

SCIENCE AND HEALTH CONNECTIONS



Don't Eat the Slop!

LS1.C: Organization for Matter and Energy Flow in Organisms

All animals need food in order to live and grow. They obtain their food from plants or from other animals. Plants need water and light to live and grow.

Ask students to recall how Norbert trained for his big swim. Discuss how eating the right foods can keep our bodies healthy.

Show students a short video about the five food groups, like this one from SciShow Kids:

<https://www.youtube.com/watch?v=L9ymkJK2QCU>

Have students keep a food log for an entire day. Using the five food groups as headings, have students chart the foods they ate under the appropriate food group. For a math connection, make a bar or picture graph to represent their food choices for the day. Discuss what they are missing or have too much of in their diets.

Extension Activities

- ❖ Give students five paper plates and have them label each with one of the five food groups. Using old magazines, have them cut out pictures of different foods and glue them onto the appropriate plate. Make a classroom display called “What’s On Our Plates?”
- ❖ Sponsor a Healthy Food Day. Assign students different food groups. Make sure they are equally distributed. Have students bring a food from that food group to class on a designated day. Enjoy a day of tasting all of the yummy foods, doing activities and singing songs about healthy eating.

For lots of additional activities, videos, games, and songs, visit Choose My Plate:

<http://www.choosemyplate.gov/kids>.

Don't Be a Couch Piggy

Discuss the role of exercise and active play in staying healthy. Share examples of appropriate exercise/physical activity for your students’ age group. Have students share what exercises or physical play they do during the day. For a challenge, have students log the number of hours/minutes they are active versus the number of hours/minutes they are inactive. For a math connection, chart or graph the results of the class.

SOCIAL STUDIES CONNECTIONS

NCSS: D2.Geo.2.K-2.

Use maps, graphs, photographs, and other representations to describe places and the relationships and interactions that shape them.

Where is the English Channel?

Define *channel* for students: Explain that this kind of channel has nothing to do with television or the radio. (It's a multiple meaning word.) This kind of channel has to do with geography. It's a narrow body of water that is between two land masses. It may also connect two larger bodies of water.



Show a picture of the English Channel, such as the one on this page:

<http://www.worldatlas.com/aatlas/infopage/englishchannel.htm>

Point out that the English Channel separates the island of Britain (part of the UK) from northern France. It also connects two larger bodies of water. Ask students to identify these on a map (the North Sea and the Atlantic Ocean).

Next show the satellite image: http://www.jponthe.net/images/sports_engchan.jpg

Extension Activities

- ❖ Discuss the different types of bodies of waters: streams, brooks, lakes, rivers, ponds, oceans, etc. Have them put these in order from smallest to largest. Share the bodies of water that are closest to where they live.
- ❖ Investigate the Channel Tunnel, a 31-mile underwater tunnel that connects the island of Britain to France. The tunnel is a true engineering feat and is considered one of the wonders of the world. For more information:
<https://www.eurotunnel.com/build/>
- ❖ Investigate the history and records of English Channel Swimming:
<http://www.channelswimmingassociation.com/about/>

JUST FOR FUN!

Host a **Down on the Farm Party** in honor of Norbert's Success. Here are some ideas for a pig-tastic time!

Party attire: Have students wear jeans or overalls or dress up as their favorite farm animal

Farm Food:

- Pigs-in-a-blanket
- Brown Cows (chocolate milk)
- Piggy cake
- Deviled eggs
- The Garden Patch (fresh fruits and veggies)
- Mud Puddles (small chocolate pudding cups with animal crackers on top)
- Butterscotch "haystacks"



Crafts:

- Piggy nose (egg carton cups, pink paint, black marker, string)
- Paper plate piggy mask: <http://kidscraftroom.com/make-a-paper-plate-pig-mask/>
- Paper hens: <http://krokotak.com/2013/02/paper-hens/>

Activities/Games

- Pin the tail on the Piggy
- Snorting contest (loudest, silliest, longest, quietest, etc.)
- Egg in Spoon relay - use hard-boiled eggs!
- Piggy Relay Race- use a pink balloon with pig face drawn in marker and curly ribbon taped on for a tail. Team members use a fly swatter to bounce the pig to the finish line.



