

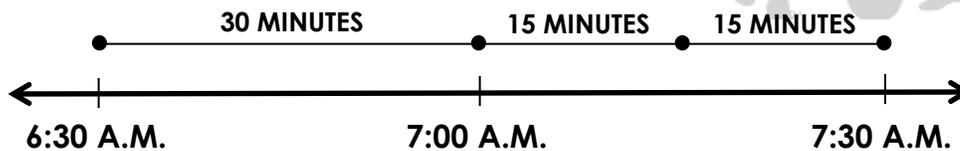
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Elapsed Time of Physical Activity

Health Concept: I can be physically active for **60 minutes or more every day**. Make sure to **limit your screen time to 2 hours each day**.

Directions: Use an open line graph diagram to calculate the time the physical activity lasts and how many more minutes are needed to reach 1 hour of physical activity. We did the first one for you!



- 1. Start tennis drills at 6:30 a.m.**
End tennis drills at 7:15 a.m.
How many minutes was this physical activity? 45 minutes
How many more minutes are needed to reach 1 hour of physical activity? 15 minutes
- 2. Start soccer practice at 7:00 a.m.**
End soccer practice at 7:55 a.m.
How many minutes was this physical activity? 55
How many more minutes are needed to reach 1 hour of physical activity? 5
- 3. Start dance practice at 3:00 p.m.**
End dance practice at 3:45 p.m.
How many minutes was this physical activity? 45
How many more minutes are needed to reach 1 hour of physical activity? 15
- 4. Start watching your favorite TV show at 6:00 p.m.**
Stop watching your favorite TV show at 7:00 p.m.
How many minutes did you spend on screen time? 60
How many minutes do you need to reduce your screen time by to be able to play outside for 30 minutes? 30

- 
5. **Start stretching at 3:15 p.m.**
Elapsed time: 30 minutes
What time was it when the physical activity ended? **3:45 p.m.**
How many more minutes are needed to reach 1 hour of physical activity? **30**

 6. **Start riding a bike at 2:30 p.m.**
Elapsed time: 45 minutes
What time was it when the physical activity ended? **3:15 p.m.**
How many more minutes are needed to reach 1 hour of physical activity? **15**

 7. **Start running at 4:20 p.m.**
Elapsed time: 53 minutes
What time was it when the physical activity ended? **5:13 p.m.**
How many more minutes are needed to reach 1 hour of physical activity? **7**

 8. **Start playing video games at 3:35 p.m.**
Elapsed time: 145 minutes
What time was it when the screen time ended? **6:00 p.m.**
How many minutes do you need to reduce your screen time by to be able to be less than 2 hours? **26 minutes**

 9. **Start hiking at 10:30 a.m.**
Elapsed time: 49 minutes
What time was it when the physical activity ended? **11:19 a.m.**
How many minutes are needed to reach 1 hour of physical activity? **11 minutes**

 10. **Start gymnastics practice at 4:30 p.m.**
Elapsed time: 50 minutes
What time was it when the physical activity ended? **5:20 p.m.**
How many minutes are needed to reach 1 hour of physical activity? **10**



Finished already?
Read this week's
"Get Fit Tips" your
agenda!

