

Growing a Strong Body

Goals:

- *Students will be able to list three habits that help build a strong body*
- *Students will be able to compare the needs of people and plants*

Audience: 1st grade

Optional Craft, Activity or Snack:

- *Indy 500*
- *Need or Want Worksheet*
- *Go or Slow Worksheet*

Materials:

- *Growing a Strong Body Visual*

Lesson:

There are three things your body needs to grow strong. Raise your hand if you think you can name all three?

1. Food
2. Water
3. Rest

'Go' foods give our bodies the energy we need to think clearly, play, and grow strong! We need 3 healthy meals each day with 2 to 3 small snacks to feel our best. If we don't eat plenty of 'go' foods, we might feel tired, get a headache, or feel crabby.

The second thing we need to grow a strong body is water. More than half of our bodies are made of water (about 60%)! Water helps transport nutrients throughout the body. If we don't drink water, our bodies wouldn't be able to function properly. We might get a headache, get a stomach ache, or feel dizzy. That is why it is important to drink at least 5 cups of water each day.

The third thing we need to grow a strong body is rest! At night, when we are sleeping, our bodies are busy repairing tissues, growing new tissues, and fighting off germs that might make us sick. Our bodies need time to rest so we can be ready to tackle the day. If we don't get enough rest, we are more likely to get sick, we might have a hard time paying attention, and we might not have the energy to play our favorite games.

Did you know that even though people and plants are different, we share similar needs? Let's take a look at what plants need to survive.

Plants need food! Where do plants get their food from?

Plants get nutrients from the soil, and energy from water and the sun.

Can you feed plants vegetable soup? What would happen if you poured warm vegetable soup on a plant? It may not die, but it certainly would not help the plant grow to be strong. .

Like plants, we have to feed our bodies with the right kinds of food in order to grow strong. Can you think of 'go' foods that help our bodies grow strong? (Fruits, vegetables, seeds, nuts, whole grains, meat, eggs, yogurt, milk etc.).

We can have a treat, like ice cream every once in a while, but it cannot replace the 'go' foods that we should eat most of the time.

What happens to a plant when it doesn't get enough water?

It shrivels up.

Have you ever given water to a shriveled up plant and hours later you notice it is not shriveled up any more? This is what happens to our bodies, we just cannot see it as well. When you don't have enough water you may feel tired and droopy, but when you sit down and drink water you will feel refreshed and have more energy.

The third thing plants need is rest! Plants rest in the evenings just like we do. When the sun goes down, they rest. When the sun comes up in the morning they begin to work making food from the sun.

Although plants and people are different, we share three things in common. We both need: food, water, and rest.