Making Healthy Choices

Distance Learning Study Guide

K – 2nd Grade

Making Healthy Choices is sponsored by:

Visual Communication Equipment provided by:
Dear Educator:

We are scheduled for a *Making Healthy Choices* videoconference with your group. **You will need to do preparation prior to the program.** Here are the directions for downloading the materials list, templates, and study guide which can be found in the link below.

1. Go to the following link to download the study guide: [http://puppet.org/pdf/DLSG_LittleNoodle.pdf](http://puppet.org/pdf/DLSG_LittleNoodle.pdf)

2. The materials list is the first thing in the study guide. **Each student needs all the materials listed for the program.**

3. **All templates** need to be traced onto **HEAVY** construction paper and **cut out**. **You may use any color you want. Please use two colors so the wings and body of the dragonfly will not be the same color.** If you plan to decorate with markers or crayons, a lighter color will work best for the wings.

4. **Please bring all pre-cut pieces and other materials to the program.** It is helpful if each student has an individual bag with their own puppet parts. You can use small paper lunch baggies or Ziploc baggies.

5. **Pass out all materials PRIOR to program start time.** This includes tape and glue. Please have **3** strips of tape about the size of a band-aid precut and ready for each student. You can pre-tear pieces and stick them to the sides of the table, OR stick them to yard sticks (just hold out yard stick and students can take a piece of tape from it—**teacher recommended**)!

6. We will lead all students through the puppet building steps and learning activities.

7. The program does not allow time for students to cut out materials.
   - **The activities in the study guide are for you to use at your discretion as either pre or post activities.**
   - **We will be doing different activities with the students during the program.**
   - Please let us know if you have any questions about how to prepare.
   - If you have any technical questions, please contact us directly at (404) 881-5117.

Thank you!!!

The Distance Learning Team  
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www.puppet.org/edu/distance.shtml
Videoconferencing Activity

Dazzle Dragonfly Rod Puppet

Materials List
Each student will need all of the following items:

1 wing (template 1 of 2)
1 body (template 2 of 2)
2 jumbo craft sticks
HEAVY construction paper to trace wing & body template (any color)
Pencil (to trace templates onto HEAVY construction paper)
Scissors (to pre-cut templates)
Glue stick
Tape

** Templates must be pre-cut before the program!

Pre-Program Instructions
Please read carefully.

1. Prior to the program, trace templates onto HEAVY colored construction paper (any color is okay) and cut out.

2. Please trace wing designs template onto a different color than the body.

3. Bring all pre-cut templates and other materials to the site the day of the program. It is helpful if each student has an individual bag with their own puppet parts. You can use small paper lunch baggies or Ziploc baggies.

4. Pass out all templates and materials to students PRIOR to program start time. Students will each need 3 pieces of tape about the length of a band-aid. You can stick the tape to the sides of the tables where the students are working, or on a yard stick (easy to hold out for students to take the tape pieces—teacher preferred method).

5. Wait for the program to begin. We will lead students through all puppet building and learning activities.

6. The program does not allow time for students to cut out materials.
   • The activities in the study guide are for you to use at your discretion as either pre- or post-activities. We will be doing different activities with the students during the program.
   • Please let us know if you have any questions about how to prepare.
   • If you have any questions, please contact us directly at distancelearning@puppet.org or (404) 881-5117.
Who is Little Noodle?

Little Noodle, star of the Center’s original stage production Adventures of Little Noodle, joins the Distance Learning Team as co-host for our program about healthy living, Making Healthy Choices. Little Noodle gets students movin’ and groovin’ through recorded segments that encourage movement, healthy decision making practices, and hands-on puppet building. Students will identify active vs. non-active play and participate in physical activities as they learn about the food pyramid and basic nutrition. Students will make and operate their very own Dazzle Dragonfly rod puppet—just like Little Noodle!

Little Known Facts about Little Noodle

• Little Noodle was designed by Jason von Hinezmeyer, the Center’s Resident Puppet Designer/Builder.

• Small control rods (painted black) extend from the character’s head, elbows and feet. The puppeteers manipulate these rods in order to make the puppet walk, talk, sing, and gesture.

• You will notice that the puppet seems to glow in the dark. That is because the puppet is performed under ultraviolet light (black light). The puppets and set pieces in the stage production were painted with a special type of fluorescent paint that is brighter than normal.

• The puppeteers are dressed entirely in black from head to toe so that they seem to disappear into the darkness. Meanwhile, the fluorescent colors glow vividly under ultraviolet lights creating a magical, dreamlike effect on stage.
National Curriculum Standards met during live videoconference

Please go to www.educationworld.com for a complete list of national standards.

