

## OBJECTIVES

To help children gain understanding about nutrients found in foods, in particular kumara, and how important these nutrients are for building a healthy body. To help children understand what we mean by calories related to exercise.

## MATERIALS PROVIDED

Lesson plan activity  
Kool Kumara Character cut out sheet  
Exercise Chart  
Calories Chart

## MATERIALS NEEDED

None

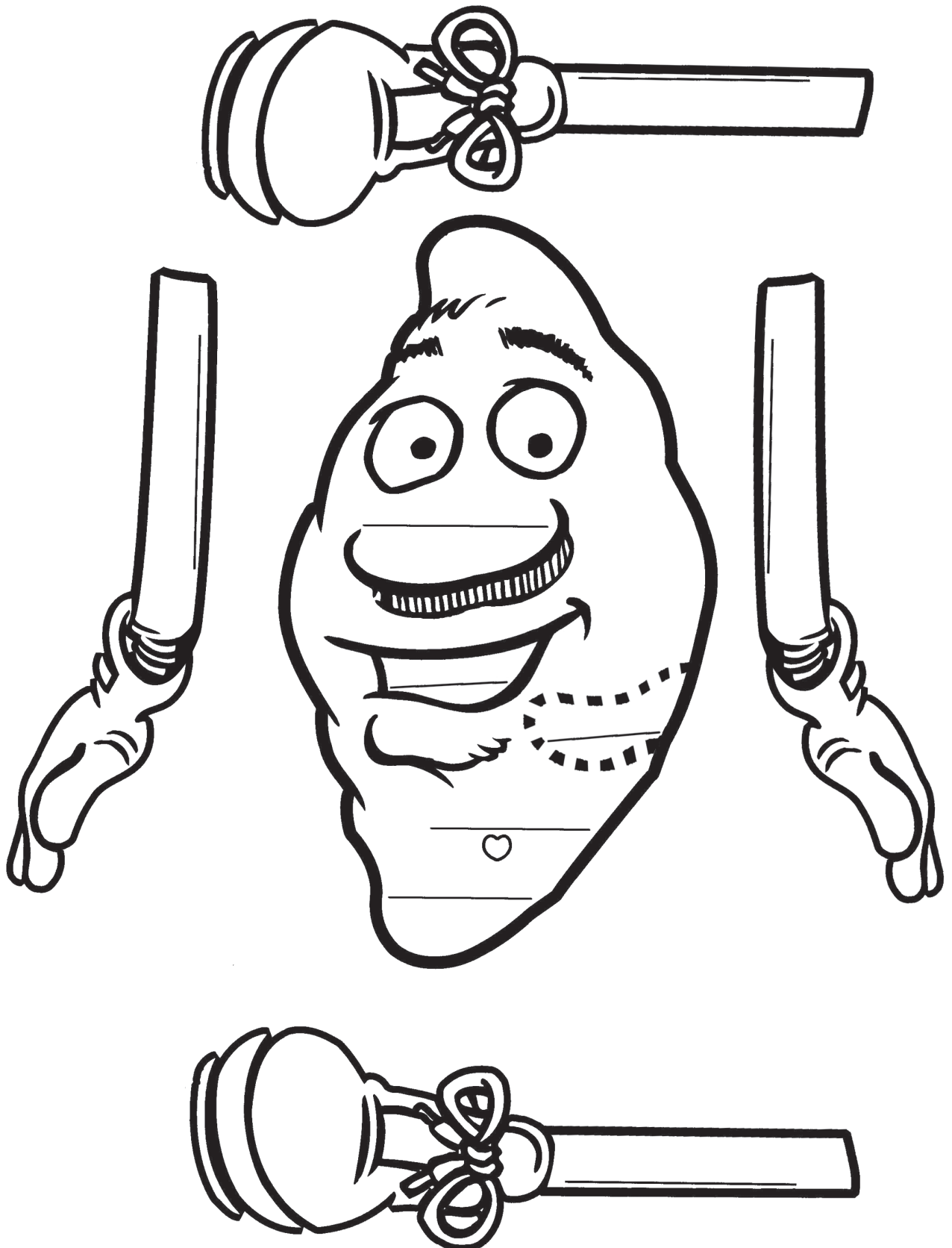
## LOOKING AFTER YOUR BODY

Kumara have been called “the healthiest vegetable around” because of all the vitamins and nutrients that they contain. These vitamins and nutrients help our body to function in many ways. Follow the instructions below to learn about how kumara help our bodies and build your own Kool Kumara!