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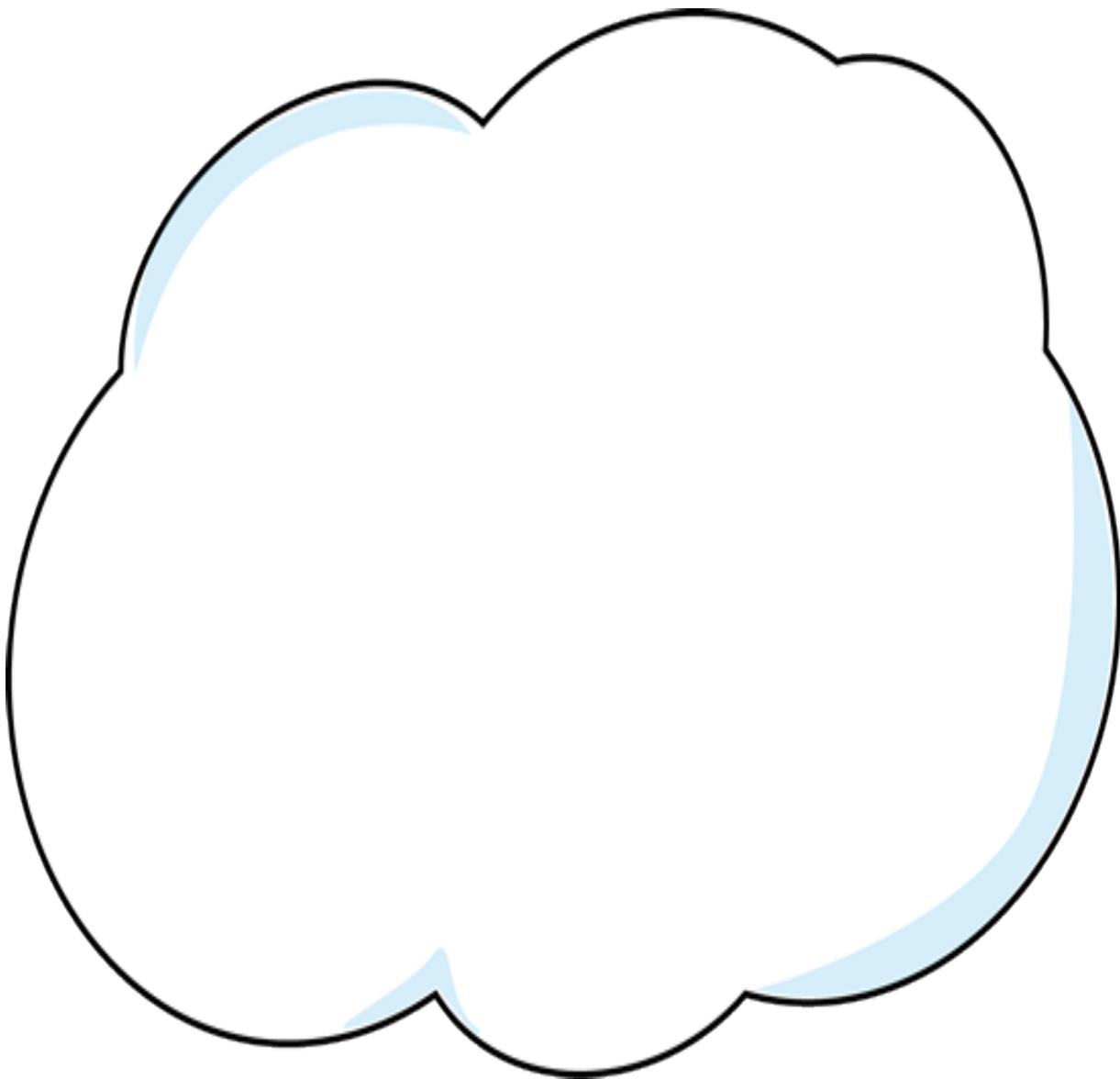
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What's your big dream? Draw or write about it in the dream cloud. Write your name on the line below.



_____ 's Big Dream!



Norbert's Big Word Search

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

Find the following words in the puzzle.

CELEBRATION

GREASE

SNICKER

CROSS

GREAT

SNOOZE

DREAM

PLOD

SNORT

FLIPPERS

PRACTICE

SQUEAL

FLOP

SLOP

SQUEEZE

FLUTTER

SLURP

SWIM

FRIENDS

SNAP

TRAIN