



MoveHealthy
I am physically active every day.

13 ACTIVITY

Compass Quest

GRADE LEVEL:
Primary

TIME:
15 minutes

GROUPING STRUCTURE:
Whole group/small group

SUBJECTS:
Health
Science
English Language Arts
– listening and speaking



Objective

Students will understand the importance of staying hydrated.



Materials/Preparation

Classroom Materials

- Construction paper
- Chart paper
- Markers
- Suggested items for “What Counts as a Serving of Water” demonstration



Provided in the Healthy Steps for Healthy Lives Kit

- MyPlate poster



Before the Activity

- Post chart paper and poster
- Make four Compass Quest signs with construction paper
- Post Compass Quest signs on four classroom walls

Suggested items for “What Counts as a Serving of Water” demonstration

- An 8-ounce glass
- A one cup size measuring cup
- An 8-ounce size bottled water

Note: If demonstration materials are unavailable, then simply describe “what counts as a serving of water” (step 9) using pictures and/or words.



Opening the Activity

1. Introduce the Healthy Steps for Healthy Lives MyPlate poster.

- The poster is a tool to help us learn how to think, eat, and move healthy.
- There are pictures, symbols, and messages that tell us about nutrition (which means eating healthy) and physical activity (which means moving healthy).
- The poster tells us, “Be physically active your way.”

2. Explain to students that they need to be physically active for at least 60 minutes every day.

Physical activities are activities that require you to move your body.

3. Ask students to name some of their favorite ways to be active every day.



- Tell students that they're going to learn how to do their favorite physical activities every day in a way that is healthy and safe.



Leading the Activity

- Explain that the 60 minutes of activity every day should be from a mixture of moderate and vigorous activities.

Vocabulary

- Moderate** — active, medium bodily movement, heart rate increases
- Vigorous** — very active, fast bodily movement, high heart rate

- Try to accumulate your 60 minutes with 15-minute bouts.
- A 15-minute basketball game at recess would be a bout of vigorous activity.
- A 15-minute walk with your family in the evening would be a bout of moderate activity.

6. Brainstorm and chart tips for healthy movement.

Write the words “Tips for Healthy Movement” on the top of the posted chart paper. Ask students to

name things that are important to remember in order to be safe and healthy when participating in physical activity.

- Focus on the importance of staying hydrated.** If students did not suggest “drinking water” during the brainstorm, then add it to the chart. The best way to stay hydrated is to drink water.

8. Explain what a “serving” means.

- A **serving** is a recommendation for a healthy amount to eat or drink.

9. Explain/demonstrate what counts as one serving of water.

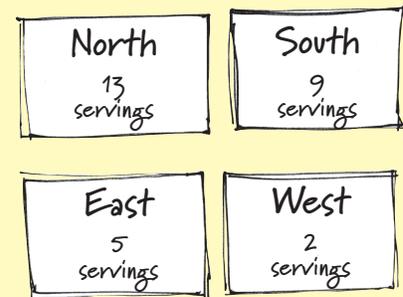
10. Conduct a Compass Quest to have students show their guess for how much water we should drink every day.

Have students stand in front of the sign that they think shows the correct daily serving amount of water. If one serving of water for a 4- to 8-year-old is an 8-ounce glass, how many servings should they have in one day?

Sample brainstorm chart: Tips for Healthy Movement

- Start slowly (if your body is not used to moving a lot)
- Warm up and cool down
- Wear sunscreen outside
- Stay hydrated (drink plenty of water or other liquids)
- Protect yourself with the right gear and protective equipment
- Choose safe places and times in which to be active
- Follow rules and policies

Compass Quest signs



11. While standing in front of signs in small groups, have students discuss why they think they need to drink water every day. Share answers with the whole class.

- Ideal responses: Most of our body is made of water; Water helps food move through our digestive track; Water takes the good things from the foods we eat and takes them where they need to go in our body; Water keeps our bodies the right temperature; We need to replace the water we lose from sweating (when we move a lot or when the weather is very hot).

12. Provide the correct answer to the original question (how much water do we need to drink every day?). The recommendation for children ages 4 - 8 is five servings of water per day.

13. Explain hydration.

Vocabulary

- **Hydration** – replacing the water our body uses by drinking more water

14. Discuss if other liquids count as a serving of water. Yes, other liquids count, but some are better choices than others. Call attention to the Healthy Steps for Healthy Lives MyPlate poster. It is important to **know your limits with added sugar, salt, and solid fats**. Added sugars and fats load foods and drinks with extra calories you don't need. Too much sodium may increase your blood pressure.



Do other beverages count toward the number of servings of water we should have every day?

Answer – Yes. Drinking water, water in beverages, and water contained in food all contribute to total water intake, but some are better choices than others.

- Milk, nutrition drinks, sports drinks, juice, and even soup broth count toward the amount of water we need every day. Some of these drinks have other healthy benefits as well.
- Milk also counts toward the total amount of foods from the Dairy Group. Choose fat-free or low-fat (1%) milk.
- 100% fruit or vegetable juice also counts toward the total amount of fruits and vegetables we need every day. Choose whole or cut-up fruits more often than fruit juice because they are full of fiber which helps digestion and makes you feel full longer.
- Choose water over sugary drinks. Remember, drinks with added sugars contain lots of calories, but just plain water has none.





Closing the Activity

15. Ask students to think about the number of servings of water they had yesterday.
16. **Take a poll:** How many students had enough water and how many did not? What are some ways to make sure you are getting enough water every day?



Modifications

Make this a cooperative learning activity by having students work in small groups to create a poster with the tips for healthy movement. Display posters in the classroom. If you have additional time, address the other health concepts referenced in this activity. To help students understand more about daily recommended amounts for the food groups, refer to Activity 19 – “Healthy Food Counts” or Activity 23 – “Food Group Slogans” (provided at www.nestleusa.com/healthysteps and www.neahealthyfutures.org).

How much water do we need to drink every day?

- Depends on age, amount of physical activity, outside temperature, and health.
- The recommendation for children ages 4 - 8 is five servings of water every day.
- Most adults need six – eight servings of water every day.
- When you feel thirsty that is one of your body’s signals that you need more water.
- Try to drink your recommended amount of water throughout the day, even if you are not very thirsty.
- If you are sweating a lot because you are exercising or in hot weather, you should drink more water to replace the water you are losing in the form of sweat.
- Drink water before, during, and after being physically active.

