

# **Weller Health Education Center**

Health Adventure  
Nutrition and Fitness  
Grades 3-4

## Table of Contents

Program Objectives.....	2
English Activity.....	3
Science Activity.....	4-5
Answer Keys.....	6-9
Note to Teacher.....	10
Connection with Home: Guardian Letter.....	11
Healthy Eating Challenge.....	11



## Program Objectives

### Program Description:

Discover why healthy eating is so important for energy and overall health by exploring the look and function of the digestive system. Students will love unraveling 23 feet of small intestine from a digestive apron!

### Standards:

PA 1.6.3ad, 3.3.4a, 10.1.3bc; 11.3.3d;  
NJ 2.1.4abc, 2.6.4a

### Objectives:

Upon completion of the program, students will:

1. identify four organs of the digestive system and name their function
2. list the six key nutrients
3. name one healthy food choice per nutrient
4. recall three ways to keep the body healthy

### Terms:

Digestive system—the system that makes food absorbable into the body

Esophagus—the canal in which food and drink pass through the throat to the stomach

Gall bladder—a small, pear shaped muscular sac, where bile is stored until needed for digestion

Large intestine—extracts moisture from digested food which is later excreted as feces

Liver—a large organ in the body which cleans the blood and produces bile

Nutrients—any substance which plants or animals need in order to live and grow; examples of nutrients include water, protein, carbohydrates, fat, vitamins and minerals

Pancreas—an organ in the body that produces substances which helps the body use and store nutrients

Plasma—pale yellow liquid that forms 55% of human blood and is composed of water and dissolved nutrients

Small intestine—the longest part of the digestive system; most nutrients are absorbed into the circulatory system here

Stomach—an organ in the body where food is digested



## Word Search

**Directions:**

Find each word in the puzzle. Then on the back of the paper, separate the foods into their food groups.

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

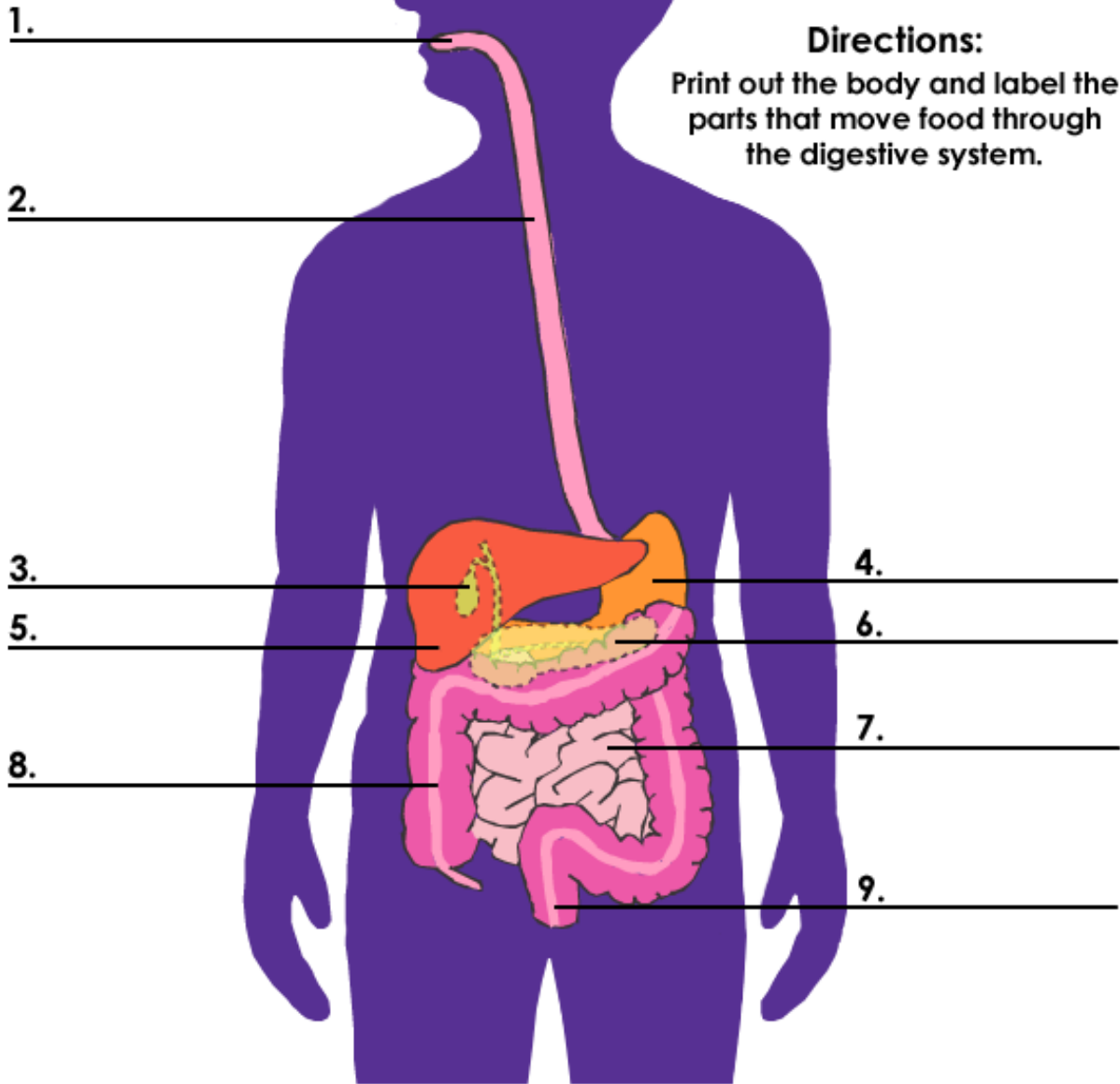
APPLE  
 FISH  
 BEANS  
 GRAPES  
 BEEF  
 BREAD  
 MILK

