



## Week #4 - Mini Milers

**Lesson Goal:** Simply stated “Healthy Eating!” Healthy eating is important to keeping our bodies and minds in good shape. It is important to ‘Eat the rainbow!’ of vegetables and fruits – eat different colors every day. We need to eat 2 ½ cups of vegetables and 1 ½ cups of fruit every day or an easier way to think about it is a Healthy Plate is half fruits and vegetables at every meal.

- **New ideas for warming up!**
  - **Reach for the Stars** – Stand up straight and tall and reach as high as possible, alternating arms trying to reach a little higher each time.
  - **Volcano** – Making whooshing sounds as you bend down and reach for the ground with legs straight, then stand up tall and reach for the sky like you are erupting.
  - **Shake it Up!** – Alternate shaking hands and feet, for an extra challenge try shaking one hand and one foot at the same time.
  - **High Knees** (Running in place) – Start slowly running in place and bring your knees up higher and higher and then increase the pace once form is correct.
  - **Hot Feet** (Quick Feet) – Pretend like you are on hot lava and you need to move your feet as fast as you can while staying in place. How fast can you get your feet going?
  - **Jumping Beans** – Can you jump up and down in place on two legs? Can you jump up forward to back and back to forward? How about side to side? After you are warmed up on two legs try one!
- **Main Activity**
  - Who feels up for a run challenge? Can your child keep moving for a determined amount of time or a certain number of laps? Will today be their record? Let’s see how far they have come since the first week. Remind them they have the knowledge and ability.
- **Cool Down**
  - Gentle jog to a nice spot and stretch.
  - Discussion “Were you able to lend a helping hand at home or in the community during these trying times?”
- **Wrap Up**
  - Fun Facts:
    - Did you know that in Japan, the most popular topping for pizza at Domino’s Pizza is squid?
    - Did you know that peanuts are one of the ingredients in dynamite?
    - Did you know that the only fruit that has seeds on the outer skin is the strawberry?

### HEALTHY HABIT CHALLENGE!

What’s on your plate? Can you eat the rainbow at each meal (red, orange, yellow, green, blue, purple)? How many colors can you eat in one meal by having a variety of fruits and vegetables? Kids Eat Right has both a great Facebook page and website. Check them out:

[www.eatright.org/for-kids/](http://www.eatright.org/for-kids/)

