



Father Son Connection Guide

Nutrition and Fitness



Trail Life

www.TrailLifeUSA.com



Nutrition and Fitness Lesson Plan

Sports and Fitness Branch

Hello Promise Keepers! Here is a sample Trail Life Lesson Plan for the Woodlands Trail Program (age 5-10). We hope you enjoy these activities.

The six "F"s are presented in a suggested order, but you are not required to complete them in that order. You may rearrange as fits your troop's particular needs.

The six "F"s are: Fun, Focus, Fingers, Faith, Family, and Forest Badge.

Necessary Resources



Fox: Ages 5-6

- Food Pyramid
- Celery (washed and with the ends cut off), peanut butter or cream cheese, and raisins or chocolate chips. ****Make sure to check for allergies!****
- Paper plates, napkins, and butter knives.



Hawk: Ages 7-8

- Trail Mix Ingredients (Peanuts, Raisins, M&M's, Sunflower Seeds, Various Nuts, Chocolate Chips, etc.) ****Make sure to check for allergies!****
- Paper
- Pencils

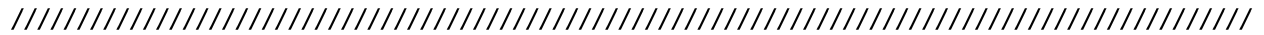


Mountain Lion: Ages 9-10

- Paper
- Pencils



FUN



Exercise!

Design a simple workout routine to show the boys how to exercise. Be sure to include some cardio and stretches. Get creative and do some activities/games/exercises that the boys will enjoy and want to repeat by themselves.



FOCUS



Being Fit

Talk with the Trailmen about the importance of taking care of your body and being physically fit. Discuss both short-term implications (e.g., when you are physically fit, it's easier to play sports and games and you are less likely to injure yourself in play) and long-term implications (e.g., physically fit people are less likely to need maintenance medication as they age).



Staying Healthy

<http://www.choosemyplate.gov/>: this website will give you all the resources Trail Guides will need to teach this lesson.

Give each Trailman a paper plate and some colors to draw as Trail Guide teaches.

Give each instruction and allow Trailmen time to section their plate:

- Vegetables
- Fruits
- Grains
- Proteins
- Dairy

Good tips are found at <http://www.fitness.gov/eat-healthy/how-to-eat-healthy/>

Living Healthy also includes 30 minutes a day of physical activity.



Eating Good Food

It is important that you know what foods are good for you and what foods are considered "junk food." Putting too much food that is not good for you into your body makes you feel tired and sometimes sick. Eating the right foods gives your body what it needs to make bones, muscles, and energy. Look at the food pyramid. It

tells you what you should be eating each day to keep yourself as healthy as you can be. Here are some resources for healthy eating:

http://kidshealth.org/kid/stay_healthy/weight/fit_kid.html#cat20290 and

http://kidshealth.org/kid/stay_healthy/food/fitness_nutrition_center.html?tracking=K_RelatedArticle#cat20290

Exercise is also important for staying healthy. Let the boys know that the exercises they did in the Fun activity were only some of the many ways to get exercise.

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FINGERS



Ants on a Log

Verify any food allergies and make the appropriate substitutions.

Discuss how it is important to eat healthily as well as exercise. Give each boy a plate, a napkin, a knife, some celery stalks, some peanut butter or cream cheese, and raisins. Have the boys spread the peanut butter or cream cheese into the fold of their celery and top it with the raisins or chocolate chips.



Trail Mix

Make a poster (individually or as a group) of a nutritious breakfast, lunch, and dinner that meets My Plate guidelines. As a team, put together a trail mix to share as a snack.



Meal Planning

Discuss the elements of a healthy meal. Instruct boys to plan a healthy meal and write the menu plan on their paper (this can be done in groups of 2-3 if necessary). Share their plan with the rest of the patrol and have the boys hold onto their plans for the Family Activity. Discuss how we can honor our community by helping others get a healthy meal (food banks, shelter meals, etc.).

Show the Trailmen simple exercises that will help the heart rate increase. Start with simple stretches. Then, do jumping jacks or something cardiac. Walking the dog is a good exercise as long it gets the heart rate up.

FAITH (TRAIL GUIDE THOUGHTS)



God Gave Us Food

Remember that God has given us good food to eat. Read Genesis 1:29

Write down three vegetables or fruits that you like to eat. Give God thanks for those foods.

Pray with the Trailmen.



Eating Healthy

Read and discuss I Corinthians 6:19-20. Pray that the Trailmen would honor God by eating healthy food that nourishes their bodies and exercising their bodies to stay healthy.

Pray with the Trailmen.



Title of the Faith Topic/Activity

The Bible tells us that we are runners racing for a prize. In order to reach the prize, we need to go into strict training (see I Corinthians 9:24-27).

Just as athletes prepare their bodies for the competition, we must be diligent to prepare our minds and hearts for the prize Christ has in store for us, which is the Kingdom of Heaven. Just as athletes are careful about eating a balanced diet of good nutrition such as fruits, vegetables, and protein, we need to be diligent about the food we put into our brains. Our brains need the good "food" offered by the Bible, fellowship with friends who love God, and good teaching about our faith from parents, teachers, and pastors.

Pray with the Trailmen

FAMILY



Healthy Lifestyle

Talk about Nutrition and Fitness as a family and some goals for living a healthier lifestyle. This is part of taking care of ourselves.



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Exercise Routine

With your family, discuss ways you can incorporate physical fitness into your family's routine.

Talk with your family about the meal plan that you put together in the Fingers Activity. Try to incorporate as many meals from this plan into your family meal schedule.

For additional Connection Guides
Visit <http://www.TrailLifeUSA.com/man-time>

