The Adventures of "Germie the Unhealthy Art Car"

To increase awareness about the primary prevention of cancer among school-aged children, the Dan L. Duncan Cancer Center at Baylor College of Medicine collaborated with the Children’s Nutrition Research Center at Baylor College of Medicine and The Health Museum to create a fun and engaging cancer prevention activity sheet targeted to elementary school children, accompanied by easy-to-use lesson plans for teachers, called "Germie the Unhealthy Car." The activities stress eating fruits and vegetables, physical activity, and maintaining a healthy body weight. The Houston Independent School District is distributing the sheet to 55,000 elementary school students and 10,000 more sheets will be distributed along the Art Car Parade route, at the Texas Children's Hospital, and at the Health Museum.

Three Lesson Plans for the 2009 Art Car Activity Sheet
Primary Subject: Health and Physical Education
Grade Level: adaptable for K-5

Contents

What does it mean to be healthy?: A healthy habits discussion guide
Muscle Madness: Active classroom games
Have a Rainbow for Dinner: Nutrition-focused drawing activity

Please complete our Teacher Survey at:
www.bcm.edu/cancercenter/outreach
to comment on the lesson plans and activity sheet.
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Art Car Weekend Schedule

Friday, May 8, 2009 THE MAIN STREET DRAG - 9am-2pm
A select group of Art Cars visit schools & hospitals. Leaves from Houston Zoo

Friday, May 8, 2009 - SNEAK PEEK - 7pm-10pm @ Discovery Green
View the cars early, musical entertainment and other activities.

Saturday, May 9, 2009 - ART CAR PARADE on Allen Parkway - 1 p.m. parade rolls @ Taft

Sunday, May 10, 2009 - Art Car Sunday Brunch and Awards Ceremony -
11-2pm (Orange Show Center for Visionary Art)
WHAT DOES IT MEAN TO BE HEALTHY?

TEKS Health Ed. Ch. 115
15 - 20 minute lesson plan for Art Car Activity Sheet

Synopsis: The Art Car Activity sheet shows Germie the car learning healthier habits, and invites kids to color a healthier art car on the back. Expand on the subject with this brief Q&A.

Activity Objective: To help students identify healthy habits.

Materials and Prep: Art Car Activity Sheets and colors.
Optional: Whiteboard and markers for writing students' answers.

Q&A:
Introduction:
"Let's talk about some habits that help you get healthy and stay healthy"

Q: "What is a habit?"
A: Something you do often, usually every day, and not just once in a while.

Q: "What are two main kinds of Healthy Habits?"
A: Exercise and Healthy Eating.

Q: "What are some things we can do every day, to be healthy?"
A: Acceptable answers include:
  o Exercise
    ▪ Running
    ▪ Playing sports (basketball, soccer, football, etc.)
    ▪ Jumping rope
    ▪ Skipping
    ▪ Swimming
Healthy Eating
- Eat lots of vegetables and fruit
- Eat more chicken and fish than red meat (steak, burger)
- Not eating very much fast food or candy
- Drink LOTS AND LOTS of water
- Drink milk instead of juice or soda

Prompt responses as needed, until most or all answers have been mentioned.

Q: Who already has any of these healthy habits?
A: Take an informal poll of the answers given.

Closing comments: "A healthy habit is something you do often and it also helps you stay healthy. Healthy habits become part of our routine and lots of people keep their healthy habits for their whole lives."

Going further:
- Ask kids to imagine how they would be as grown-ups if they keep the healthy habits they have now for their whole lives.
- Have the kids share their activity sheet and talk about the unhealthy habits Germie had, and the healthy habits they drew on their rainbow car.
- Let kids identify the healthy habits they see in each other’s car drawings.

Play a healthy game
Play hangman using words from the Healthy Habits list.
**Synopsis:** Describes some benefits of exercise and types of exercise through active classroom games. Note: Games can also be played outdoors.

**Activity Objective:** To help children identify types of exercise and active play that are good for the body. To help students see how exercise can increase or reduce health risks throughout the lifespan.

**Materials:** Art Car Activity Sheet.
Optional ➔ Prepare cards with bullet points, so students can read them.

**WHAT TO DO:**

**Introduce the activity:**
"In the Activity Sheet, Germie becomes healthier. One of the things he learns about is exercise. Germie doesn’t have muscles, but we do."

