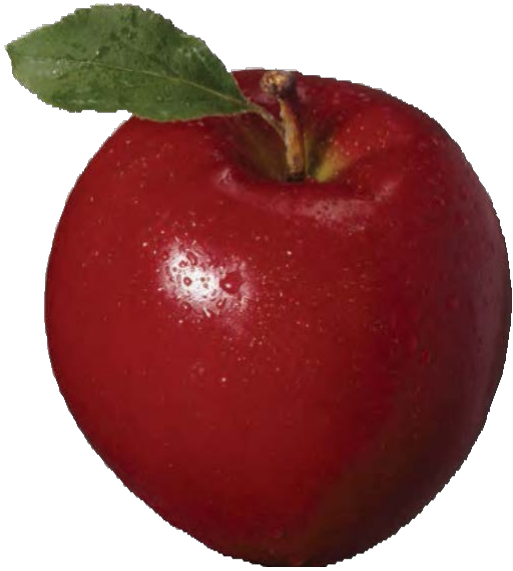
asparagus



celery



peas



apple



potatoes



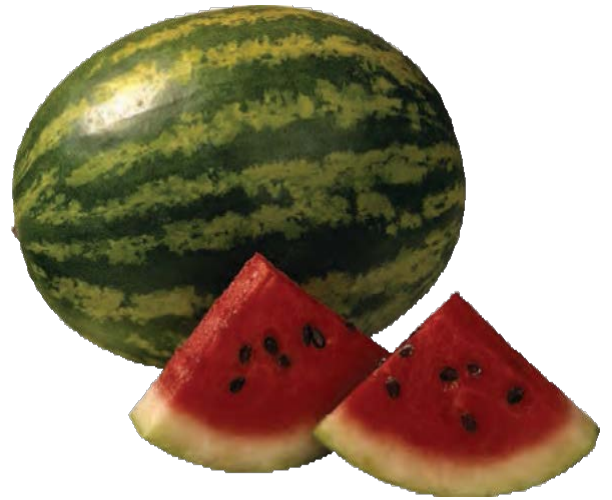
pear



orange



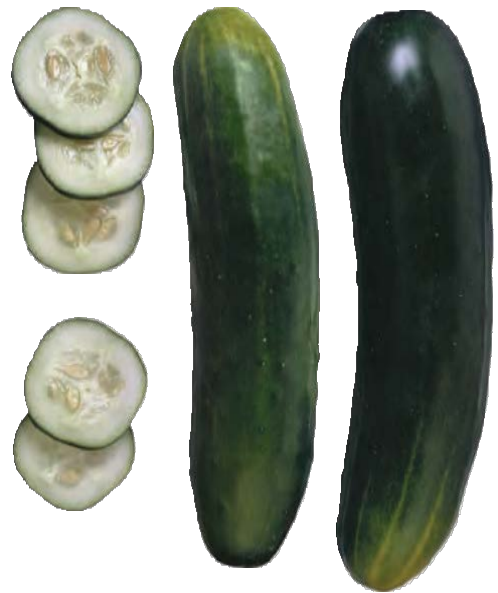
strawberry



watermelon



pumpkin



cucumber

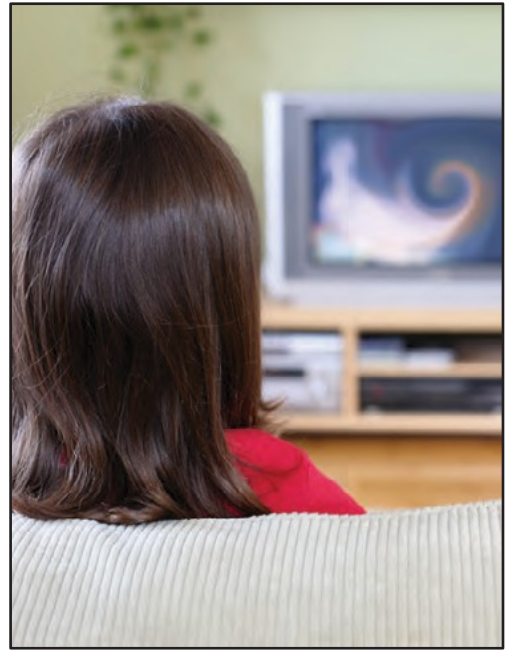


1



Playing Video Games

2



Watching TV

3



Fast Food

4



Candy



5



Computer

6



Chips

7



Low-Fat Milk

8



Fruit Salad



9



Garden Salad

10



Pasta Salad

11



Yogurt

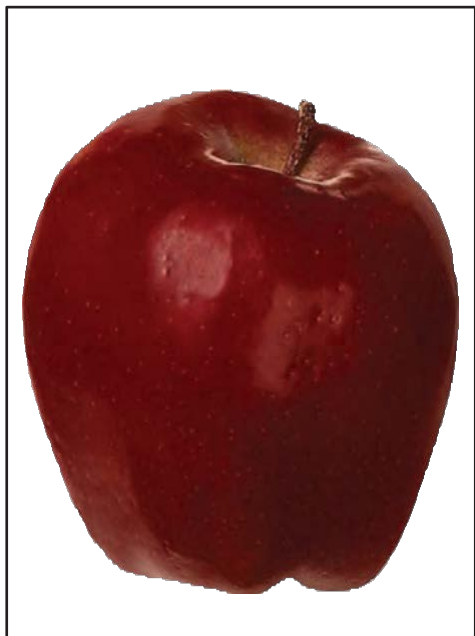
12



Whole Grain Bread



13



Apples

14



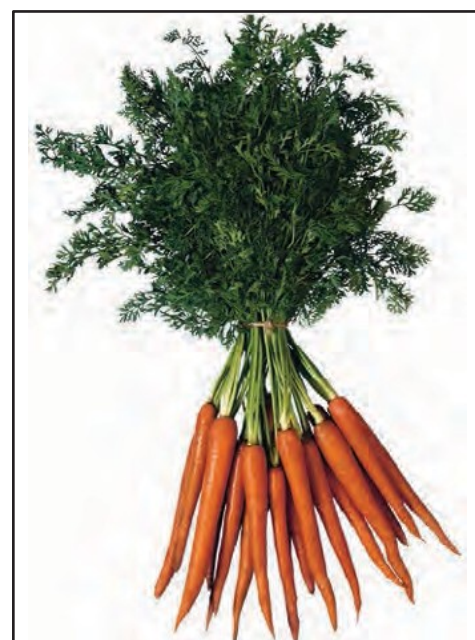
Broccoli

15



Peppers

16



Carrots

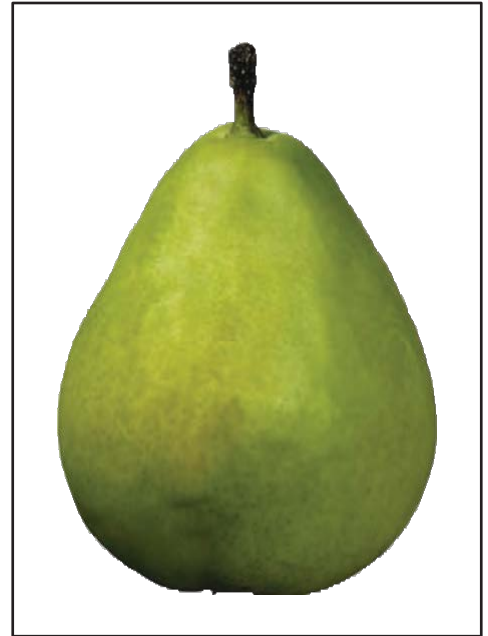


17



Strawberries

18



Pears

19



Riding Bikes

20



Playing Sports



21



Peaches

22



Plums

23



Green Beans

24



Squash



**Whole Wheat
Flour Crust**



Wheat Flour



Wheat Plant



**Wheat Harvest
on the Farm**



Tomato Sauce



Tomato



Tomato Plant



Tomato Garden



Low-Fat Cheese



Milk



Dairy



Cow Grazing



Fresh Peppers



Pepper Plant



Planting Herb Garden



Pepper Seeds
in the Garden



Onions



Onion Plant



Onions in the Garden



Mushrooms



Mushrooms Growing in Soil



Basil



Planting Basil Seeds in Soil



Basil Plants



Oregano



Planting Oregano



