

## **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 1<sup>st</sup> Grade -**

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

#### **2<sup>nd</sup> and 3<sup>rd</sup> 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.

#### **4<sup>th</sup> and 5<sup>th</sup> 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.

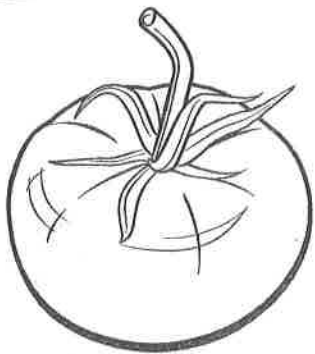
# Healthful Food Choices

Name \_\_\_\_\_

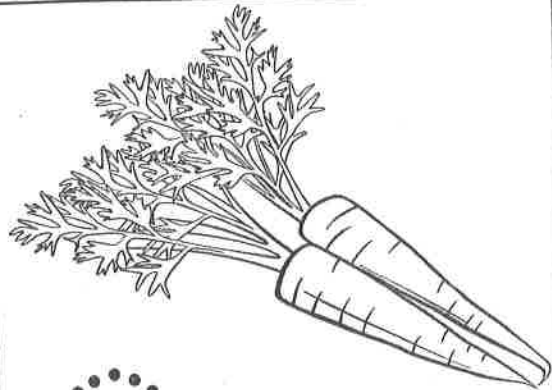
Color the food.

Trace the number.

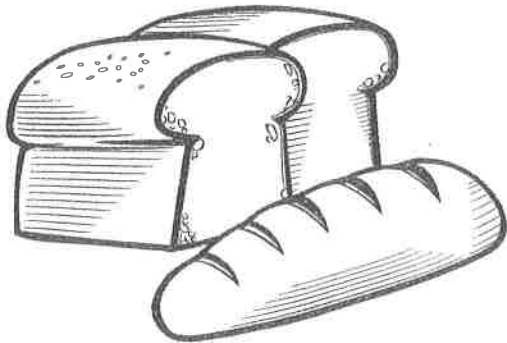
Draw an X through the picture of the food that is not healthful.



1 red  
tomato



2 orange  
carrots



3 brown  
breads



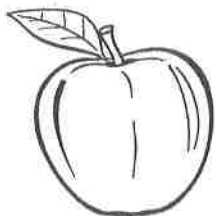
4 slice of  
cake

# A Smile or a Frown

Name \_\_\_\_\_

Dear Parent,

Your child is learning about healthful foods to eat. For example, your child is learning to avoid foods that are high in sugar, fats, and salt and to eat healthful foods instead. Different kinds of foods are listed on this sheet. Have your child determine whether the food pictured is healthful and nutritious or harmful and not nutritious. Next to each food is a face that has no mouth. Have your child draw a smile (∩) for the mouth if the food is healthful and a frown (∪) for the mouth if the food is not nutritious. Have your child provide you with reasons why he or she made the particular choice.



