

## Smart Goals

- By the end of the lesson, participants will be able to list one benefit of exercising.
- By the end of the lesson, participants will be able to demonstrate one type of exercise.
- By the end of the lesson, participants will be able to identify at least one beverage to drink after exercising.

## General Outline

1. Introduction: Explain the types of exercise (10 min)
  - a. Activity 1: Using PowerPoint to list the type of exercise (Yes/No)
2. Why do we need to do exercise (benefits)? (~30 min)
  - a. Activity 2: Lego Man Coloring Activity (10-15 min)
  - b. Activity 3: Stretches - video of exercise, participants follow along (Youtube) (15-20 min)
3. Post-Exercise Nutrition (Types of Beverages) (20 min)
  - a. Activity 4: Making Smoothie and Infused Water
4. Conclusion

## Script

Thuan

Fai

Introduction: (Type of Exercise)

Fai: Good morning Team Davis! Welcome to our final Good Foods Garden lesson! Are you all ready for today's lesson? Let's go!!!

Thuan: In our previous lessons, we have talked a lot about food right? So now, we are going to show you another way to be healthy along with eating healthy food!

Fai: Today's lesson will be about exercising! Do you all know what exercise is?? We have some questions for you all to think about whether these examples are a type of exercise or not.

- (Yes/No Activity)
- Eating helps fuels you for exercise
- Sleeping
- Sitting
- Soccer
- Basketball
- Walking
- Stretching

Thuan: Good job everyone! Now everyone has an idea of what exercise is! Hmmm I have a question: Why do you think we need to exercise? (Benefit)

Fai: It is because doing exercise has many benefits to our body.

- Make your body stronger (bones and muscles)

- Good for your heart
- Good for your brain health
- Sleep better
- Prevents sickness

**Thuan:** Now that we've talked about the benefits of exercising, let's do a Lego Man coloring activity! You can color anywhere you want on the Lego Man and make it look stronger, and you can draw muscles on your Lego Man to make your own superhero!

**Fai:** Great job everyone!!!! Do you all want to be as strong as your Lego Man???? So, let's do some simple, easy, and fun exercises together 😊 Can everyone stand up and make sure to have space between each other. Make sure when you spread your arms you don't accidentally hit each other!

**Thuan:** Everyone, we will watch one stretching exercise at a time. Fai and I will show you how to do the first exercise and everyone can follow along!

**Thuan/Fai:** (Stretching activity) feel free to do other exercises, rest when needed; modifications - Other examples of exercises [show resistance band after stretching activity]

**Thuan:** Great job everyone! Give yourself a round of applause! Now that we're done with exercising, Fai I feel thirsty. I want to drink soda or milkshake! (Beverages)

**Fai:** I understand you want to drink soda or milkshake, but I have a better option for you!

**Thuan:** What is it?

**Fai:** Homemade Smoothie is a healthier option because it is made from whole fruits and no added sugar! Soda has a lot of added sugar and so does milkshakes! Has anyone tried making smoothies at home before? Well, if you have not we are going to make one today!!! (Show the process)

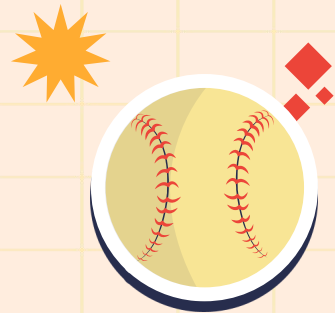
**Thuan:** We are going to make two types of smoothies! (Strawberry Blueberry Smoothie and Peach Pineapple Smoothie). The blender might make a loud sound but it's okay, we will be right here for you! Plus, the smoothie will taste amazing!

**Fai:** If you don't like the texture of smoothies, you can try this amazing infused water, which has strawberry, lemon, and mint as the main ingredients! (Show how to make infused water)

**Thuan:** OH WOW the smoothies are SOOOOOO good! The infused water tastes wonderful! I've never had water like this before! (After showing the process, Thuan will drink these beverages first and then let all participants try the smoothie and infused water.)