BROCCOLI  
 NUTS  
 BUTTER  
 OIL  
 MAYONNAISE  
 CARROTS  
 ORANGE  
 CHEESE

PASTA  
 CHICKEN  
 PEAR  
 CORN  
 RICE CRACKERS  
 TOMATO EGGS  
 YOGURT



# From Beginning to End



**Directions:**  
Print out the body and label the  
parts that move food through  
the digestive system.

## WORD BANK

Esophagus	Liver
Large Intestine	Pancreases
Mouth	Rectum
Small Intestine	Gall Bladder
Stomach	



Directions: Match the diagram number to its function below.

- \_\_\_\_\_ I make bile that helps the small intestine break down foods.
- \_\_\_\_\_ A muscular tube that squeezes food down into the stomach.
- \_\_\_\_\_ I break food into smaller pieces so it is easier to swallow and digest.
- \_\_\_\_\_ I release the solid waste from your body.
- \_\_\_\_\_ I work like a blender and grind food up into a liquid.
- \_\_\_\_\_ I absorb the water out of the food.
- \_\_\_\_\_ I store the bile until the small intestine needs it.
- \_\_\_\_\_ I absorb the nutrients out of the food.
- \_\_\_\_\_ I make insulin that helps store sugar and fat.

Directions: Fill in the chart about the 6 important nutrients our body needs.

Nutrient Name	3-5 Food Sources	What it does for the body
<b>Carbohydrates</b>		
<b>Fats</b>		
<b>Proteins</b>		
<b>Vitamins</b>		
<b>Minerals</b>		
<b>Water</b>		



## Food Groups Answer Key:

Grains: Bread, Crackers, Pasta, Rice

Veg: Broccoli, Carrots, Tomato, Corn

Fruits: Apple, Pear, Orange, Grapes

Oils: Oil, Butter, Mayonnaise

Milk: Milk, Cheese, Yogurt

Meat/Beans: Chicken, Fish, Beef, Nuts, Eggs, Beans



# From Beginning to End Solution Page

1. mouth

2. esophagus

3. gall bladder

5. liver

8. large intestine

4. stomach

6. pancreas

7. small intestine

9. rectum

## WORD BANK

Esophagus	Liver
Large Intestine	Pancreases
Mouth	Rectum
Small Intestine	Gall Bladder
Stomach	



Directions: Match the diagram number to its function below.

- \_\_\_ 5\_\_\_ I make bile that helps the small intestine break down foods.
- \_\_\_ 2\_\_\_ A muscular tube that squeezes food down into the stomach.
- \_\_\_ 1\_\_\_ I break food into smaller pieces so it is easier to swallow and digest.
- \_\_\_ 9\_\_\_ I release the solid waste from your body.
- \_\_\_ 4\_\_\_ I work like a blender and grind food up into a liquid.
- \_\_\_ 8\_\_\_ I absorb the water out of the food.
- \_\_\_ 3\_\_\_ I store the bile until the small intestine needs it.
- \_\_\_ 7\_\_\_ I absorb the nutrients out of the food.
- \_\_\_ 6\_\_\_ I make insulin that helps store sugar and fat.

Directions: Fill in the chart about the 6 important nutrients our body needs.

