

10th Grade Physical Education:

May 18 – May 22

Time Allotment: 30 minutes per day

Student Name: _____

Teacher Name: *Ms. Carstens*

Packet Overview

Date	Objective(s)	Page #
Tuesday, May 12	1. Perform a whole-body workout with correct form. 2. Recognize serving portions.	2
Wednesday, May 13	1. Perform a whole-body workout with correct form. 2. Identify recommended food group servings. 3. Plan a day of healthy meals and a snack.	5
Thursday, May 14	1. Perform a workout for enjoyment. 2. Semester Goal Check.	7

Additional Notes: Hi everyone! Hope you all are well! Your Daily Activity Logs and reflections can be found once again at the end of the packet this week. Please be sure to record your workout notes and answers on those pages. Also, I have noticed some of you struggling with the whole target heart rate concept. See our Google Classroom page for some help on this! If you're not on Google Classroom, email me and I will be happy to walk you through it!

Below are your routine weekly reminders.

- **Read through all of the day's lesson and instructions BEFORE you begin.**
- Have a **timer/stopwatch/clock** available!
- **Reach out** if you have questions! Kelly.Carstens@GreatHeartsNorthernOaks.org
- **Stay hydrated! Stay hydrated! Stay hydrated!**
- **Stay focused on your goals!** Don't forget to hold yourself to high standards!

Academic Honesty

I certify that I completed this assignment independently in accordance with the GHNO Academy Honor Code.

Student signature:

I certify that my student completed this assignment independently in accordance with the GHNO Academy Honor Code.

Parent signature:

Unit Introduction:

This week, we will continue our exploration of the food groups and take what we learned of each group last week and apply it to our daily snacks and meal plans! As was mentioned last week... with summertime around the corner and our recent confinements to home life, it can be difficult to keep our healthy habits associated with nutrition consistent. These inconsistencies and changes in routine can lead to the development of some unhealthy habits, which can affect our sleep, stress levels, exercise performance, and overall mood!

With this in mind, this week, we will put our knowledge to good use by planning some healthy snacks and meals to reach our recommended food group consumption goals!

I. Tuesday, May 19

Daily Fitness Lesson: Whole-Body Workout

Enrichment Lesson: Portion Sizes

Socratic Guiding Questions: Keep this in mind as you study!

How much should I be eating?

Objectives: Be able to do this by the end of this lesson.

1. Perform a whole-body workout with correct form.
2. Determine proper amounts of food group consumptions.

Lesson Introduction:

Today's workout will be a whole-body workout. You will be doing a "Count-Up-to-Count-Down" routine. Record your total time for the workout and any notes in Tuesday's Daily Activity Log, p. 10. Don't forget to check your heart rate at the end of the workout! Push yourself but remember our previous lessons—strive for your target heart rate and self-assess during the workout; keep your breathing under control; and stay hydrated.

The enrichment lesson for the day explores portion sizes and tips for healthy eating!

PART 1 – DAILY FITNESS:**Warm-Up (3 minutes):**

- ✓ Jog in place (30 seconds)
- ✓ Skip in place (30 seconds)
- ✓ Flamingos in place (15 seconds as a stretch for each leg, 15 seconds up-tempo)
- ✓ High Knees in place (15 seconds as a stretch for each leg, 15 seconds up-tempo)
- ✓ Ankle Scoops (15 seconds)
- ✓ Zombie Walks in place (15 seconds)
- ✓ Jumping Jacks (10 jacks)

Workout: 2-4-6-8-6-4-2

- Push-ups
 - Bicycles (right knee, left knee = 1 rep)
 - Lunges (right foot, then left foot = 1 rep)
- ✓ **TARGET HEART RATE CHECK!** After completing the workout, take your pulse for 1 minute. Record your heart rate in the Daily Activity Log on Tuesday's page. See Google Classroom for help, if needed!

Cool Down (3 minutes)

For your cool down, remember to keep moving!

- Flamingo walk, High Knees walk, Superman, and Walking

PART 2 – ENRICHMENT:

Read the article below. Then answer the questions found on Tuesday's Daily Activity Log and Enrichment Response page.

How Much Food Should I Eat?

 kidshealth.org/en/teens/portion-size.html

Portion Distortion

People today eat way more than they used to — and way more than they need to. This means that they're constantly taking in more calories than their bodies can burn. Unfortunately, lots of us don't realize that we're eating too much because we've become so used to seeing (and eating!) large portions.

