

Instant Arts Meeting Sparks: Being Healthy

Goal: Learn about Being Healthy through the Arts (collage, music, dance, dramatic play).

Program Connection:

- Being Healthy Keeper (pages 36-38 of The Spark Program):
 - Healthy Snack Relay
 - Healthy Breakfast
 - Move to the Beat
 - Heartbeats
 - Learn a song about being thankful for food.



Time: One to two meetings, depending on how long your meetings are. For example, if your Spark meetings are an hour long, you may want to break the activities up over two meetings.

Materials:

- Canada's Food Guide, enough for each girl (download here <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/order-commander/index-eng.php>)
- Healthy Breakfast: pictures of food from all food groups from fliers, newspapers, magazines, etc; paper plates, crayons, glue sticks
- Move to the Beat: Active music, iPod base or CD player
- Newspaper Skate: A selection of music, iPod base or CD player, newspapers
- Healthy Snack Relay: celery, raisins, hummus, cheese spread, thin pieces of bread (pita would work well for this)

Preparation:

- Set up a table for the healthy breakfast craft.
- Make sure there is lots of space for girls to move around for the other activities. Pick up and move any hazards.
- Prepare the food: wash and cut the ends off the celery and cut the bread if necessary.

Opening: (5 min)

- Welcome the girls to the meeting. Explain that tonight we are celebrating healthy eating!
- Have a brief chat about healthy eating – what do the girls already know about eating healthy?
- Show the food guide. Explain the food groups and have the girls share examples of foods in each group: fruits and vegetables, grain products, milk and alternatives, meat and alternatives.

Activity 1: Healthy Breakfast (from page 36-37 in the Spark program) (10-15 min)

- Discuss why it is important to eat a healthy breakfast and why we need food from different food groups to stay healthy.
- Have each girl put her name on her own paper plate. Each girl will select foods for a healthy breakfast and create a collage on her plate.
- Another option: fold the plate into quarters for each food group. Girls could separate their choices based on food group and put them into each quarter.

Activity 2: Heartbeats and Move to the Beat (from page 37 of the Spark program) (up to 20 min)

- Explain that exercise is good for our hearts and that increasing our heartbeats when we exercise is good for our bodies. Show the girls how to check their heart rate by feeling their pulse in their wrist. Ask them to pay attention to how fast it feels.
- Put on the active music and ask the girls how it makes them feel. It probably makes them want to move fast! Allow the girls time to dance around independently. You could also play a game of Simon Says or Follow the Leader for dancing.
- Girls will check their heartbeats again at the end. Their heart rates have probably sped up. Why do they think this is?

Activity 3: Heartbeats and Newspaper Skate (from page 37-38 of the Spark Program) (10-15 min)

- Again, have the girls check their heartbeats before starting this activity and again at the end.
- Give the girls some time to do a free skate with the newspaper under their shoes. Explain that the newspaper is acting like their skate and needs to be under their shoes.
- Put on some classical or relaxing music. Have the girls pretend they are figure skaters at the Olympics.
- Ask the girls to explain what was easy or challenging about this activity? How do they feel? What about their heart rates? Does it feel similar or different to when they did Move to the Beat?

Activity 4: Healthy Snack Relay (from page 36 of the Spark program) (10-15 min)

- Review that good nutrition includes food from each of the food groups. Every snack doesn't have to have all the food groups, but you should eat from all food groups every day.
 - Explain how to go through the food stations (pick up celery, spread cheese or hummus, add raisins, wrap in bread)
- Before eating the snack, teach the girls one of these songs about giving thanks (adapted from scoutsongs.com)

<ul style="list-style-type: none"> ◦ <u>Thank You</u> (Tune: Twinkle Twinkle Little Star) <p>Thank you for the food we eat Thank you for new friends we meet Thank you for Girl Guiding days As we learn in fun-filled ways May we always try to do As we promised, duty true.</p>	<ul style="list-style-type: none"> ◦ <u>We Thank You</u> (Tune: Kum Bay Ah) <p>For the food we eat, we thank you For the friends we meet, kind and true For the fun we share, all day through We thank you, we thank you.</p>
	<ul style="list-style-type: none"> ◦ <u>Mmmm Grace</u> (Tune: Linger) <p>Mmm, I am so thankful Mmm, that we're together Mmm, to share this food with each of you.</p>

Closing:

Do your usual Spark closing and send the girls home with their healthy breakfast plates and a copy of Canada's Food Guide!