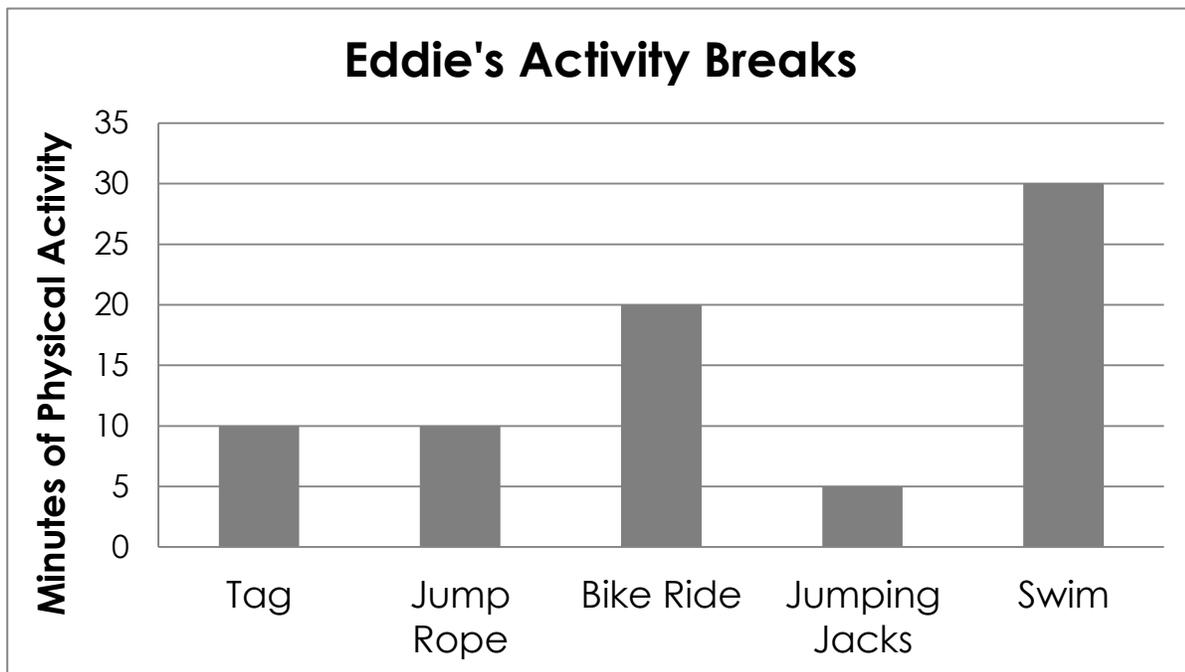


Chart the Physical Activity

Health Concept: I can be physically active for **60 minutes or more every day**.

Schedule a time to be active throughout the day by taking **physical activity breaks** from reading, doing homework, or watching TV. Just make sure your breaks add up to at least 60 minutes!

Directions: Use the graphs below to answer the following questions.



1. How many minutes did Eddie swim? **30**
2. How many minutes did Eddie ride his bike? **20**
3. How many more minutes did Eddie swim than play tag? **20**
4. Did Eddie reach his goal of getting at least 1 hour of physical activity? **Yes**

Minutes of Basketball Played	
Dante	  
Carolina	     
 = 10 minutes	

- How many minutes did Dante play basketball? **30**
- How many more minutes than Dante did Carolina play basketball? **30**
- How many more minutes does Dante need to play basketball to reach 1 hour of physical activity? **30**

Directions: Create your own physical activity question to ask your classmates. Enter your data into the blank box below using either a pictograph or a bar graph. Remember to include a title for your graph. Then write 2-3 sentences explaining your results.

Title: _____

Healthy Pronouns

Health Concept: I can eat **5 or more fruits and vegetables every day**. The next time your family goes to the grocery store or farmer's market, **try fruits and vegetables that you have not tried**. Who knows, you might find a new favorite fruit or vegetable!

Directions: Read each sentence below and underline the pronoun. Write "S" if the pronoun is singular or "P" if the pronoun is plural. Circle the healthier food or drink items in each sentence.

1. Darnell and his family love fresh (mango salsa) and (grilled salmon) _____ S _____
2. We love to drink lots of (water) with fresh (orange slices) with meals. P
3. Will you please tell your little brother to eat his (squash)? S, S
4. (Collard greens) are her favorite vegetable. S
5. Michelle told me to drink 3 glasses of (low-fat milk) each day. S
6. I told Ryan that it is important to eat different (vegetables) every day. S
7. Xavier and I enjoy making (fruit salad) for lunch. S
8. I enjoy eating a nutritious dinner with (broccoli) and (grilled chicken). S
9. We went to the farmer's market to buy (blueberries). P
10. Tomorrow they are going to give out (bananas) at lunch. P

Finished already?
Complete this week's
Bell Work activity in
your agenda!

