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What is physical activity?

Physical activity is moving your body and releasing energy.

3 Types of Physical Activity

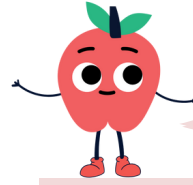
1 Moderate physical activity: you can talk but not sing



2 Vigorous physical activity: you need to pause to catch your breath before talking



3 Day to day physical activities: activities you do on the regular



Why should you move your body?

To build strong muscles & bones



To improve posture, balance & flexibility



To improve mood & mental health!



Tips to Get Active



Walk to school, the library, or the park with an adult



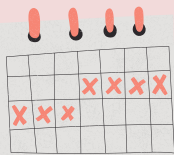
Choose activities you love doing!



Help clean the house



Join a team at school or in your neighbourhood



Try to fit in physical activity where you can!



Have fun playing games and activities with your family and friends!



Dance to your favourite song!

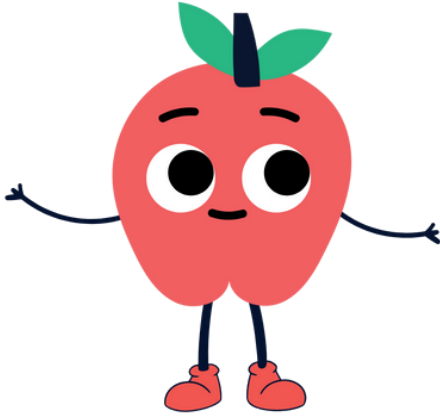


Decrease screen time to 2 hours every day for non-educational purposes

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5-Day Family Meal & Snack Plan Activity

With the help of an adult, plan out your family meals (breakfast, lunch, and dinner) and snacks for the week!



What are the benefits of meal planning?



Control the amount of salt, sugar, and fat in your meals!

Save money and reduce food waste!

Eat more balanced meals and snacks!

	BREAKFAST	LUNCH	DINNER	SNACK
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				

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Sugar Detective Activity

Guess the sugar content for the following drinks by writing the amount of sugar you think is in each drink on the lines provided!

Sugar amounts found in the drinks (1 1/2 cups or 355 mL) and the same amount found in sugary treats

10 1/4 tsp of sugar = 3/4 bag of Skittles

5 1/4 tsp of sugar = 1 Kit Kat chocolate bar

11 1/4 tsp of sugar = 9 pieces of Ferro Rocher

7 tsp of sugar = 1 OH Henry Candy bar

9 1/2 tsp of sugar = 2 packs of Kinder Bueno

6 1/4 tsp of sugar = 13 pieces of Sour Patch Kids Candy



What did you learn in this activity?

We can see that each drink has a lot of added sugar in just 1 1/2 cups. We want to consume these drinks in moderation. Choosing water, milk or fresh fruits should be your choice most often because they don't impact your blood sugar levels too much!



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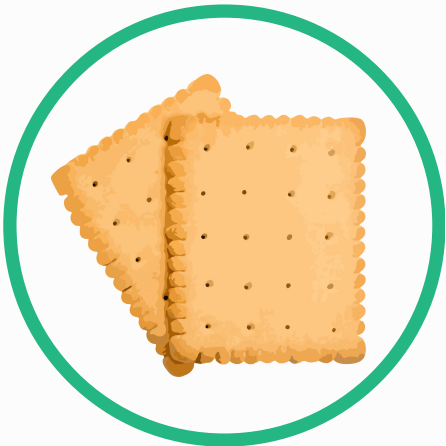
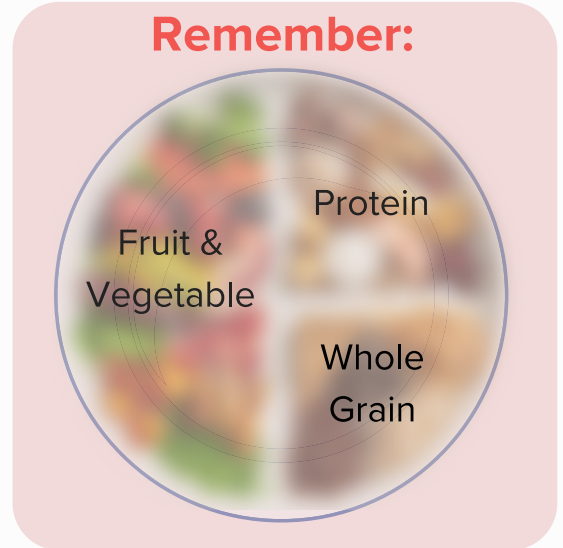


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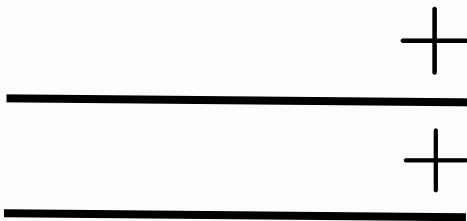
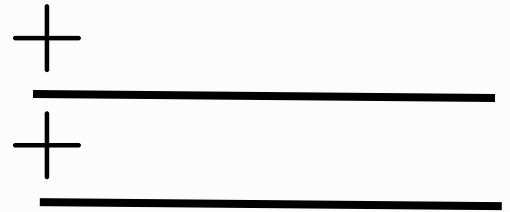
Build-a-Snack Activity

Add a food in the circle that will make the snack have all 4 food groups. You can use foods from the Snack Bank or you can pick your own!