Read the following bullet points, or have students read them.
- In order to be really healthy we need to exercise our bodies.
- A big part of exercise is using your muscles.
- Your muscles play a very important role in your life.
- We don’t think much about our muscles, especially when we’re kids, but they are what help move you around and let you do most of the things you like to do, like play sports, do gymnastics, dance, run, and even some video games.
- We make our muscles stronger or weaker by either using or not using them.

**Dialogue for understanding:**
- What is a "Couch Potato"? (It means all you do is lay around and watch tv, play video games - those things hardly use any muscles.)
- "Being one makes your muscles weak and your heart unhealthy".
- What would you like to be instead of a "Couch Potato"? Backyard Bunny? Spinning Spider? Jumping Jelly Bean? (Take a few suggestions for active nicknames)
- "The more we use our muscles the stronger they are and healthier we are. Anything that makes your heart beat faster and your muscles work is a good exercise."
- Does anyone know how many muscles are in our bodies?
  - The answer is 650.
  - Have the kids show or tell you some of the places where muscles are.
MUSCLE MADNESS GAMES
(These games are active. Please review safety rules before beginning).

“ACTION!”
"A verb is a word that describes an action. Exercise is action! It should be fun and creative! In this game, I will point at someone in the class and say "Action!". If I point to you, call out a fun verb. Whatever you say, the rest of us have to do - safely!"

Let a few students choose a verb for the class to do. Jump, march, touch your toes...
As each student calls out the action verb, the rest of the class acts it out. Going Further
Have kids call out two verbs, and the rest of the class has to find creative ways to do both verbs at once.

“VERB SAYS”
"This game is like Simon Says, only all the actions have to be activities that make your muscles stronger. One of you will say "VERB SAYS", and a verb. The rest will act that verb out - safely! But don't do it unless VERB SAYS!"
Some muscle strengthening activities are ➞ Games like tug of war; push-ups with your knees on the floor; using resistance bands; rope or tree climbing; sit-ups, curl-ups or crunches; swinging on playground equipment or bars; climbing walls.

Going Further
You can expand on the game by asking for verbs that make the heart stronger (aerobic activities) or bones stronger (weight bearing activities).
Some aerobic activities are ➞ Bike riding, skating, skateboarding, walking, playing tag, jumping rope, sports like soccer, basketball and swimming, karate.
Some weight bearing activities are ➞ Hopscotch, hopping, skipping, jumping, jumping rope, running, sports like gymnastics, volleyball, basketball.
HAVE A RAINBOW FOR DINNER
TEKS: Health Ed. Ch. 115
15 - 20 minute lesson plan for Art Car Activity Sheet

Synopsis: Discussion and drawing activity about the Food Guide Pyramid.

Activity Objective: The Art Car Activity sheet presents the concept of "Eating a Rainbow of Foods". This lesson plan reinforces the Food Guide Pyramid’s recommendations and includes a drawing activity on proper food portions, focusing on dinner foods.

Materials:
Art Car Activity Sheet, blank letter size paper, colors
Optional: A printed copy of the Food Guide Pyramid for Kids. (see p. 9)

What to do:
Refer to the Activity Sheet or Food Guide Pyramid and begin a discussion on what it means to eat a rainbow of foods.

Discussion Guide:
• You want your food to be colorful on your plate- it should look like a rainbow
• "You’re eyes are bigger than your stomach" - true or false?
• How much we eat is as important as what we eat.
• Food Groups
  1. Grains
     o You want to eat the most of this group and "make half your grains whole"
     o Examples: Cereal, oatmeal, wheat bread, noodles, crackers
  2. Vegetables
     o Vary your Vegetables
     o Examples: Broccoli, carrots, corn, tomatoes, sweet potatoes, regular potatoes, lettuce, spinach
  3. Fruits
     o Focus on Fruits
     o Examples: Apple, oranges, watermelon, mango, banana, kiwi, strawberries, blueberries
     o You should have 7-9 servings of vegetables and fruits together.
  4. Milk
     o Get your calcium-rich foods
     o Examples: Milk- skim or 1% is best, yogurt, cheese
5. Meats (or other Proteins)
   - Get lean with protein
   - Examples: Chicken and fish are the leanest, Red meat (steak or hamburger), ham, beans, peanut butter, eggs.