People who consistently overeat are likely to become overweight. They also risk getting a number of medical problems, including high blood pressure, high cholesterol, type 2 diabetes, bone and joint problems, breathing and sleeping problems, and even depression. Later in life, people who are overweight or obese are at greater risk for heart disease, heart failure, and stroke.

It's easy to understand why the food industry tends to serve way more food than is necessary: Customers love to feel like they're getting the best value for their money! But the value meal is no deal when it triples our calories and sets the stage for health problems.

So what can you do to take back control? A good place to start is knowing about two things that can help you eat smart: **servicing sizes** and **recommended amounts** of different foods.

Help Yourself: The Truth About Servicing Sizes

Look at the label on any product package and you'll see a nutrition information section that gives a serving size for that food. Contrary to popular belief, this serving size is *not* telling you the amount you *should* be eating. It's simply a guide to help you see how many calories and nutrients — as well as how much fat, sugar, and salt — you get from eating a specific quantity of that food.

Sometimes the serving size on a package will be a lot less than you are used to eating. In some cases, like vegetables, it's perfectly OK (and even a good idea) to eat more than the serving size listed on the package.

But when it comes to foods that are high in calories, fat, or sugar, the serving size can alert you that you may be getting more than is healthy. Let's say you buy a 3-ounce bag of cookies and you eat the whole bag. If the label shows the serving size is 1 ounce, not only did you have 3 servings, you also had 3 times the listed calories as well as 3 times the sugar.

Eat Smart: What's Recommended

Serving sizes tell you how much nutrition you're getting from a particular food. They don't tell you which foods you need to stay healthy, though. That's where the U.S. Department of Agriculture's MyPlate comes in.

MyPlate is divided into four sections with dairy on the side to represent the five food groups:

1. fruits
2. vegetables
3. grains
4. protein
5. dairy

There's a website, ChooseMyPlate.gov, that offers guidelines to help people figure out how much of these foods they should eat based on age, gender, and activity level.

The Divided Plate and Other Portion Tips

Serving sizes on food labels and recommended amounts on the ChooseMyPlate site are usually given in grams, ounces, or cups. Of course, most of us don't carry around food scales and measuring cups. So how can we translate those amounts into quantities we can relate to? That's where the following visual cues come in. (Just be warned: Some might seem small, especially to recovering super-sizers!)

One easy way to size up portions if you don't have any measurements is to use your hand as a guide:

- A clenched fist is about a cup — and a cup is the amount experts recommend for a portion of pasta, rice, cereal, vegetables, and fruit.
- A meat portion should be about as big as your palm.
- Limit the amount of added fats (like butter, mayo, or salad dressing) to the size of the top of your thumb.

Another great way to visualize appropriate portions is to use the concept of the "divided plate." Think of your plate as divided into four equal sections. Use one of the top quarters for protein. Use the other top quarter for starch, preferably a whole grain. Then fill the bottom half with veggies (or a combination of vegetables and fruit). None of the foods should overlap — or be piled high! Not only will dividing your plate like this help you keep portions under control, it can also help you to balance your meals.

Portion-Control Tips

Being aware of realistic portion sizes and using the "divided plate" concept can help you avoid overeating. But sometimes these visual cues can be hard — especially when foods are difficult to measure, like a sandwich. It can also be hard to estimate foods like chips and cookies that you might eat right out of the bag.

More tips for portion control:

- Eat your meals on a smaller plate so your meal looks larger. A sandwich on a dinner-size plate looks lost; on an appetizer plate it looks downright hefty.
- Avoid taking an entire bag of chips or a container of ice cream to the couch. You're far less likely to overdo it if you put your snack in a bowl, and sit at the table to eat it.
- Don't eat in front of the TV or other screens.
- Try single-serving size foods to help your body learn what an appropriate portion size is.
- Eat three well-balanced meals (with vegetables, fruit, proteins, and starch) and one or two healthy snacks at regular times throughout the day. Skipping meals or waiting too long between them can make you more likely to overdo it at the next meal.
- Add more salads, other vegetables, and fruit to your diet, especially at the start of a meal. This can help control hunger and give a sense of fullness while controlling calorie intake.
- Try not to rush through your meals. Eat slowly and chew well — giving yourself a chance to feel full before you take more. If you do want seconds, go for more salad or veggies.
- Be aware that most restaurant portions are three or four times the right serving size. Try sharing meals with friends, ordering an appetizer as a main dish, or packing up the extra to take home before you begin to eat.
- Don't be tempted to go for the giant value meal or the jumbo drink just because they're only a few cents more than the regular size.