Complete Sentence Exercises

Health Concept: I can be **physically active for 60 minutes or more every day**. It is not only important for you to be active, but it is also important to **encourage your friends and family to be physically active** too. Make time every week to play with your friends and family.

Directions: Circle the  if the sentence is a complete sentence. Circle the  if the sentence is an incomplete sentence and then correct the sentence to make it complete. Draw a  at the end of the sentence if it is about encouraging others to be physically active. We did the first one for you!



1. With some of their friends.

After Jo and Nat drank water, they played soccer with
some of their friends. 



2. Since we have started exercising every morning.



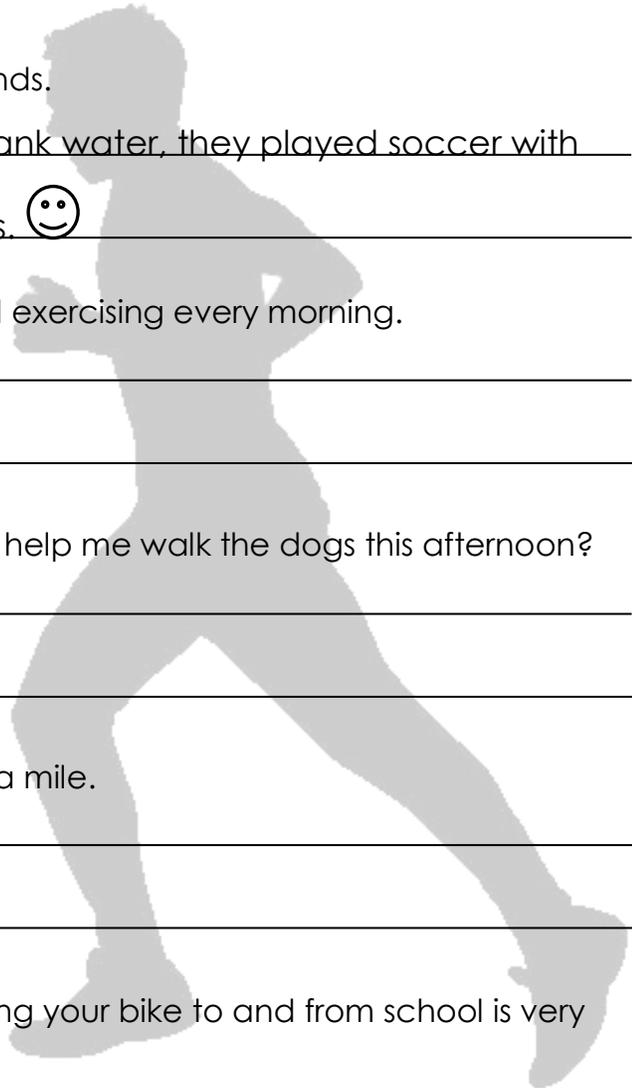
3. Will somebody please help me walk the dogs this afternoon?