6. Fats and oils ARE NOT A FOOD GROUP - but you need a little bit
   - Examples: fish, nuts, soybean oil, etc.

TO DRINK OR NOT TO DRINK...

   - MOST IMPORTANT!! DRINK LOTS AND LOTS OF WATER! At least 1 glass at every meal.
     - It helps clean out your system and helps you feel better.
   - Milk
     - Skim or 1% is the best option
     - Milk helps keep your bones strong and your teeth healthy and strong
   - Juice
     - Try to not to drink juice drinks very much- they have lots of sugar in them
     - If it is labeled 100% juice then it’s healthier, but still don’t drink too much.
   - Sodas
     - Sodas are not healthy AT ALL!
     - There are 41 grams of sugar which equals about a 1/3 of a cup
     - Sodas also are not kind to our bones or organs- they don’t make us feel very good

SO REMEMBER:

   - Eat lots of fruits and vegetables
   - Make healthy choices- fruit over candy
   - Drink lots of water
   - Milk is better than juice or soda
   - Have a RAINBOW (colored) plate

Other Resources for Lessons:
www.nutritionexplorations.org
www.superkidsnutrition.com
www.theportionplate.com
A RAINBOW FOR DINNER

Instructions:
"Let’s use what we’ve learned to draw a healthy dinner plate. Then we can guess who drew which plate!"

On the paper provided, have kids draw a circle and divide into three parts as seen below:

Remind them to put their names on the back of the paper.
Tell them:
"This circle represents a dinner plate.
Fill the top half with Vegetables and/or Fruit
Fill one bottom quarter with Meats or other Proteins
Fill the other bottom quarter with Whole Grains"
Remember to use as many of the colors of the rainbow as you can!"

Allow time for drawing, and guide student’s choices if time permits.
Post the completed dinner plates in your classroom, and have kids guess who’s having what for dinner!

Tips for keeping your portions in proportion!

- Start with a small amount on your plate and if you are still hungry get more.
- When out to eat or at fast food- always get the kids meal- it’s your size.
- At dinner your plate should look like the one you just drew!
GERMIE the Unhealthy Art Car needs a makeover! Help him learn some healthy new habits, then give him a new look for the Art Car Parade!

Exercise an Hour a Day, GERMIE! Read the clues and use the word bank to fill this puzzle with great ways to get GERMIE moving.

This Mystery Word has Plenty of Vitamin C...

Eat a variety of healthy foods and make healthy choices! Circle the healthy snacks and activities for GERMIE, and cross out the others.

ACROSS
2. Run and chase your friends when you are "it" in this game.
4. Ride this two-wheeler up a hill for an extra exercise boost!
6. Perfect for kids who enjoy competition and teamwork.
7. Number of minutes you should spend being active each day.
8. Two-legged transportation that can get you lots of places!

DOWN
1. Hip-hop, jazz and ballet are just a few ways you can do this activity.
2. A break from class work when you are school.
3. Make the most of it by playing Active games.
4. Jump, shoot and dunk your way to fitness.
5. This four-legged friend would love to take YOU for a walk.
6. This fun activity will leave you soaked.

WORD BANK
Basketball, bicycle, dance, dog, recess, sixty, sports, swimming, tag, walking.
Hey, GERMIÉ is ready to go to the Art Car Parade!

Now that Germié is healthier, he needs a new look—and a new name. Use the rainbow of fruits and vegetables to make the Art Car healthy and happy.

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Grownups Corner

Use the food guide pyramid to lead a...

Kitchen Safari!!!!!!
Take your kids on a hunt for foods that belong in the food groups on the pyramid.

The Food Groups are:

Grains
Vegetables
Fruits
Dairy
Meat
Beans

Spread mashed bananas and peanut butter on a Graham Cracker and freeze. Eat when frozen.

What’s better after a Safari than...

Frozen Graham Cracker Sandwiches!


For copies of this activity sheet, the related lesson plans and to take a survey, please visit www.bcm.edu/cancercenter/outreach

Eat the Colors of the Rainbow

Yellow
Orange
Purple

Ah... refreshing!!!