1. Kumara have a lot of Vitamin A. Vitamin A helps our bodies to grow normally and makes our eyes healthy. Because kumaras are so good for our eyes, write “Vitamin A” on the blank under Kool Kumara’s eyes.
2. Amino Acids are the building blocks that make up proteins in muscle. Since amino acids help our muscles, write “Amino Acids” on the blank on one of Kool Kumara’s legs because our legs contain a lot of muscle.
3. Vitamin C is important to our body for many reasons. One of the most important things that Vitamin C does is to help our wounds heal. Where you see the bandage next to Kool Kumara’s mouth, write “Vitamin C” to show that Vitamin C helps wounds to heal.
4. Another nutrient in kumara is magnesium, which helps our nerves and muscles to function properly. Label one of Kool Kumara’s arms with the word , “Magnesium” because it helps our muscles.
5. Phosphorus in kumara also helps to build muscle. Label Kool Kumara’s other arm with the word “Phosphorus” for the same reason.
6. The iron in kumara helps in the process of making blood, which supplies oxygen to our cells. Label the heart with the word “Iron” because our heart pumps blood throughout the body.
7. Manganese helps us get bigger as we get older and it helps our bones to grow normally. Write “Manganese” on Kool Kumara’s other leg to show that manganese helps our legs to get longer as we grow.
8. Kumara have calcium, which helps to support bones and teeth, among other things. Label the blank over Kool Kumara’s teeth with the word, “Calcium” because calcium helps our teeth.
9. One kumara has more fibre than a whole bowl of oatmeal. Fibre is very important because it helps our digestive systems, the system that processes the food we eat. On the blank where Kool Kumara’s stomach would be, write the word, “Fibre. ”

Once you have completely labelled Kool Kumara, cut out the various parts and stick him together.

# NUTRITION & FITNESS



## BURNING CALORIES BY EXERCISING

Calories are units of energy. You can use this chart to see how much energy is used through different exercise activities

Activity	Calories burned per hour
Aerobics	480
Basketball	462
Bicycling	160
Running	440
Jumping Rope	500
Roller Blading	354
Soccer	468
Swimming	185
Tennis	265
Walking	160



Use this list to determine how many calories you burned each day.

### STEP ONE:

Using the EXERCISE CHART, determine how many calories your activity burns per hour and divide that number by 60 since there are 60 minutes in one hour.

Example: Sally walked for her exercise

Walking burns 160 calories per hour = 2.67 calories per minute

$160 \div 60 = 2.67$  calories per minute

### STEP TWO:

Multiply that number by the number of minutes you exercised:

Example: Sally walked for 15 minutes.

$2.67 \times 15 = 40.05$  calories

### STEP THREE:

Kumara have about 120 calories each. At the end of the month when your chart is complete, add up how many calories you burned and divide that number by 120 to determine how many kumara you burned off!

Example: Patrick burned a total of 1150 calories this past month.

$1150 \div 120 = 9.58$  kumara burned

Patrick burned almost 10 kumara in one month!

To encourage your students in a healthy lifestyle, use this exercise contest to see who can burn the most kumara in a month. Give small health-conscience prizes to the winners.

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## MY EXERCISE CHART

Name \_\_\_\_\_

Date	Activity Completed	Minutes Completed	Calories Burned

Total calories burned

Total kumara “burned” for month: \_\_\_\_\_