**Thuan:** Next time, I would like to choose smoothies or infused water instead of soda or milkshake.

**Fai:** This is the end of our lesson! Feel free to try these beverages that we've made! Thank you for coming! We hope to see you in the future :)



# Lesson 7: Exercise!

**Team Davis Good Foods Garden**





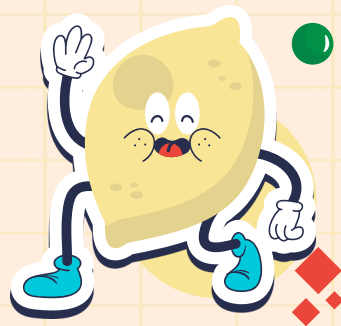
# **Warm-Up Activity!**

**Is This an Exercise?**

**Yes / No**



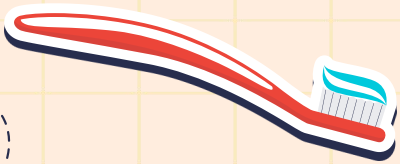
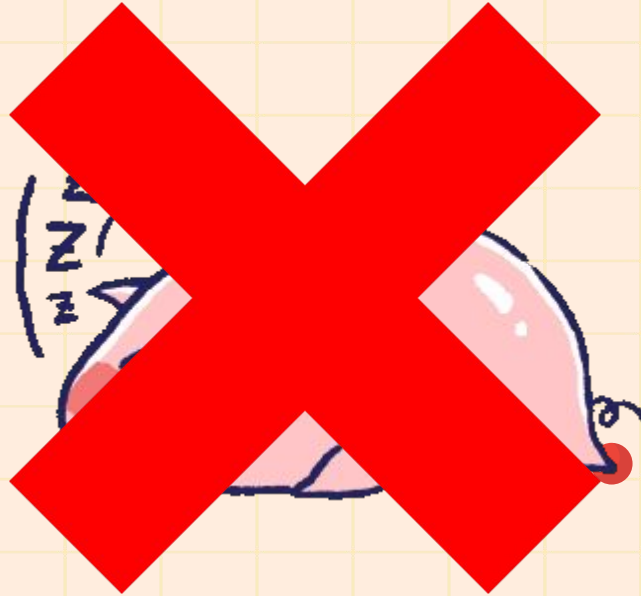
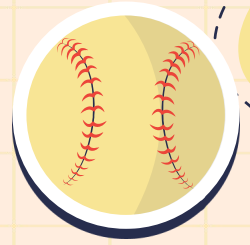
# Eating



