

# Classroom Discussions

With obesity on the rise, Georgia's children are at risk for heart disease, hypertension, Type 2 diabetes and other serious medical problems. The Strong4Life Healthy Habits—Be Active for 60 minutes, Make Half Your Plate Veggies and Fruits, Drink More Water and Limit Sugary Drinks, and Limit Screen Time to One Hour—are designed to inspire small but meaningful changes in the lives of your students and their families. As part of the Kohl's Healthy Halls School Wellness Program, we want to make sure teachers have the resources they need to teach students about making healthy choices. We understand your classroom schedules are busy, so these discussions are intended to be short. Try introducing one topic to your class at least once a week.

## Reinforce the Strong4Life Healthy Habit of being active for 60 minutes a day.

### 1. Challenge your students with the following question:

How many minutes a day do you need to be active in order to be Strong4Life?  
(Answer: At least 60 minutes).

### 2. Being active is fun!

Engage your students in a discussion about physical activities they enjoy; for example: jumping rope, playing tag, playing a sport, bike riding.

### 3. It is also important for the whole family to be active together.

Ask your students, what are some activities families can do together? For example: go to the park, go on a walk, bike ride together, take the dog on a walk.

## Reinforce the Strong4Life Healthy Habit of making half your plate veggies and fruits at every meal as well as drinking more water and limiting sugar-sweetened drinks.

### 1. Challenge your students with the following question:

When eating at meal times, how much of your plate should be veggies and fruits?  
(Answer: half your plate).



Make *half* your plate  
**veggies & fruits**



**Drink** more water  
& limit sugary drinks

*Be active for*  
**60 minutes** 

Limit screen time  
to **one hour** 

## 2. Different vegetables and fruits provide us with various nutrients.

Ask your students which vegetables and fruits they enjoy. If a student says they don't like vegetables or fruits, remind them that there are many different kinds and give examples.

## 3. Challenge your students with another question:

What do you think is the best thing to drink during our meals and snack times?  
(Answer: low-fat milk or water).

Low-fat milk is a good choice because it makes our bones strong.

Let them know that a large percentage of our bodies are made up of water. We need to drink water to keep our bodies healthy.

## Reinforce the Strong4Life Healthy Habit of limiting screen time to one hour.

### 1. Engage your students in a discussion about what they think screen time is.

Most students will immediately say TV and video games. Both are correct, but there are several more. Computers and cell phones are considered screen time, too, and can distract us from being active.

### 2. Inform your students that there is a difference between productive and unproductive screen time.

A computer is a great thing to use when working on homework or doing research, which is considered productive time. However, when students use computers unproductively by playing videos or surfing the Internet, it leads to long periods of inactivity.

### 3. It is important to balance screen time and time spent being active.

Encourage your students to play and be active for 30 minutes for every 30 minutes of unproductive screen time.

 Make *half* your plate  
**veggies & fruits**

 **Drink** more water  
& limit sugary drinks

Be active for  
**60 minutes** 

Limit screen time  
to **one hour** 

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