Let's see an example:



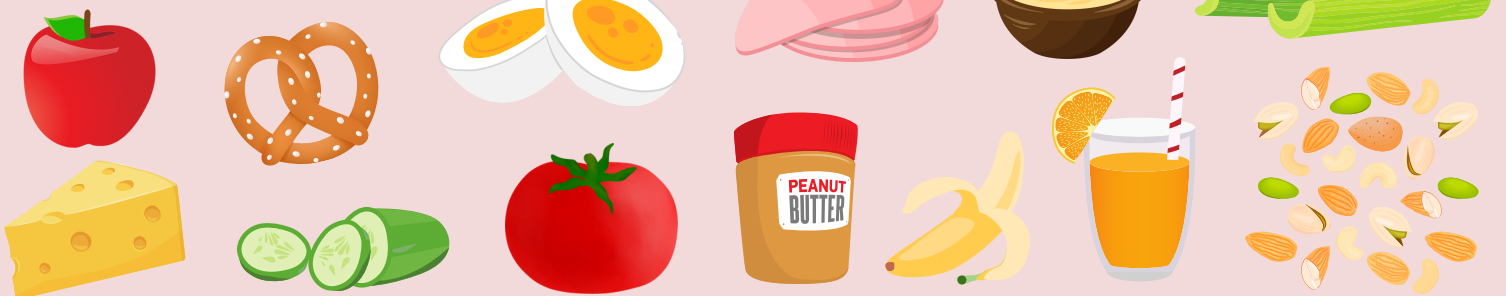
Snack 1



Snack 2

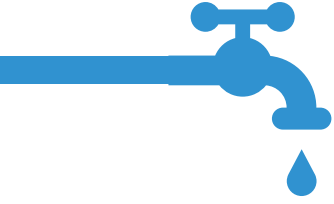


Snack Bank:



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Stay Hydrated!



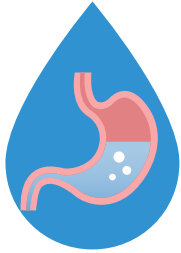
Benefits for our health



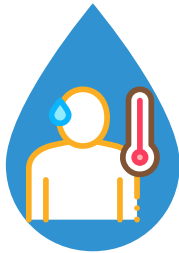
We stay hydrated throughout the day



Delivers nutrients and oxygen around our body



Helps in digestion of food and removing waste



Controls our body temperature

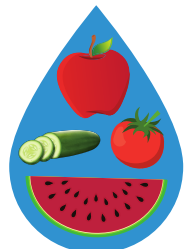


Keeps us cool and is best to quench our thirst

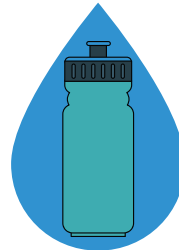
Tips to increase your water intake



Make water your drink of choice, most often



Eat food sources that have high water content



Carry a reusable water bottle when you go to school



Drink water during and after physical activity



Flavor your water with fruits and herbs


- Strawberry + basil leaves
- Cucumber + mint leaves
- Chopped apples + a cinnamon stick
- Raspberries (crushed) + cucumber

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Physical Activity Bingo

Are you ready to have fun and get active?! Let's play bingo!
Try to complete all of these activities this week and cross them off when you're done! Can you cross them all off?

B I N G O

Put on some music and dance for 5 minutes	10 Jumping jacks	Walk around your room	Place a skipping rope or a string on the floor and walk backward from the start of the rope to the end	Stretch! Try to touch your toes
Help with 1 chore around the house	Stand up straight on your tippy toes for 20 seconds	Play freeze tag for 10 minutes	Crab walk across the room	Scavenger hunt! Find 5 circular objects in your home
Go on a nature walk	Skip on one spot or use a skipping rope for 20 seconds	FREE SPACE 	Do 5 froggy jumps	Take 5 deep breaths
Pretend to swim on the spot	Bear walk for 30 seconds	Be a sports star! Show off your favourite sports skills for 5 minutes	Hop side to side 10 times	Jump as high as you can!
Move like your favourite animal for 30 seconds	Hop on 1 leg for 10 seconds	Walk like a robot for 30 seconds	Take 5 of the biggest steps possible!	Name your favourite way to move your body!