Health
NPH-H.K-4.3 Reducing Health Risks
NPH-H.K-4.6 Setting Goals for Good Health
NPH-H.K-4.7 Health Advocacy

NAPSE
NPH.K-12.1 Movement Forms
NPH.K-12.2 Movement Concepts
NPH.K-12.3 Physical Activity
NPH.K-12.5 Responsible Behavior
NPH.K-12.6 Respect for Others
NPH.K-12.7 Understanding Challenge

Fine Arts/Visual Arts
NA-VA.K-4.1 Understanding and applying media techniques, and processes
NA-VA.K-4.2 Using knowledge of structures and functions
NA-VA.K-4.3 Choosing and evaluating a range of subject matter, symbols, and ideas
NA-VA.K-4.5 Reflecting upon and assessing the characteristics and merits of their work and the work of others
NA-VA.K-4.6 Making connections between visual arts and other disciplines

Technology
NT.K-12.1 Basic operations and concepts
NT.K-12.2 Social, ethical, and human issues
NT.K-12.3 Technology productivity tools
NT.K-12.4 Technology communication tools
NT.K-12.5 Technology research tools
NT.K-12.6 Technology problem-solving and decision-making tools
Learning Activities

Build a Nutritious Meal Collage Activity

Kindergarten National Curriculum Standards:
NPH-H.K-4.2 Health Information, Products, and Services
NPH-H.K-4.7 Health Advocacy

Objective: Students will create collages containing images of nutritious food from grocery store advertisements and glue them to a paper plate representing a meal made up of healthy food choices.

Materials: A Food Guide Pyramid poster or chart, paper plates (one per student), grocery store newspaper advertisements containing pictures of a variety of foods, scissors, glue.

Procedure:
1. Review the Food Guide Pyramid with students.
2. Distribute paper plates, grocery store advertisements, scissors and glue to students.
3. Ask students to cut out representations of food from the different food groups to include in one meal. Have students glue their choices to a paper plate.
4. Ask each student to explain why they chose the foods they did.

Assessment: Collect student work for review. Check to see if students followed the Food Guide Pyramid and remediate as necessary. Display work on a classroom bulletin board display.
Eating Healthy Choices Activity Based on Finn Cooks

1st grade National Curriculum Standards:
NPH-H.K-4.6 Setting Goals for Good Health
NL-ENG.K-12.1 Reading for Perspective
NL-ENG.K-12.7 Evaluating Data
NL-ENG.K-12.12 Applying Language Skills

Objective: Students will listen to the book Finn Cooks by Birte Mueller. Students will participate in making snack choices by selecting from a variety of healthy and non-healthy snacks. Students will make a fruit salad to share as a classroom healthy snack.

Materials: Copy of the book Finn Cooks by Birte Muelle; large mixing bowl, small bowls, spoons, knife, an assortment of healthy snacks such as: apples, peanut butter, bananas, seedless grapes, seedless watermelon, carrot sticks, pretzels, etc.; an assortment of non-healthy snack items such as Skittles, Starburst (or another fruit flavored candy), cookies, Doritos, snack cakes, etc.

Procedure:
1. Place healthy and non-healthy snacks on a table.
2. Read the book Finn Cooks to your students. Discuss the book. Ask students the following questions. Why did Finn have a stomach ache? What made him feel better? Have you ever eaten too much of something?
3. Next, ask students to look at the snacks on the table. With each snack, have students identify if the food is a healthy snack by voting “yes” or “no.”
4. Next, ask students to explain why an apple is a better snack than Doritos (choose any healthy & non-healthy snack to compare).
5. Ask students to bring in a fruit the next day to create a fruit salad for a healthy classroom snack.
6. Teachers will need to peel and slice fruit. (Bananas and apples may need lemon juice squeezed on them to prevent browning.)
7. Divide students into small groups. Give each group a set of bowls containing the sliced fruit that will go into the salad, a mixing bowl, a mixing spoon, and one small spoon for each student.
8. Have students add the fruit and mix it all together.
9. Ask one student to serve each person in the group a bowl of fruit salad.
10. Enjoy!

Assessment: Observe students to make sure they are participating in the activity. Keep a copy Finn Cooks on the class bookshelf for independent reading time.
Play the MyPyramid Match Game Online

2nd grade National Standards:
NPH-H.K-4.2 Health Information Products and Services
NT.K-12.3 Technology Productivity Tools
NT.K-12.4 Technology Communication Tools
NT.K-12.5 Technology Research Tools

Objective: Students will visit an interactive website to construct a food guide pyramid, classify different foods into their corresponding groups, and answer questions about the activity afterward.

Materials: Computers with Internet access or a SMART Board for a whole class activity.