Most important, make it a habit to let your stomach rather than your eyes tell you when you're done with a meal. The key to maintaining a healthy weight is to listen to your body's natural signals about when it's hungry and when it's full.

Reviewed by: Mary L. Gavin, MD

Date reviewed: June 2018

Source:

“How Much Food Should I Eat? (For Teens) - Nemours KidsHealth.” *Kidshealth.Org*, 2018, kidshealth.org/en/teens/portion-size.html. Accessed 12 May 2020.

II. Wednesday, May 20

Daily Fitness Lesson: Whole-Body Workout

Enrichment Lesson: Recommended Servings

Lesson 2 Socratic Guiding Question: Keep this question in mind as you study!

What should I be consuming each day?

Objectives: Be able to do this by the end of this lesson.

1. Perform a whole-body workout with correct form.
2. Describe the benefits of eating grains.

Lesson Introduction:

Today will be another “Count-Up-to-Count-Down” whole-body workout. Record your total time for the workout, your heart rate, and any notes in Wednesday’s Daily Activity Log, p.12. Our enrichment portion of the lesson will explore food group recommended servings. Most teens your age should consume about 2,000-2,400 calories per day.

PART 1: DAILY FITNESS:**Warm-Up (3 minutes):**

- ✓ Jog in place (30 seconds)
- ✓ Skip in place (30 seconds)
- ✓ Flamingos in place (15 seconds as a stretch for each leg, 15 seconds up-tempo)
- ✓ High Knees in place (15 seconds as a stretch for each leg, 15 seconds up-tempo)
- ✓ Ankle Scoops (15 seconds)
- ✓ Zombie Walks in place (15 seconds)
- ✓ Jumping Jacks (10 jacks)

Workout: 1-3-5-7-5-3-1

- Sit-ups
 - Arm dips
 - Burpees
- ✓ **TARGET HEART RATE CHECK! After completing the workout, take your pulse for 1 minute. Record your heart rate in the Daily Activity Log on Wednesday’s page.**

Cool Down (3 minutes)

For your cool down, remember to keep moving!

- Superman, Ankle Scoops, cross-body arm stretches, and walking – *easy pace!*

PART 2 – ENRICHMENT:

If you have Internet access, visit <https://www.choosemyplate.gov/resources/MyPlatePlan> to get a more personalized recommendation of food group servings. The plan below is recommended for a 16-year old of average weight and height that exercises 30-60 minutes per day. **Read the plan and MyPlate Plan on pp. 7-9. Then complete pp. 12-13 of the packet.**



United States Department of Agriculture








MyPlate Plan

Find your Healthy Eating Style

Everything you eat and drink matters. Find your healthy eating style that reflects your preferences, culture, traditions, and budget—and maintain it for a lifetime! The right mix can help you be healthier now and into the future. The key is choosing a variety of foods and beverages from each food group—and *making sure that each choice is limited in saturated fat, sodium, and added sugars*. Start with small changes—“MyWins”—to make healthier choices you can enjoy.

Food Group Amounts for 2,400 Calories a Day

 <p>2 cups</p> <p>Focus on whole fruits that are fresh, frozen, canned, or dried.</p>	 <p>3 cups</p> <p>Vary your veggies</p> <p>Choose a variety of colorful fresh, frozen, and canned vegetables—make sure to include dark green, red, and orange choices.</p>	 <p>8 ounces</p> <p>Make half your grains whole grains</p> <p>Find whole-grain foods by reading the Nutrition Facts label and ingredients list.</p>	 <p>6 1/2 ounces</p> <p>Vary your protein routine</p> <p>Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry.</p>	 <p>3 cups</p> <p>Move to low-fat or fat-free milk or yogurt</p> <p>Choose fat-free milk, yogurt, and soy beverages (soy milk) to cut back on your saturated fat.</p>
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Drink and eat less sodium, saturated fat, and added sugars. Limit:

- Sodium to **2,300 milligrams** a day.
- Saturated fat to **27 grams** a day.
- Added sugars to **60 grams** a day.

Be active your way: Children 6 to 17 years old should move **60 minutes** every day. Adults should be physically active at least **2 1/2 hours** per week.