Oregano Plants



Raisins

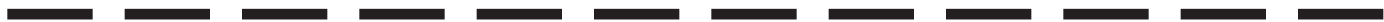


Raisins represent gravel in soil. They have the largest particle size of all the ingredients and are the heaviest.

How raisins started with soil:

Raisins -> Grapes -> Vine -> Soil

Gravel



Whole Wheat Cereal



Cereal represents coarse sand in soil. Coarse sand is lighter and smaller than the gravel, but heavier than the other particles, so it would settle in a jar of soil on top of gravel.

How cereal started with soil:

Whole Wheat Cereal -> Grain (Wheat) Plant -> Farm Field -> Soil

Coarse Sand





Graham Crackers



Crushed graham crackers represent fine sand in soil. The particle size of sand is smaller than the gravel and coarse sand, but heavier than the other particles, so it would settle in the jar on top of the coarse sand.

How graham crackers started with soil:

Graham Crackers -> Wheat -> Farm Field -> Soil



Yogurt



Yogurt represents silt in soil. Silt is smooth and the particle size is smaller than sand, but larger than the other particles in soil, so it would settle on top of the sand in the soil jar.

How yogurt started with soil:

Vanilla Yogurt -> Milk -> Cow -> Cow Eats Grain or Grass -> Pasture or Farm Field -> Soil



Sunflower Butter or Peanut Butter



Clay



