Nutrition & Fitness

BACKGROUND
With the many health problems along with being sedentary, it is very important that youth learn how to practice a healthy lifestyle. The earlier they learn how to make wise food choices and how to engage in physical activity, the longer they are likely to practice them. Each lesson will include a nutrition lesson and a physical activity with Frisbees. Know It: Crash Course on Carbs background information can be found in Leaders’ Guide, Frisbee Fun and Food on page 15. Information pertaining to the importance of exercise can be found on page 23 of Jumping for Health.

Breakfast is the most important meal of the day; it provides you with the energy you need to get your brain going. Breakfast will also give you the energy you need throughout the day. Common sense says that it is not reasonable to expect a child to learn and work on no fuel, and research studies support this premise. Skipping breakfast has been found to decrease visual and motor functions as well as cognitive functions. We often think of traditional breakfast foods as cereal, eggs, toast, bacon, pancakes, muffins, etc. However, there are many nontraditional breakfast foods that are excellent choices.

INTRODUCTION
Our bodies are like cars, without fuel they will not run. What is fuel for our bodies? Food is the fuel that allows our bodies to function properly. Carbohydrates are the number one source of energy and heat for our bodies. It furnished energy for body processes and supports activity and growth. When we eat enough Carbohydrates, Proteins and Fats can do their jobs. There are two forms of Carbohydrate foods:

- **Simple** which includes sugar, honey, jam
- **Complex** which includes fruits, vegetables, pasta, breads and cereals.

It is recommended that the majority of Carbohydrates come from the complex form. We all need Carbohydrates. Babies,
growing children and teenagers may need more because they are more active and their bodies are still developing. We are going to do an experiment to identify which foods are simple or complex Carbohydrates.

What is breakfast? Why should we eat breakfast? What are some foods you ate for breakfast? Can you name some foods that are nontraditional breakfast foods? Examples could include: tortillas, leftover pizza, peanut butter and jelly sandwich, leftover chicken. A nutritious breakfast is one that provides adequate energy (calories) along with a variety of other nutrients, like protein, fat, carbohydrates, vitamins, and minerals. Breakfast should include at least one serving from each of the following groups: milk; fruits or vegetables; and grain.

WHAT TO DO
Activity on page 16 & 17 in the Frisbee Fun and Food guide can either be done as a demonstration or as an experiment for the youth. After introducing “breakfast”, conduct the activity – Energy for the Day on page 35 in Jumping for Health.

Review the Safety Guidelines for Frisbees on page 4. Show the youth how to hold and throw a Frisbee using the backhand throw on page 5. Practice throwing using instructions on page 6. Teach how to catch a Frisbee and then allow them practice throwing and catching with a partner using information on page 9. Then play Frisbee hustle using instruction on page 14. Play a game of Frisbee golf using instructions on page 29 in Frisbee Fun and Food.

TALK IT OVER
Sharing-
• Why is important to eat a variety of foods that contain simple and complex carbohydrates?
• Give examples of simple and complex carbohydrates.
Processing-
• What foods are you going to eat that are complex carbohydrates?
• How does breakfast affect our bodies?
Generalizing-
• Why is it important to eat breakfast regularly?
• What will happen if we skip breakfast?
Applying-
• How can we make breakfast nutritious and interesting?

Source: 4-H Food Fundamentals Leader's Guide, UF/IFAS Extension