



# **Nutrition Mission**

## **A Study Guide for Grades preK-6**

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## THE COMPANY

At Beth & Scott and Friends, we strive to educate and entertain children and adults through the writing and performance of original songs, shows and workshops. Beth and Scott Bierko, the owners and principal performers, are a husband and wife team of singer/songwriters and arts-in-education specialists. Since 1993, Beth & Scott have performed thousands of school assemblies and workshops for children. They are parents of two daughters, Helen and Stephanie.

## THE PROGRAM

***Beth & Scott's Nutrition Mission*** is an interactive concert ideal for preK-2nd graders. It is a program brimming with important lessons about how to stay healthy and fit, all conveyed through original and traditional songs. The goal is to teach children about how their bodies work and the importance of taking care of themselves through proper sleep, good nutrition and an active lifestyle that includes various forms of exercise. These lessons are all presented with humor and ample opportunity for audience participation.

To help students better understand the messages and to get the most out of this event, Beth and Scott strongly recommend that the classroom teacher utilize some of the ideas listed on the following pages to prepare students for their concert or as a follow-up to the show. Numerous discussion questions and activities have been provided. Please feel free to choose those that are most appropriate for each class or make up other ideas of your own.

## **Nutrition Mission- STUDY GUIDE**

### **Questions/Discussion Topics:**

Choose any of the questions below to review elements of the show with your students or to further their understanding of healthy living. Songs from the concert that relate to these topics are listed in parentheses.

- **Breathing - ("Earthly Lullaby")**

What body part helps us breathe? *Lungs, mouth, nose, diaphragm* What does breathing give our bodies? *Oxygen*

How can we use our breathing to help us? *Use it to calm us down if we're excited, anxious or angry. Use it to wake us up if we're tired.* How does it feel to breathe more slowly and deeply? Does your breath change after stretching? How?

- **Good Nutrition - ("Carrot Seed", "Five Fruits and Vegetables", "Be Banana")**

Why is it good to eat foods from the ground and from nature? *They have more good things in them – vitamins, minerals, nutrients, fiber. Also, these foods give us energy.* How many servings of fruits and vegetables should we have every day? *Five.* What are your favorite fruits and vegetables?

- **Drinking Water - ("I Need a Waiter with Some Water")**

Why is water such a good drink for us? *Our bodies are made mostly of water. It helps our lungs stay moist for better breathing, it helps our bodies digest our food, it helps our brains to think better, keeps our skin from getting dry.* What drinks did the lady and her daughter turn down and why? *Fruit Punch – full of sugar, Soda – has corn syrup and caffeine, milkshake/frappacino – too much like dessert (sugar and caffeine, again)* *Feel free to emphasize these drinks are ok sometimes, but water is best!*

- **Sleep - ("Feeling Good, Feeling Fine" "I Don't Want to Go To Bed Right Now")**

Why is sleep important? *Gives our bodies and brains time to rest, which gives us energy in the morning and sleep gives the body time to digest our food and clean out toxins (bad stuff)* What can happen if you don't get enough sleep every night? *We can be cranky, or too tired to get through our day.* What can help us get enough sleep? *Eating right, exercise, breathing slowly*

- **Exercise - ("Be Banana" "Snowball Fight")**

What does exercise do for our bodies and our minds? *Clears the mind so we can think better, strengthens the body, it's fun.* What is your favorite way to exercise? There are many ways to be active and to exercise. How many can we think of?

### **Activities:**

**1. Breathing** – Try using breath work in your classroom to help with transitions. 1.) Sometimes a simple deep breath or two when the children are excited or over-stimulated will calm them down. You can also use deep breaths and simple arm stretches if they seem lethargic. 2.) Take a minute or two before beginning a lesson, in between activities or at the end of a lesson to get

students quiet, preferably with eyes closed and ask them to breathe quietly in to the count of 4 and out for a count of four. Do this 4-5 times. Then let them open their eyes. See if they notice a difference in how they feel. Option: Instead of counting to 4 after closing their eyes, ask them to "listen for the sounds there are in silence" and after a few minutes, let them share what they heard. It's all about focus and breathing deeper.

**2. Exercise Charades** - Have children brainstorm a list of their favorite exercise activities and then act them out as a group or have one child act out an activity and have the others guess which activity it is. Remember, it can be a sport or any game, chore or activity with movement, including playing tag, raking leaves or swimming at the beach.

**3. Fruit and Vegetable Taste Test** - Have each child bring in a favorite fruit or vegetable and let the class try a taste of each one or sample at least 3 new ones they may have not tried. Alternately, create a "Fruit/Vegetable of the Week" Club and have enough of one fruit brought in for everyone to try. Keep a record of how many members of the class like this fruit and after 4-5 fruits are sampled, graph the results to see which fruit (or vegetable) is most popular.

**4. Grow Your Own Food** – Select a simple food that can be grown in the classroom – green beans or some herb –i.e. mint or basil- so children can see, smell, touch and later taste it. Make sure they experience how this food is part of the earth, the sky and the sea.

**5. Make Your Own Snowball Fight (or other seasonal game)** – Children need movement. When it's an inside recess day, let them have some fun by re-creating the snowball fight in your classroom using bath poufs or yarn balls (wrap yarn 50-60 times around 3 fingers, held length-wise. Slide wrapped yarn off the fingers, tie it in the center, then snip the loops on either side with scissors). Remember to set up rules and a stop and start technique – lights on and off, saying "freeze" and "go" or starting and stopping music. You can develop other games for weather like waving scarves for wind or letting them drop like leaves or in hot months letting students "mist" each other with gentle water sprayers for rain.

**6. Visual Arts** - 1) students draw a picture of their favorite "scene" from any of the songs in the show (i.e. the boy and his mom in "I Don't Want To Go To Bed", the fruits mentioned in the 5 Fruits song, the waiter and his drinks, etc) or 2.) students draw a healthy meal – breakfast, lunch or dinner, perhaps on paper plates. Be sure to include a balance of different foods.

**7. Writing** - Encourage students to email or write letters to Beth & Scott. They can practice their letter-writing skills and tell us which songs they liked best and why. (Younger students can draw pictures.) Be sure that they include their name, age and school. Letters can be sent to: [info@bethandscott.net](mailto:info@bethandscott.net) or 999 Cliff Road, Yorktown Heights, NY 10598

### **Reference Materials**

How To Teach Nutrition to Kids by Connie Liakos Evers, MS, RD

What To Eat by Marion Nestle 2006 North Point Press

Smart Moves: Why Leaning Isn't All in Your Head by Carla Hannaford, PHD

Brain Gym by Paul and Gail Dennison

Young Children (Journal of the NAEYC) Nutrition and Fitness Issue, May 2006