

Living Healthy

SOME MORE SUGGESTIONS FOR YOUR LIVING HEALTHY COMMOTION

Healthy Eating

- 1) Organize a fruit taste testing.
- 2) Make fruit kabobs using the rainbow. Try Red – apple, strawberry, or raspberry; Orange – orange, Yellow – banana, apple, or pear; Green – pear, apple, grapes, kiwi (if school is allergy-free); Blue – blueberries or black currants; Violet – grapes.
- 3) Make banana pops with popsicle sticks, yogurt, nut-free cereal, raisins. Cut banana in half, insert popsicle stick, dip in yogurt and coat with cereal or raisins.
- 4) Organize a specialty cooking class led by teacher or chef. Try Chinese, Thai, Italian, French or what ever ethnic cuisine students choose.

Active Living

- 1) Aerobics break – Ask a teacher or principal to broadcast over the PA once per period some upbeat music. Have students and teachers dance, stretch, or practice a simple aerobics move to get people moving.
- 2) For young students, try an action song (eg. I'm a little Teapot); for older students, If you are Happy and You Know it. Visit <http://www.songsforteaching.com/movement.htm> or http://www.bbc.co.uk/music/parents/yourchild/18mnths_3years/action_songs.shtm | for songs for all ages.
- 3) Organize a teaching session on hip hop dance class, circuit training routines, yoga stretches, or Pilates moves. Invite a local teacher for lunch time or after school.
- 4) Write a theme song for your Commotion. For example, rewrite the lyrics to "Locomotion..." so students can "Do the Health Commotion" instead.