The Good Eggs in the Community

Chapter 5: Ambassadors for Health (May/June)

Overview:

The Eggs had another terrific baseball season, and once again won the championship trophy. After congratulating them, the Mayor of Albumen revealed their next service project for the Ambassador Program. The Eggs helped the Albumen Hospital with a special program on eating right and proper exercise – The Albumen Games. Unfortunately, just as they were hearing about the programs, the Eggs learned Ms. Poach had a bike accident and needed a new hip. She wouldn't be in the classroom for the rest of the year. Coach Flo substituted for Ms. Poach.

A team from Albumen Hospital came to the school to tell the Eggs all of the details of the program they will be helping to run. The Eggs also got permission to help with Ms. Poach's rehabilitation following her hip replacement. They made flyers and posters to promote the Albumen Games.

The Eggs celebrated their last day of school and finally got to visit Ms. Poach and help her and the other rehab patients with their exercises. The Eggs practiced healthy nutrition and the exercise class met twice a week leading up to the Games. The Eggs learned all about the importance of healthy nutrition and exercise. The Albumen Games registration filled up quickly and was a huge success. Ms. Poach made a surprise visit at the medal ceremony.

The Eggs shared with Ms. Poach how they contacted Angelo and Margherita in Italy who told them how Zia Ida had written an awesome cookbook filled with healthy recipes. Zia Ida is going to make the cookbook available to the Eggs so they can sell it to raise money for the rehabilitation center at the Albumen Hospital.

Lesson:

"Make sure you are an example of health… eat right, drink lots of water, and get plenty of sleep."
– *Jo Jo to the Eggs*

Service Activity:

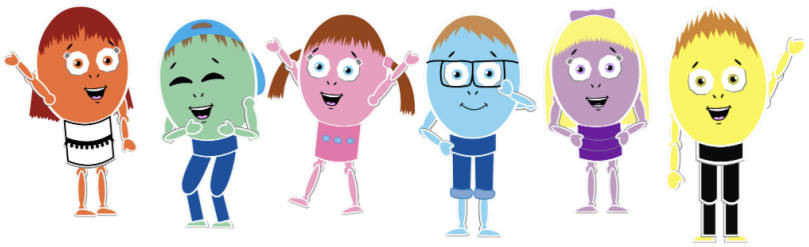
This service activity will help children realize the importance of eating right, exercising and staying healthy in order to live our best lives.

- Start by looking at the Food Pyramid and the food groups. Create a class menu for a week that would fit within the guidelines of the Food Pyramid (https://www.myplate.gov)
- Put posters around the school emphasizing the importance of healthy food
- Compare food labels from healthy vs. unhealthy food
- Have a trainer come in (or Zoom in) to teach the class proper exercise techniques
- Then, organize a 10-minute exercise class, perhaps at recess, and invite all to join

Reflection:

Eating right and exercising are two things we have heard about all of our life, and something we often think about, but may not always do. The best way to teach children about healthy eating and exercise is to model the behaviors for them. In the last chapter, we covered the importance of feeding the hungry and how one of the issues is that when the hungry are able to get food, it is not always the most nutritious food. When we eat healthy and exercise we feel better mentally and physically.

With today's device distractions, though, it can be a lot tougher to stay active. They require little physical movement. However, with some effort, we can change that. Limiting children's device time (and our own) can help us get more active – say yes to healthy eating and exercise! It will make a huge difference in your life and create healthy habits for our young people.



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