4. Although Damon ran a mile.



5. Did you know that riding your bike to and from school is very healthy?

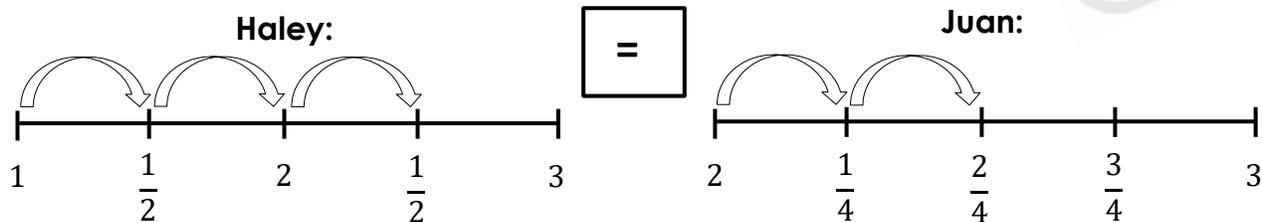


Comparing Cups of Water

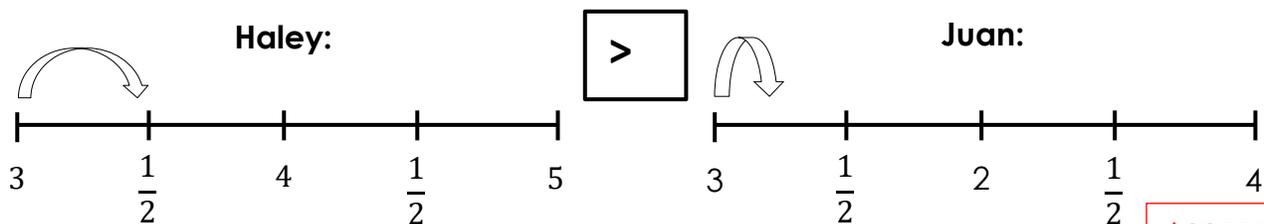
Health Concept: I can **drink more water and less sugary drinks**. Soda, fruit juice, sweet tea and sports drinks are all considered sugary drinks. Water helps our bodies to work properly. Aim to drink 8 cups of water every day.

Directions: Use the number line to show the amount of water each person drank. Then show who drank more water by writing $>$, $<$, or $=$ in the box.

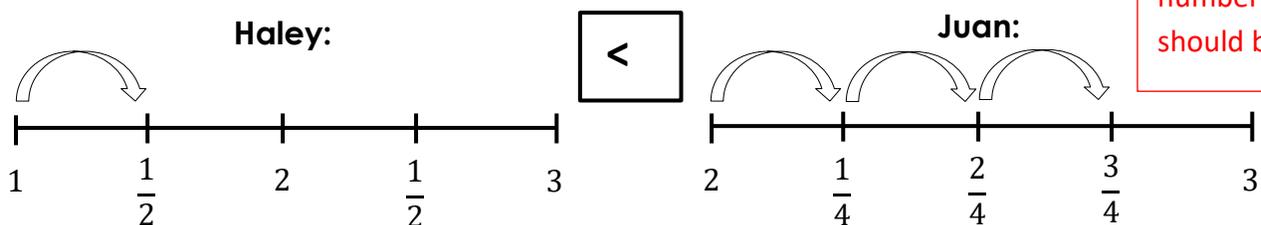
1. Haley drinks $2\frac{1}{2}$ cups of water with breakfast. Juan drinks $2\frac{2}{4}$ cups of water with breakfast.



2. At lunch, Haley drinks $3\frac{1}{2}$ cups more of water, and Juan drinks $3\frac{1}{4}$ cups.



3. Haley drinks $1\frac{1}{2}$ cups of water with dinner, and Juan drinks $2\frac{3}{4}$ cups.



CORRECTION
The whole numbers on this number line should be 3, 4, 5

- Who drank more water throughout the day? **Juan**
- How many cups of water did Haley drink today? **$7\frac{1}{2}$**
- How many cups of water did Juan drink today? **$8\frac{1}{2}$**
- Did Haley and Juan each drink enough water to meet their goal of 8 cups? **Haley did not. Juan did.**

GO SLOW WHOA Word Problems

Health Concept: I can **eat 5 or more fruits and vegetables every day**. Food fuels your body so you can feel and perform your best! **GO foods** are foods you can eat **anytime**. **SLOW foods** are foods you can eat **sometimes**. **WHOA foods** are foods you should eat **only once in a while**.

Directions: Solve the multiplication and division problems. In each problem, draw a circle around the GO foods, draw a square around the SLOW foods and draw a triangle around the WHOA foods. Make sure to show your work in the space below.