Procedure:
1. Preview the website: http://www.dairycouncilofca.org/Tools/MyPyramid/
2. Review the food groups that make up the Food Pyramid and why they are important:
   • Grains, Breads and Cereals provide B-vitamins which help turn the foods we eat into energy that our bodies need to work, play and grow. Make half of your choices whole grains, which are a good source of fiber.
   • Vegetables provide Vitamin A which helps us have healthy skin and good eyesight.
   • Fruits provide Vitamin C which helps our bodies heal and grow new cells.
   • Oils are not a food group, but we should include some vegetable oils, fish or nuts in our food choices each day.
   • Milk and Milk Products provide calcium which helps build strong bones and teeth.
   • Meat, Beans and Nuts provide protein which helps build strong muscles.
3. Have students go to http://www.dairycouncilofca.org/Tools/MyPyramid/
4. Tell students that first they will create a food guide pyramid by clicking and dragging the food groups to their appropriate place on the pyramid like pieces on a puzzle. Next, they will match different types of food to their food groups.

Assessment: Observe students during activity. Post a Food Pyramid chart in classroom as a reference throughout the year. Quiz students later in the year to see if they have retained information from the lesson.
Other Resources

Bibliography


• Muller, Birte. *Finn Cooks*. North-South Books Inc., 2004


• Privett, Dave and Todd Liebenow. *Let There Be… Blacklight*. One Way Street, Inc., 2009.


• Sharmat, Mitchell. *Gregory, the Terrible Eater (Reading Rainbow)*. Scholastic Paperbacks, 1989.


Other Resources

Websites to Explore

http://mypyramid.gov/
One size doesn’t fit all. MyPyramid.gov offers personalized eating plans and interactive tools to help you plan and assess your food choices based on the Dietary Guidelines for Americans.

http://www.lifeinitaly.com/food/pasta-history.asp
Learn about the history of pasta at Life in Italy.com.

http://www.ific.org/
International Food Information Council has the latest in food safety and nutrition information.

http://www.eatright.org/
The American Dietetic Association is the world’s largest organization of food and nutrition professionals. ADA is committed to improving the nation’s health and advancing the profession of dietetics through research, education and advocacy.

http://www.producforkids.org/
Produce for Kids is a marketing organization that works with the produce industry and grocery stores to promote healthy eating for kids.

http://www.healthykidschallenge.com/
The Healthy Kids Challenge promotes healthy eating and physical activity solutions for kids.

http://www.nutritionexplorations.org/kids/nutrition-pyramid.asp
Enjoy an interactive experience with the food pyramid at Nutrition Explorations.org.

http://www.mermaidtheatre.ns.ca/repertory/index.shtml

http://pediatrics.about.com/od/exerciseandfitness/a/0608_exrcs_ftns.htm
Find good suggestions for youth exercise and fitness at the website.

http://www.keenusa.org/
KEEN (Kids Enjoy Exercise Now) is a nonprofit volunteer-led organization that provides one-to-one recreational opportunities for children and young adults with mental and physical disabilities at no cost to their families and caregivers.

http://active.com/active-family/Articles/How_to_Get_Your_Kids_to_Exercise.htm
Read the article How to Get Your Kids to Exercise by Amy Bertrand.

http://parenting.kaboose.com/behavior/bodyimage.html
Read the article Boost Your Child’s Body Image by Leigh Felesky.

Download a copy of the National Heart, Lung, and Blood Institute’s Go, Slow and Whoa Food Chart.

http://www.healthyweight.net
The Healthy Weight Network is your connection to research and information on obesity, eating disorders, weight loss, and healthy living at any size. Guidelines you can use today!
The Center for Puppetry Arts® is a unique cultural treasure – a magical place where children and adults are educated, enlightened, and entertained. Since 1978, the Center has introduced millions of visitors to the wonder and art of puppetry and has touched the lives of many through enchanting performances, curriculum-based workshops, and the hands-on Museum as well as Distance Learning and Outreach programs. Center for Puppetry Arts is a non-profit, 501(c)(3) organization and is supported in part by contributions from corporations, foundations, government agencies, and individuals. Major funding is provided by the Fulton County Board of Commissioners under the guidance of the Fulton County Arts Council. Major support is provided by the City of Atlanta Office of Cultural Affairs. These programs are supported in part by the Georgia Council for the Arts through the appropriations from the Georgia General Assembly. GCA is a Partner Agency of the National Endowment for the Arts. The Center is a participant in the New Generations Program, funded by Doris Duke Charitable Foundation/The Andrew W. Mellon Foundation and administered by Theatre Communications Group, the national organization for the American theatre. The Center is a Member of TCG and the Atlanta Coalition of Performing Arts. The Center also serves as headquarters of UNIMA-USA, the American branch of Union Internationale de la Marionnette, the international puppetry organization.