Nutrient Name	3-5 Food Sources	What it does for the body
<b>Carbohydrates</b>	Pasta, Breads, Cereal, Starchy Vegetables	Provides the body with energy
<b>Fats</b>	Oil, butter, salad dressing, mayonnaise,	Insulates our body and regulates temperature
<b>Proteins</b>	Meats, Nuts, Beans, Milk	Builds muscles
<b>Vitamins</b>	Mainly Fruits and Vegetables	Helps our immune system,
<b>Minerals</b>	Mainly Fruits and Vegetables, Milk	
<b>Water</b>	There is water in all foods, mainly fruits and vegetables	



Note to teacher- the following letter is intended for your students to take home as a follow-up for the days program. Please copy and distribute as you see fit in order to enable caregivers of students to reinforce the lesson of this program effectively.



# Weller Health Education Center

Dear Caregiver,

Your child has participated in a program called “Health Adventure” that was presented by the Weller Health Education Center. The program introduced students to why healthy eating is so important for energy and overall health. By leading students through the structure and function of the entire digestive system they also learned about the six nutrients, what foods they are found in and their benefits to the body. The Weller Health Educator Center encourages smart, healthy choices to reinforce that what we eat could be used by the body.

We invite you to take the challenge to try and accommodate some of the following healthy habits listed below. Incorporating them will not only benefit your life, but your children’s also. The percentage of overweight children in the United States is growing at an alarming rate – 1 out of 3 kids are now considered overweight or obese. Obesity is linked to diabetes, bullying, depression, rejection by peers, and low attention in school. It’s not too late to teach our children the right way to eat and why it is important. The time is now to teach and fortify some good lifelong habits. Make good things happen—and have them start at home.

Below you will find some sample activities to guide you in taking steps to improve family health and continue the message started today in our program. For additional resources you are welcome to utilize the parent, teacher and student resource links found on our website at [www.wellercenter.org](http://www.wellercenter.org).

## Example Activities

- 1) Follow the attached “Healthy Eating Challenge” calendar for one month (28 days,) trying to engage in each activity per day. If you fall behind, it is ok- just keep going!
- 2) Challenge yourself to limit sugary-drinks and foods. Don’t try to eliminate them right away-try slowly decreasing the amount consumed during the day. Track the number of soda’s, juices and junk snacks for three days. Try to reduce to 1-2 servings per day for a week- track your progress.
- 3) Drink a glass of water with every meal. Keep track for one week to monitor your progress.
- 4) Try to name some nutrients in the food you eat during mealtime and discuss how it helps the body.  
Chicken: provides protein which builds muscles, organs, and immune function  
Butter: provides fats-help a body grow, “fuel” the body  
Bread: provides carbohydrate-provide quick energy  
Banana- provides vitamins and minerals that help us grow properly
- 5) Try to decrease the amount of salt we use on our food

Yours in good health,  
Weller Health Education Center



## Health Adventure: Eating Challenge!

Day 1: Eat lean or low fat chicken, turkey, beef or fish today.	Day 2: Vary your vegetables! Eat vegetables today of two different colors.	Day 3: Eat some fruit today! Fresh, Canned or Frozen. Fruit Juice- doesn't count!	Day 4: During your favorite TV program, alternate crunches and lunges during the commercials.	Day 5: Have oatmeal for breakfast!	Day 6: Don't forget to eat every 3-4 hours to keep our bodies going. Snack on a handful of nuts.	Day 7: Play outside for at least 30 minutes.
Day 8: Try a new grain with dinner i.e.- Barley, quinoa, brown rice, buckwheat.	Day 9 Eat a banana with lunch today.	Day 10: Eat some of your vegetables in chili. Cut up carrots, squash, tomatoes, etc, and mix them in.	Day 11: Eat lean or low fat chicken, turkey, beef or fish today.	Day 12: Walk the dog or walk with a friend for 30 minutes.	Day 13: Do an outdoor activity for 30 minutes today.	Day 14: Focus on calcium! Make a smoothie today with some yogurt and low fat milk.
Day 15: Have all-sugar free drinks today.	Day 16: Add walnuts and raisins to your salad.	Day 17: Play outside for at least 30 minutes.	Day 18: Make a fruit salad to eat for dessert.	Day 19: Eat lean or low fat chicken, turkey, beef or fish today.	Day 20: Limit your TV watching today.	Day 21: Try a new outdoor hobby, like gardening.
Day 22: Have a handful of peanuts as a snack.	Day 23: Bake a muffin with your favorite fruit in it (blueberries, apples, etc.)	Day 24: Walk the dog or walk with a friend for 30 minutes.	Day 25: Limit your computer time today.	Day 26: Focus on calcium! Make a smoothie today with some yogurt and low fat milk.	Day 27 Go on a hike! Don't forget your water.	Day 28 Eat lean or low fat chicken, turkey, beef or fish today.