Apple



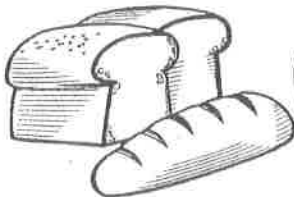
Carrots



Potato Chips



Skim Milk



Bread



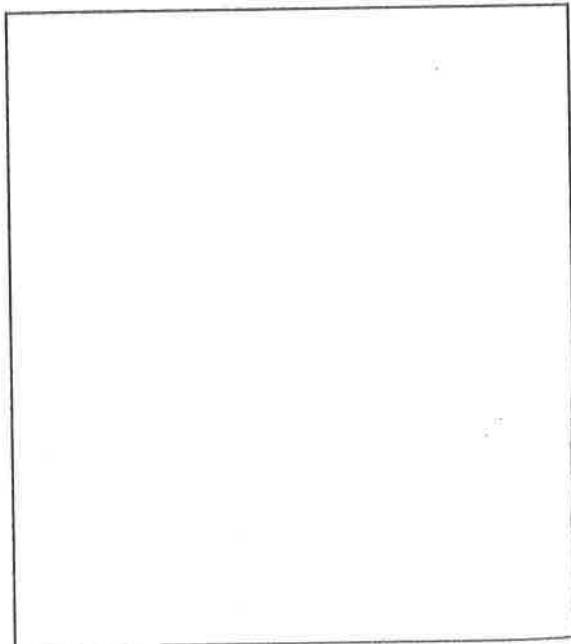
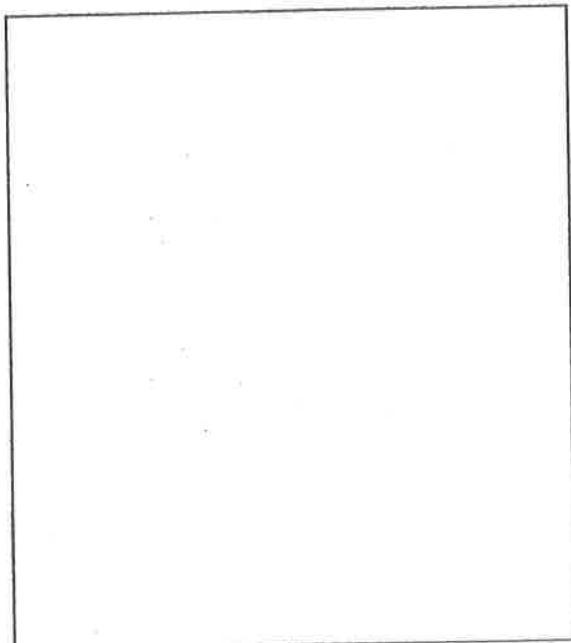
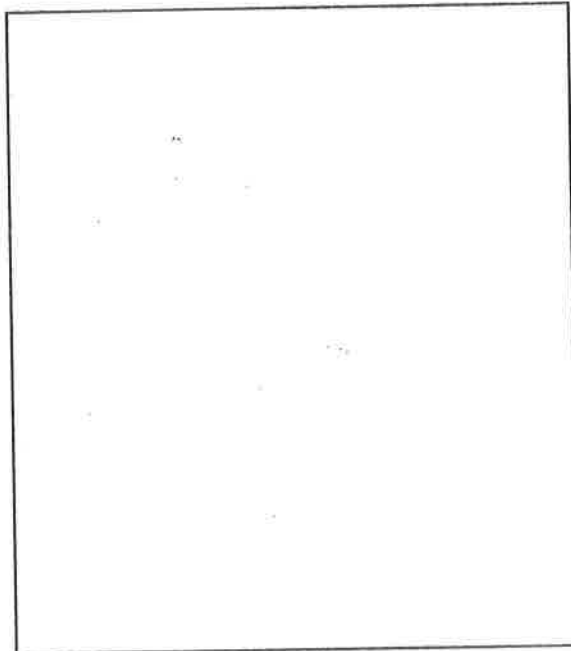
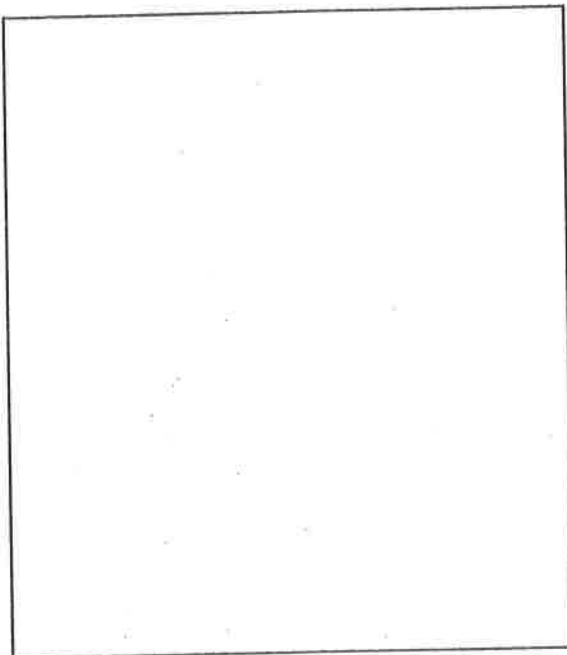
Chocolate

Student Master

# Healthful Foods I Like

Name \_\_\_\_\_

Draw one healthful food in each box.  
Color the four foods.



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.