



This lesson presents a great opportunity to invite a family doctor to your classroom. A visit from a family doctor can reinforce important messages about being active, eating smart, and feeling good. Please refer to page 4 for more information.

### Lesson Overview

To be fit, balance the amount of energy you take in (nutrition) with the amount of energy you use (physical activity) while doing the things you enjoy (emotional well-being).

### Health Messaging

- Being active, eating smart, and feeling good are three essential parts of overall fitness.
- Balance your choices in the three parts of fitness.
- An easy way to be fit is with family and friends; challenge them to make balanced choices with you.

### Math Objectives

- Students learn how to represent and compare whole numbers and fractions.
- Students learn to understand fractions as part of a unit and as divisions of whole numbers.
- Students learn how to use models and equivalent forms to judge the size of fractions.

### Conducting the Lesson

- Choose a period of time within the last day (e.g., from 2 p.m. to 8 p.m. yesterday), and have students write down all the choices they made. Once you have collected several examples, define the verb “to choose” as *to pick one thing out of a group*. Emphasize that everyone is different and makes different

choices for different reasons.

- When students have finished brainstorming their choices, make copies and distribute In-Class Worksheet 1. Encourage them to complete Part 1, grouping their choices into the three categories—Be Active, Eat Smart, and Feel Good—on the pie chart.
- In completing Part 2, encourage students to think critically about the decisions they made, and how they can make balanced decisions.
- When you have completed Lesson 1, assign At-Home Activity 1, “Three Is Key!” (found in the accompanying Student Guide), to be completed as homework with a family member. Instruct students to have a parent or guardian sign off at the bottom of the page, then bring their homework back to class.

### Lesson Extension

Ask students to share what fitness means to them and how they can make it a part of their own lives. Take the opportunity to discuss with students ways to make your classroom more fitness-friendly, such as trying new activities, bringing in healthy snacks, or offering time for student self-expression (in writing or discussion).

### Body Connection

Since all the parts of our bodies are connected, your healthy choices often benefit several parts of your body. For example, when you eat a variety of foods, you take in brain-fueling minerals like potassium and calcium. Remember that breakfast is an important meal to jump-start

your day with energy to think more clearly and play longer.

### Integrated Teaching Option

Invite your school nurse to come to your classroom and talk to your students about how the choices they make contribute to their fitness. You might have students share their pie charts with the nurse and brainstorm new ways they can be more active, eat smarter, and feel good.

### Be an Agent of Change

As a reward for a job well done, give the class extra time at recess to be active, offer healthy snack options, and/or provide opportunities to be creative. Inquire about fitness at parent conferences and encourage parents to visit [www.kidnetic.com](http://www.kidnetic.com) for kid-friendly resources.

### Real-World Connections

Have students identify what aspects of their community or neighborhood are fitness-friendly (giving individuals the opportunity to be active, eat smart, and feel good). Examples might include safe sidewalks to walk on, parks for play, libraries, community centers, farmers’ markets, etc. Then have students suggest changes or improvements to make the community/neighborhood more fitness-friendly.

### Key Terms

**Family doctor:** A person trained to care for people and families of all ages, in all areas of health.

**Fitness:** Being active, eating smart, and feeling good.