# Walking



# Sleeping

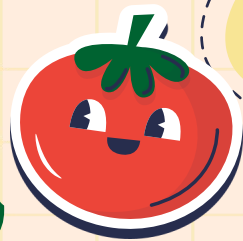




# Soccer



# Basketball



# Sitting

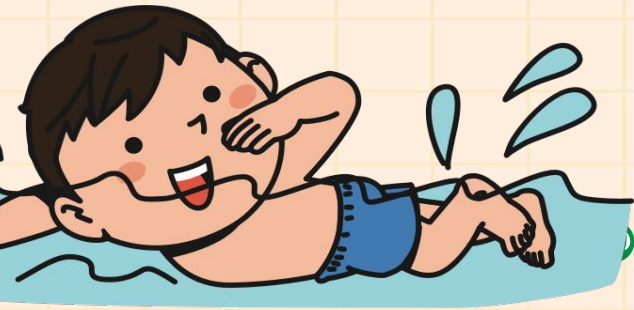


# Stretching



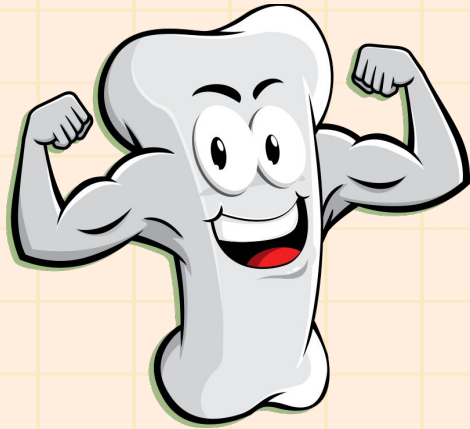


# Benefits of Exercising



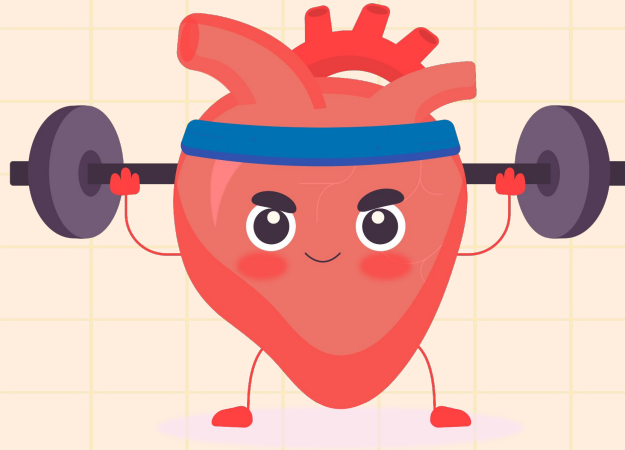
# Benefits of Exercising

- Makes your body stronger (bones and muscles)!



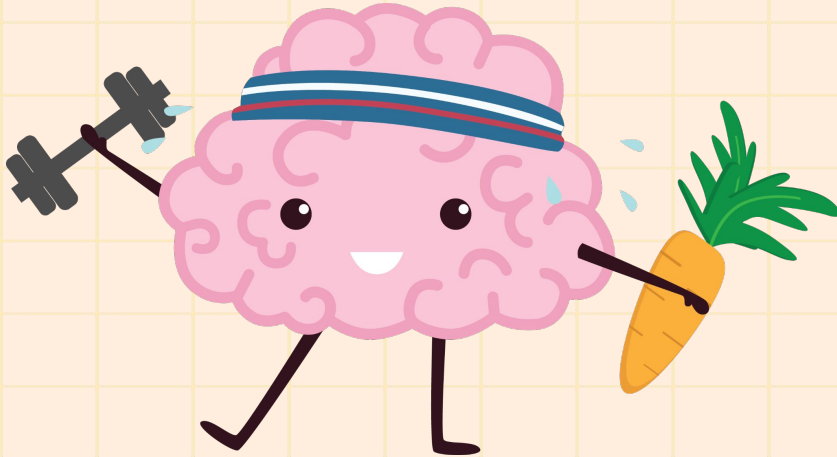
# Benefits of Exercising

- Makes your heart healthy!



# Benefits of Exercising

- Good for your brain!





# Benefits of Exercising

- Helps you sleep better!



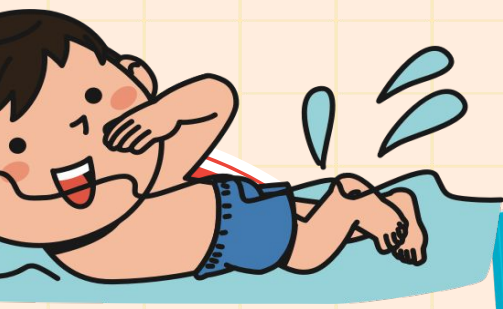
# Benefits of Exercising

- Prevents you from getting sick!





# Lego Coloring Activity



# Stretching Activity!

<https://www.youtube.com/watch?v=0cddsEaYMqg>



# What beverage should we drink after exercising?

Soda



Smoothie



Milkshake



**Smoothies are made of whole foods!**

**Peach Pineapple Smoothie!**



# Infused Water

- Water + fruits + mint!





**Thank you for  
coming!**