Source:

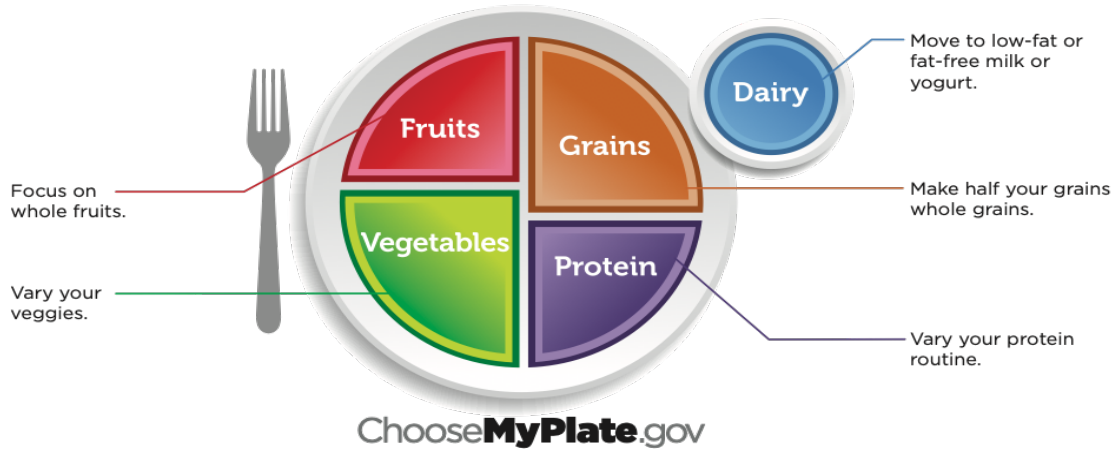
“MyPlate Plan | ChooseMyPlate.” *Choosemyplate.Gov*, 2020,

www.choosemyplate.gov/resources/MyPlatePlan. Accessed 13 May 2020.



MyPlate, MyWins: Make it yours

Find your healthy eating style. Everything you eat and drink over time matters and can help you be healthier now and in the future.



Limit the extras.
Drink and eat beverages and food with less sodium, saturated fat, and added sugars.



Create 'MyWins' that fit your healthy eating style.
Start with small changes that you can enjoy, like having an extra piece of fruit today.

Fruits	Vegetables	Grains	Dairy	Protein
<p>Focus on whole fruits and select 100% fruit juice when choosing juices.</p> <p>Buy fruits that are dried, frozen, canned, or fresh, so that you can always have a supply on hand.</p>	<p>Eat a variety of vegetables and add them to mixed dishes like casseroles, sandwiches, and wraps.</p> <p>Fresh, frozen, and canned count, too. Look for "reduced sodium" or "no-salt-added" on the label.</p>	<p>Choose whole-grain versions of common foods such as bread, pasta, and tortillas.</p> <p>Not sure if it's whole grain? Check the ingredients list for the words "whole" or "whole grain."</p>	<p>Choose low-fat (1%) or fat-free (skim) dairy. Get the same amount of calcium and other nutrients as whole milk, but with less saturated fat and calories.</p> <p>Lactose intolerant? Try lactose-free milk or a fortified soy beverage.</p>	<p>Eat a variety of protein foods such as beans, soy, seafood, lean meats, poultry, and unsalted nuts and seeds.</p> <p>Select seafood twice a week. Choose lean cuts of meat and ground beef that is at least 93% lean.</p>
Daily Food Group Targets — Based on a 2,000 Calorie Plan				
Visit SuperTracker.usda.gov for a personalized plan.				
<p>2 cups</p> <p>1 cup counts as:</p> <ul style="list-style-type: none"> 1 large banana 1 cup mandarin oranges ½ cup raisins 1 cup 100% grapefruit juice 	<p>2½ cups</p> <p>1 cup counts as:</p> <ul style="list-style-type: none"> 2 cups raw spinach 1 large bell pepper 1 cup baby carrots 1 cup green peas 1 cup mushrooms 	<p>6 ounces</p> <p>1 ounce counts as:</p> <ul style="list-style-type: none"> 1 slice of bread ½ cup cooked oatmeal 1 small tortilla ½ cup cooked brown rice ½ cup cooked grits 	<p>3 cups</p> <p>1 cup counts as:</p> <ul style="list-style-type: none"> 1 cup milk 1 cup yogurt 2 ounces processed cheese 	<p>5½ ounces</p> <p>1 ounce counts as:</p> <ul style="list-style-type: none"> 1 ounce tuna fish ¼ cup cooked beans 1 Tbsp peanut butter 1 egg
<p>Water</p> <p>Drink water instead of sugary drinks.</p> <p>Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed.</p>	<p>Activity</p> <p>Don't forget physical activity!</p> <p>Being active can help you prevent disease and manage your weight.</p> <p>Kids ≥ 60 min/day Adults ≥ 150 min/week</p>			



