

Lewis and Clark Fitness Challenge Lesson Planner

Lesson	Objective	What Students Do	Lunchroom Link
Subconcept 1: Fitness			
Transportation for the Day	Students will learn the benefits of physical activity.	Students will discuss how Lewis & Clark were active during the Expedition and how to meet the goals of this Challenge.	Post Lewis & Clark posters in the cafeteria
It's Your Move	Students will learn the current physical activity recommendations	Students will learn about the Activity Pyramid.	Hang up an Activity Pyramid poster so students can look at it while standing in the lunchline
Crossing the Continental Divide	Students will learn physical activities to do.	Students will participate in Lewis and Clark related physical activities.	Staff will serve a "training table" menu for lunch
Drink Up! Keeping Hydrated	Students will learn the importance of fluids and keeping hydrated during activity.	Students will explore recommended fluids for activity and growth and discuss fluids that Lewis and Clark drank during the Expedition	Play Milk Carton Basketball during lunch
The Wide World of Sports	Students will learn about different sports.	In groups or individually, students will research and report on different sports	Post the reports on the cafeteria walls so others can read them
Homeward Bound	Students will learn how to stay active with lifestyle activities.	Students will participate in a Lewis and Clark Discovery Walk	Promote physical activity with cafeteria posters
The Continuing Adventures of Lewis & Clark	Students will learn about nutrition and fitness messages	Students can choose an excerpt from the Lewis & Clark journal and create a story that incorporates nutrition and fitness messages they have learned	Students can decorate the cafeteria with the illustrated story.
The End of the Trail	Students will learn about goal setting	Students will set personal nutrition and fitness goals for themselves and discuss their activity logs and journals	Staff can be good role models by posting their own activity logs

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Subconcept 2: Nutrition			
Fuel for Canoeing the River	Students will learn how food fuels the mind and body.	Students will learn the benefits of eating breakfast and how to plan easy, quick and nutritious breakfasts.	Serve a typical Lewis & Clark breakfast to kick off the Challenge
"Eating" the Pyramid	Students will learn about the Food Guide Pyramid and how foods from the expedition fit into it	Examine the Food Guide Pyramid and measure out serving sizes, discussing which foods Lewis & