

Family, Fun and Fitness

Mission statement

We, members of greatmoods are here to provide you a healthy way of living through the way of entertainment. We not only work for an individual but for the entire family members. We are committed to promoting a healthy lifestyle through convenient, clean locations,entertaining arts, activities, projects, and fun activities that meets the health and fitness needs of the entire family.

Throughout the course students will get opportunities to learn healthy habits not by just memorizing terms but also by playing some interesting indoor games which includes cross puzzle, quiz, etc.

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Popeye the Sailor Man

Do you like watching cartoons? If yes, then you surely have seen this guy in the TV channel Cartoon Network. His name is Popeye. The skinny guy popeye loves his girlfriend. Her name is Olive. Olive loves Popeye as well, but there is a bad guy whose name is Bluto who always trouble Olive. Bluto is thicker and stronger than Popeye because of which Popeye cannot beat Bluto with his normal power.

In the cartoon, it is shown that Popeye gets his super natural powers when he eats spinach. Spinach is a green vegetable that has wide, dark green leaves that are eaten cooked or raw. When he eats spinach, he becomes stronger than bluto and can beats bluto.



Quick Answer:

- Do you like eating spinach?

Exercise

Match the following

a) Tomato



b) Spinach



c) Cauliflower



Water

Do you like the taste of water? How does it taste for you? Do you like drinking pure water or juice by mixing rashna in water? If you don't drink enough water in a day then you need to start drinking from today. In this chapter, I am going to explain you some benefits of drinking water.



If you don't drink enough water, then you might be sick. You will suffer from different diseases, your energy levels and brain function start to suffer. Some health authorities recommend that you need to drink at least 2 liters of water in a day.

Always carry a bottle full of water when you go out. Don't stay thirsty, it is harmful for your body.

Quick Answer:

- How many bottles of water do you drink everyday?

Exercise

Select appropriate images:

a) Drink lots of

b) Drink rarely, if ever

c) Drink a little



juice labels
designed by freepik.com

60 minutes of Activity

There are tons of ways to stay active and healthy.

Here's my plan to start building toward 60 minutes or more of physical activity a day!

I'm going to

_____ for _____ minutes/day

_____ for _____ minutes/day

_____ for _____ minutes/day

KEYS TO 60 MINUTES OR MORE OF PHYSICAL ACTIVITY A DAY

- **Start Small**—Work your way up to 60 minutes a day! Break up your activity into 5- or 10-minute chunks and add a few minutes each day until you reach 60 minutes total.
- **Grab a Buddy**—Be active with a friend or family member!
- **Mix It Up**—Try different games and activities to keep it interesting.

IDEAS TO FIT IN YOUR PHYSICAL ACTIVITY FOR THE DAY!

• Walk or bike to/from school.	15 minutes
• Move and play during recess.	15 minutes
• Work hard and stay moving in PE class.	20 minutes
• Ride your bike or walk the dog or dance in your room to music after school.	10 minutes
• Make up your own way to stay active!	10 minutes

That's 70 minutes
TOTAL—you
reached your
goal and more!!

1 minute Workout

Now it is time to do some workout. Wait, you do not need to go outside to do this workout. You can stay in class and do it. In this exercise, you have to stay in your place and move your hands and legs as if you are jogging for 1 minute. See your clock. If you don't have one, you can look at the wall clock which is in your classroom.



Nutrition and Healthy Eating

Name: _____

Date: _____



Let's taste some fruits and veggies!



A/An...		Looks like 	Smells like 	Tastes like 	Feels like 	Sounds like 
apple						
orange						
_____						
_____						
_____						

Nutrition and Healthy Eating

Name: _____

Date: _____



Find and write the nutrients! Research Sheet.



If I eat/drink...

I get a lot of...



oranges

vitamin C









Nutrition and Healthy Eating

Name: _____

Date: _____



Draw and write!



My favorite food is:

Here is a drawing of it!



I like it a lot because...

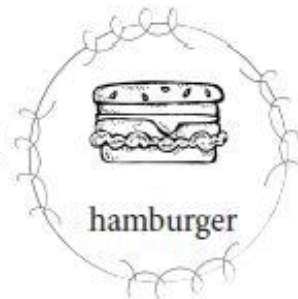
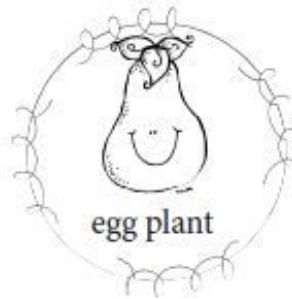
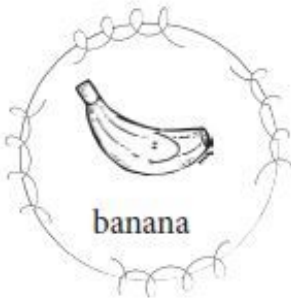
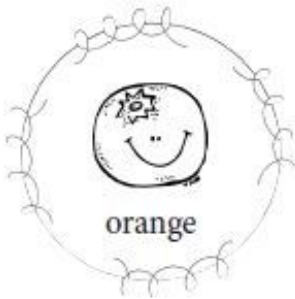
I could make it healthier by...

Nutrition and Healthy Eating

Name: _____

Date: _____

Color only the healthier foods!

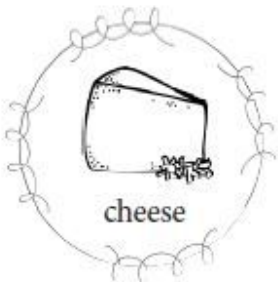


Nutrition and Healthy Eating

Name: _____

Date: _____

Color only the foods which help us have healthy teeth!



Family: Word Search Puzzle

- One example is done for you.

W X R X L U N S B N
S A O N O S M X R U
A M S I S T E R O J
G Q O H S Q P P T K
U Y Z T R P W S H Q
P B R W H H A O E N
S G L C E E Z E R B
Y A D R S Q R U O C
R E H I A F T R I D
R E T H G U A D O I

Find these words

FATHER

MOTHER

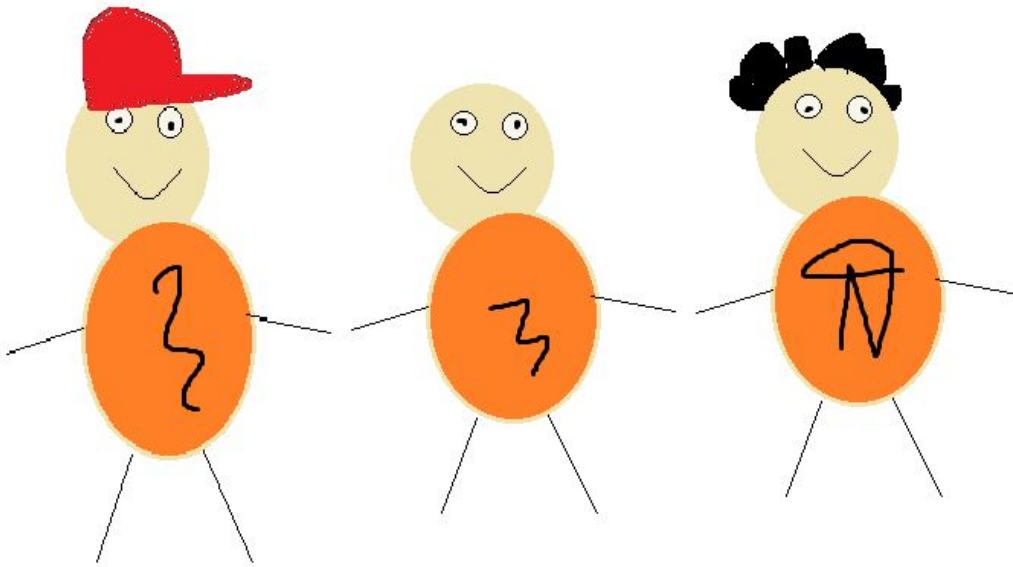
BROTHER

SISTER

SON

DAUGHTER

Family

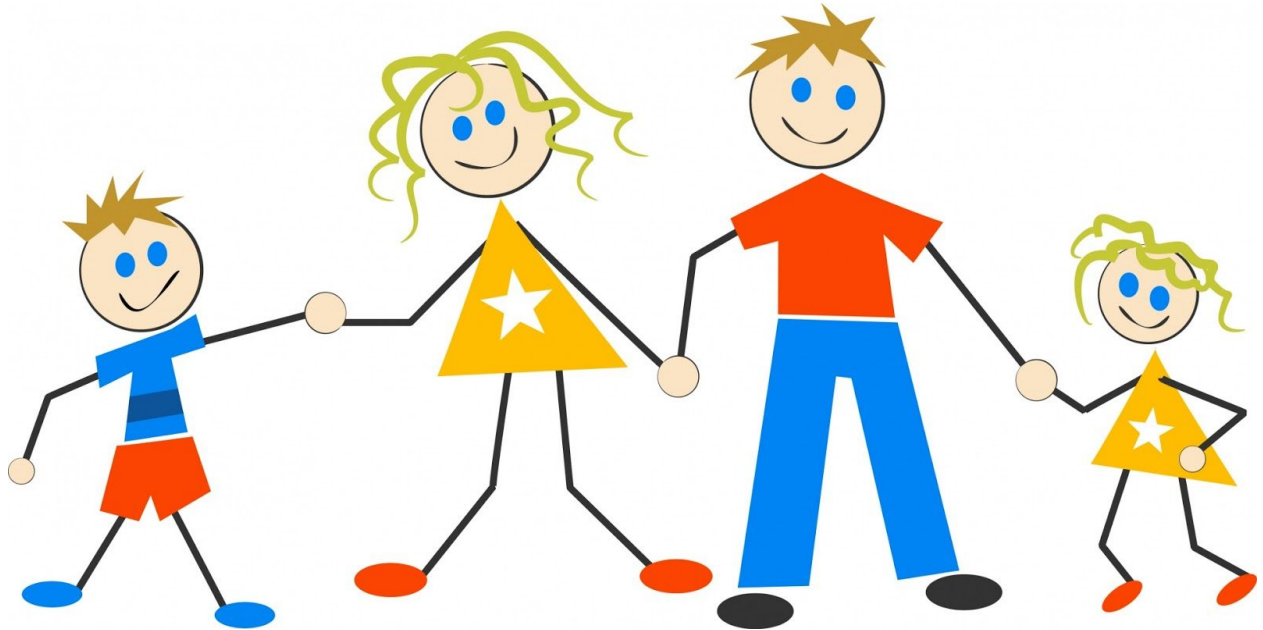


He is Alex and this is his family. There are 3 members in his family. He has a father and a mother. He has no brothers and sisters. His family is small size family. Small family is also known as a happy family.

Quick Answer:

- How many members are there in your family?

Family



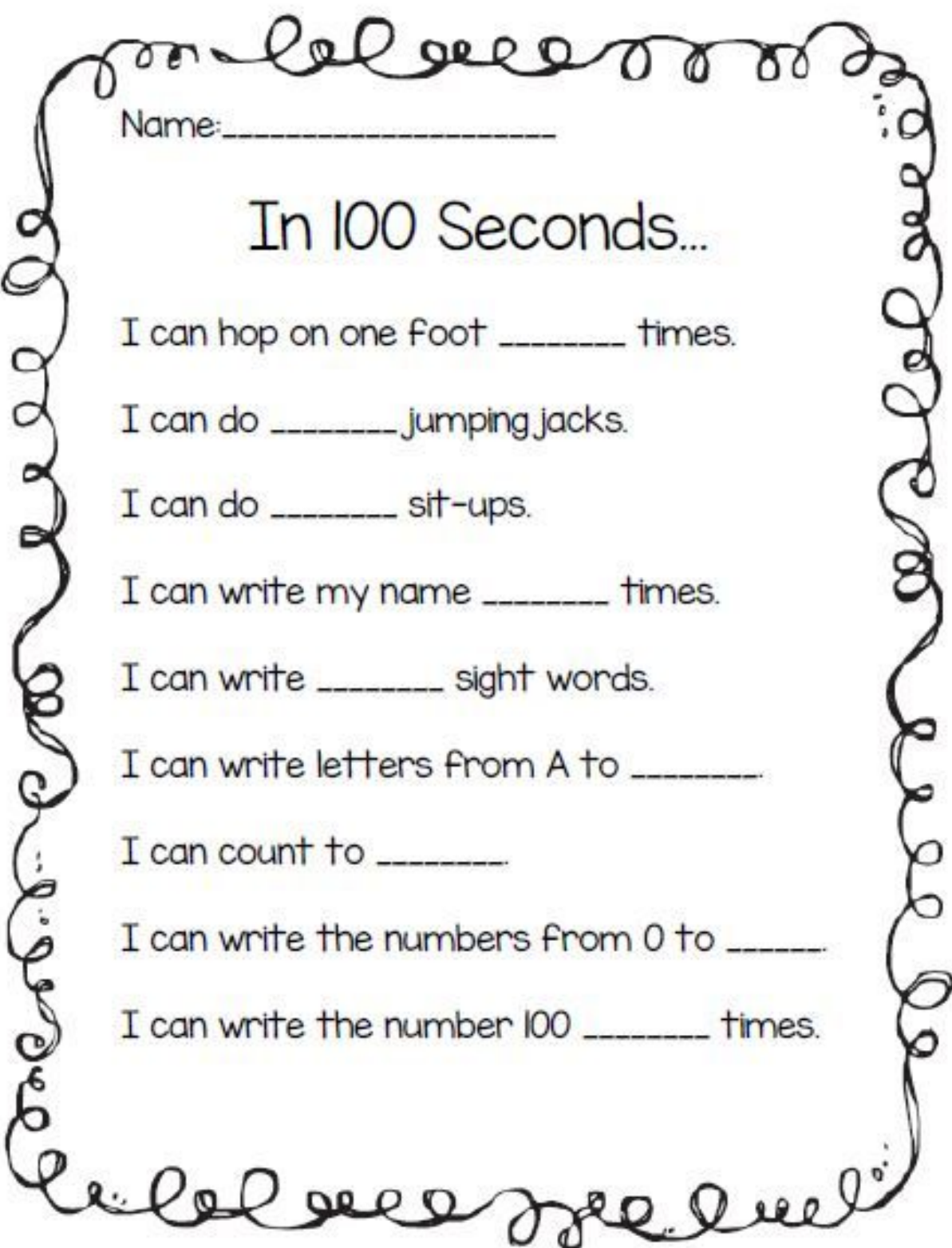
Fitness: Bicycle Riding

Do you like riding a bicycle? Alex like to ride a bicycle. He rides bicycle to bring snacks from the nearest gas station. He also uses his bicycle for fun. He rides his bicycle in the bicycle path or in the park. Never ride your bicycle in the main road.



Meal Plan WorkSheet

Food/Day	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Milk							



Name: _____

In 100 Seconds...

I can hop on one foot _____ times.

I can do _____ jumping jacks.

I can do _____ sit-ups.

I can write my name _____ times.

I can write _____ sight words.

I can write letters from A to _____

I can count to _____

I can write the numbers from 0 to _____

I can write the number 100 _____ times.

Quiz: Human Body

1) What percentage of human body is water?

- a) 66% b) 22% c) 80%

2) A human's thumb is as long as his or her nose.

- a) True b) False

3) A sneeze occurs at about 100 miles an hour.

- a) True b) False

4) Cells related to _____ divide remarkably faster than other cells in the body.

- a) Hair b) Eyesight

5) The smallest bones in the human body are found in the...

- a) Feet b) Ears c) Fingers d) Knees

Nutrition Quiz

1) Which of these breakfast foods will provide you with the most energy?

- a) Candy bar b) Whole grain cereal and oatmeal c) Potato chips

2) Which type of food should take up the most space on your plate?

- a) Meats b) Grains c) Fruits

3) What should I do if I hate broccoli?

- a) Feed it to your dog b) Give up on eating vegetables c) Give peas a try!

4) If I want to stay healthy, can I still eat French fries?

- a) No, fast food, ever b) No, but American fries are ok c) Sure, just not
everyday

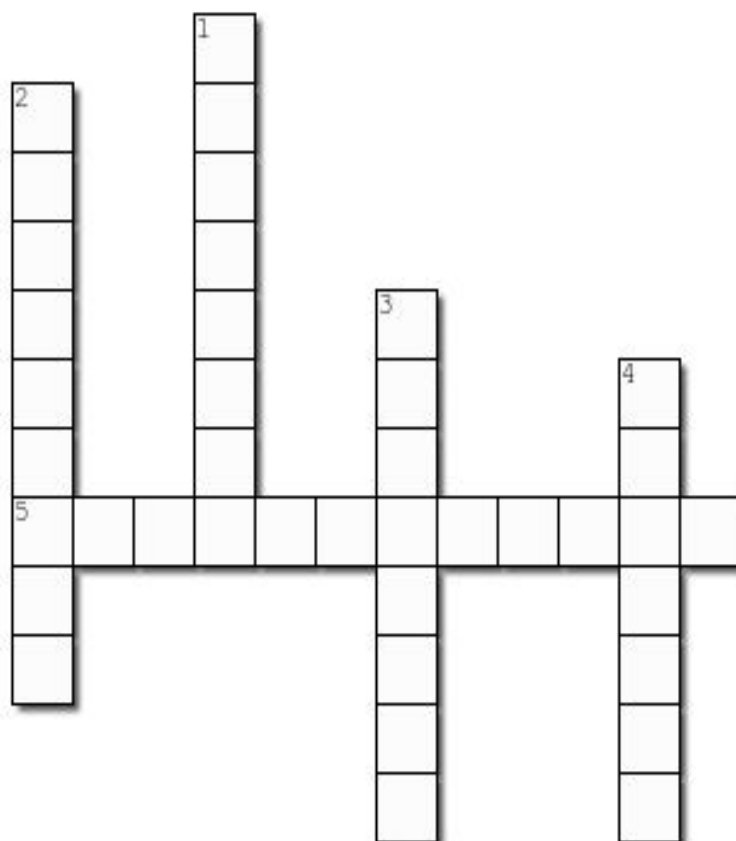
5) What's a nutritious afterschool snack?

- a) Candy bar b) An apple, cheese, whole grain crackers c) Potato chips

Name: _____

Games

Complete the crossword puzzle below



Across

5. also known as ping-pong, is a sport in which two or four players hit a lightweight ball back and forth across a table using

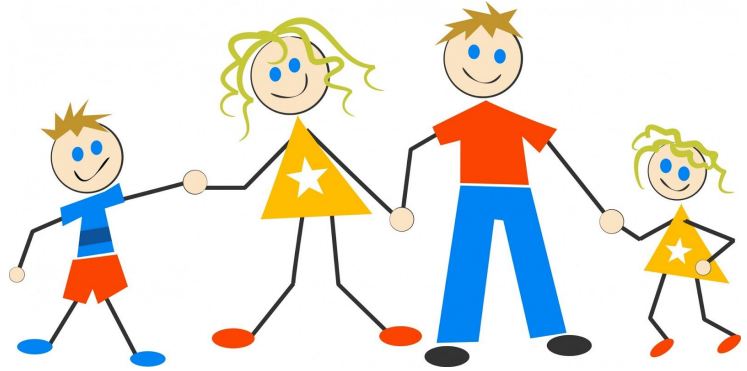
Down

1. a bat-and-ball game played between two opposing teams who take turns batting and fielding
2. a racquet sport played using racquets to hit a shuttlecock across a net
3. a game in which leg is used to kick the ball
4. s a bat-and-ball game played between two teams of eleven players on a field at the centre of which is a 20-metre

Types of Family

1) Small Family

The small family is the traditional type of family structure. This family type consists of two parents and children. The nuclear family was long held in esteem by society as



being the ideal in which to raise children. Children in nuclear families receive strength and stability from the two-parent structure and generally have more opportunities due to the financial ease of two adults.

2) Large Family

The large family structure consists of two or more adults who are related, either by blood or marriage, living in the same home. This family includes many relatives living together and working toward common goals, such as raising the children and keeping up with the household duties. Many large families include cousins, aunts or uncles and grandparents living together.

Baseball

Baseball is a bat-and-ball game played between two opposing teams who take turns batting and fielding.



Basketball

Basketball is a team sport in which two teams, most commonly of five players each, opposing one another on a rectangular court, compete with the primary objective of shooting a basketball through the defender's hoop while preventing the opposing team from shooting through their own hoop.



American Football

American football, referred to as football in the United States and Canada and also known as gridiron, is a team sport played by two teams of eleven players on a rectangular field with goalposts at each end.



Soccer

Soccer is a team sport played with a spherical ball between two teams of eleven players. The game is played on a rectangular field called a pitch with a goal at each end. The object of the game is to score by moving the ball beyond the goal line into the opposing goal.



Badminton

Badminton is a racquet sport played using racquets to hit a shuttlecock across a net.