Center for Nutrition Policy and Promotion
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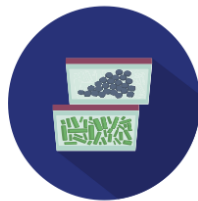
Hacking your snacks

Planning for healthy snacks can help satisfy hunger in between meals and keep you moving towards your food group goals.



Build your own

Make your own trail mix with unsalted nuts and add-ins such as seeds, dried fruit, popcorn, or a sprinkle of chocolate chips.



Prep ahead

Portion snack foods into baggies or containers when you get home from the store so they're ready to grab-n-go when you need them.



Make it a combo

Combine food groups for a satisfying snack—yogurt and berries, apple with peanut butter, whole-grain crackers with turkey and avocado.



Eat vibrant veggies

Spice up raw vegetables with dips. Try dipping bell peppers, carrots, or cucumbers in hummus, tzatziki, guacamole, or baba ganoush.



Snack on the go

Bring ready-to-eat snacks when you're out. A banana, yogurt (in a cooler), or baby carrots are easy to bring along and healthy options.



List more tips

Based on the Dietary Guidelines for Americans
Go to ChooseMyPlate.gov for more information.

MPMW Tipsheet No. 11
March 2017
Center for Nutrition Policy and Promotion
USDA is an equal opportunity provider, employer, and lender.

III. Thursday, May 7

Fitness Lesson: Workout for Enjoyment!

Enrichment Lesson: Final Goal Check, Finish Meal Plan

Socratic Guiding Questions: Keep this in mind as you study!

What have I accomplished this semester? What do I want to accomplish in the future?

Objectives: Be able to do this by the end of this lesson.

1. Perform a workout for enjoyment.
2. Create a healthy meal plan and snack.
3. Semester Goal Check.

Lesson Introduction:

Today's workout will focus on ENJOYMENT! Your main goals are: 1) reach your target heart rate, 2) exercise for a total of 15 minutes, and 3) have some fun! Pick an activity you enjoy such as running, playing tag with siblings, plan your own workout and do it, or ride your bike. Record your heart rate and details on what you did for your workout on Thursday's Daily Activity Log, p. 14. Our enrichment lesson will have you reflect on your goal progression this semester and your fitness goals for the future. You will also finish your meal plan from yesterday, if necessary.

PART 1: DAILY FITNESS:**Warm-Up (3 minutes):**

- ✓ Jog in place (30 seconds)
- ✓ Skip in place (30 seconds)
- ✓ Flamingos in place (15 seconds as a stretch for each leg, 15 seconds up-tempo)
- ✓ High Knees in place (15 seconds as a stretch for each leg, 15 seconds up-tempo)
- ✓ Ankle Scoops (15 seconds)
- ✓ Zombie Walks in place (15 seconds)
- ✓ Jumping Jacks (10 jacks)

Workout: Your Choice—but make sure it...

- Is a total of 15 minutes.
 - Helps you raise your heart rate.
 - Is fun for you!
- ✓ **TARGET HEART RATE CHECK!** After completing the workout, take your pulse for 1 minute. Record your activities and your heart rate in the Daily Activity Log on Thursday's page.

Cool Down (3 minutes)

For your cool down, keep moving but at a slower pace!

PART 2 – ENRICHMENT: Reflect on and answer the questions found on Thursday’s Daily Activity Log and Enrichment Response page.

Daily Activity Logs and Enrichment Responses

Tuesday:

Daily Activity Log	
Post-Workout Heart Rate: _____ In your Target Heart Rate zone? Yes / No	Total Time of Workout: _____ Notes (modifications, struggles, etc.):

PART 2: ENRICHMENT RESPONSES

Answer the questions below.

1. Why is it important to consider portion sizes when planning and eating meals?

2. What is the difference between recommended amounts of food and serving sizes? Why is it important to know this difference? Give an example.