1. There are 50 strawberries in a basket. If 10 strawberries can fit in a bag, how many bags can you fill? **5**

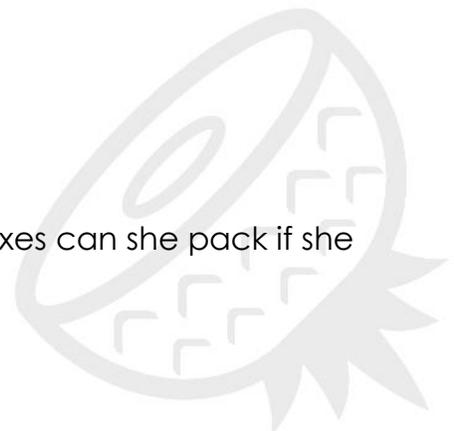
2. There are 4 boxes of pizza with 6 slices in each box. How many total slices are there? **24**

3. A gallon of low-fat milk costs \$3. It costs 3 times as much as a pint of low-fat milk. How much does a pint cost? **\$1**

4. There are 5 boxes of raisins and 45 raisins in total. How many raisins are in each box? **9**

5. Mel has a total of 56 carrots. How many lunchboxes can she pack if she packs 8 carrots in each? **7**

Here's a helpful hint! Find a list of GO SLOW WHOA foods in your agenda!



My Healthy Bumper Sticker

Health Concept: I can support, encourage and be a **healthy role model** for my family and people in my school by **eating healthy foods and staying physically active**.

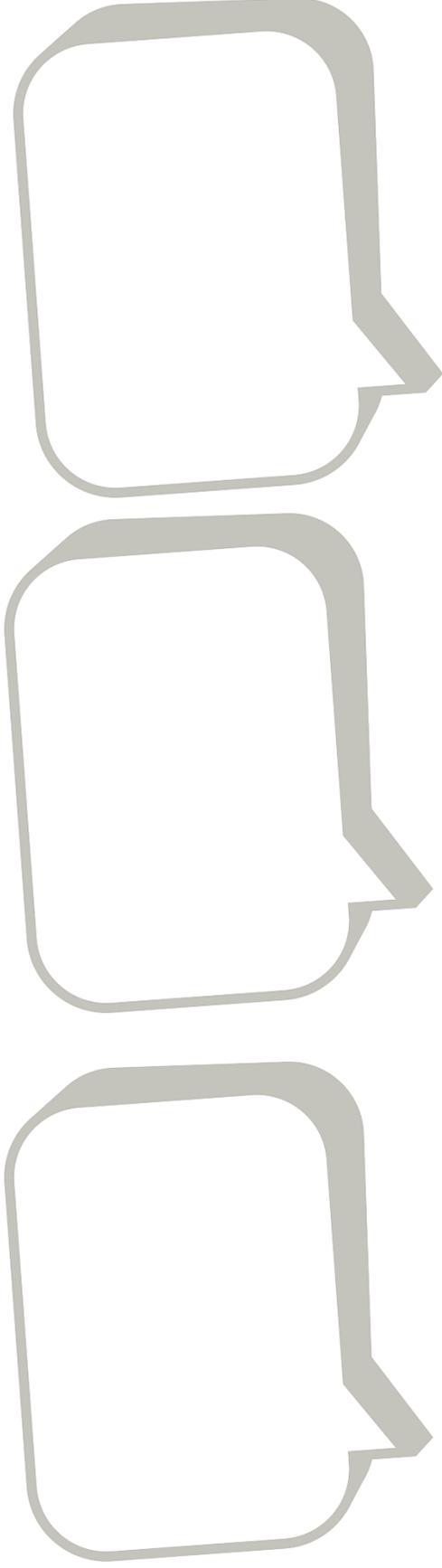
Directions: Create a bumper sticker that illustrates what everyone in school and at home needs to do to eat healthier and to stay physically active.

EAT DRINK MOVE

TEACHERS

STUDENTS

FAMILY



Writing Prompt

Health Concept: I can empower my classmates, teachers and family to be healthy just like me!

Directions: Write an acrostic poem using the word EMPOWER. Make sure your poem is about encouraging others to eat healthier foods, to drink enough water and/or to stay physically active. Don't forget to include figurative language to make your writing as descriptive as possible.

E
M
P
O
W
E
R





A series of horizontal lines for writing, starting from the top left and extending across the page.



A series of horizontal lines for writing, consisting of two sets of three lines each, one set above and one set below the water bottle illustration.