Sunflower or Peanut butter represents clay in soil. Clay, while it seems heavy and sticky, is actually made of the tiniest particles of all of the particles that make up soil. When it is put in water and shaken up, it may take the longest to settle on top of the layer of silt.

How sunflower or peanut butter started with soil:

Sunflower butter or Peanut butter -> Sunflower seeds or Peanut plant -> Farm Field -> Soil



Honey



Water



Honey represents water in the soil. Water moves nutrients through the soil and when it rains, the pores or open spaces in the soil will fill with water, forcing worms and other living things to the surface.

How honey started with soil:

Honey -> Bees -> Nectar from Flowers -> Soil



Coconut



Water &
Organic Matter



Coconut represents organic matter or living things in the soil, such as worms or plant material. It is the organic material that provides nutrients in the soil that plants and animals need to grow.

How coconut started with soil:

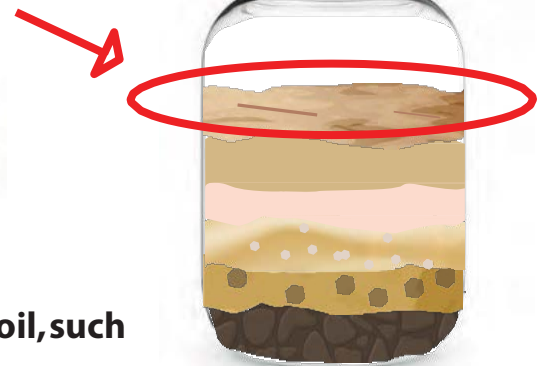
Dried, sweetened coconut -> Coconut Tree -> Soil



Sunflower Seeds



Water &
Organic Matter



Sunflower seeds also represent organic matter in the soil, such as beetles and other insects or may even seeds.

How sunflower seeds started with soil:

Sunflower Seeds -> Sunflower Plant -> Soil