3. List two tips given in the article for helping you control portion size.

Wednesday:

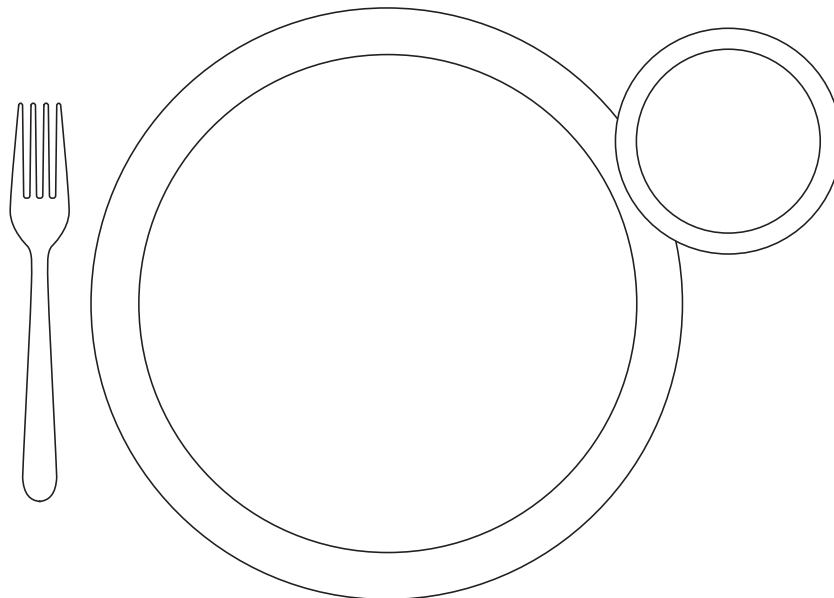
Daily Activity Log	
Post-Workout Heart Rate: _____	Total Time of Workout: _____
In your Target Heart Rate zone? Yes / No	Notes (modifications, struggles, etc.):

PART 2: ENRICHMENT RESPONSES

Complete the following:

1. What are the benefits of planning snacks and meals?

2. Use the plate template below to plan a healthy meal. You may write in or draw and color your food choices!



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3. Give an example of a healthy snack. _____

4. Complete the food tracker on the next page.

MyPlate Plan

Write down the foods you ate today and track your daily MyPlate, MyWins!

Food group targets for a 2,400 calorie* pattern are:		Write your food choices for each food group		Did you reach your target?	
 Fruits 2 cups 1 cup of fruits counts as • 1 cup raw or cooked fruit; or • 1/2 cup dried fruit; or • 1 cup 100% fruit juice.	_____ _____ _____ _____	<input type="checkbox"/> Y <input type="checkbox"/> N	 Limit: • Sodium to 2,300 milligrams a day. • Saturated fat to 27 grams a day. • Added sugars to 60 grams a day.	<input type="checkbox"/> Y <input type="checkbox"/> N	
					Vegetables 3 cups 1 cup vegetables counts as • 1 cup raw or cooked vegetables; or • 2 cups leafy salad greens; or • 1 cup 100% vegetable juice.
 Grains 8 ounce equivalents 1 ounce of grains counts as • 1 slice bread; or • 1 ounce ready-to-eat cereal; or • 1/2 cup cooked rice, pasta, or cereal.	_____ _____ _____ _____	<input type="checkbox"/> Y <input type="checkbox"/> N	 Activity Be active your way: Adults: • Be physically active at least 2 1/2 hours per week. Children 6 to 17 years old: • Move at least 60 minutes every day.	<input type="checkbox"/> Y <input type="checkbox"/> N	
					Protein 6 1/2 ounce equivalents 1 ounce of protein counts as • 1 ounce lean meat, poultry, or seafood; or • 1 egg; or • 1 Tbsp peanut butter; or • 1/4 cup cooked beans or peas; or • 1/2 ounce nuts or seeds.
 Dairy 3 cups 1 cup of dairy counts as • 1 cup milk; or • 1 cup yogurt; or • 1 cup fortified soy beverage; or • 1 1/2 ounces natural cheese or 2 ounces processed cheese.	_____ _____ _____ _____	<input type="checkbox"/> Y <input type="checkbox"/> N	* This 2,400 calorie pattern is only an estimate of your needs. Monitor your body weight and adjust your calories if needed.		
					MyWins  Choose MyPlate.gov

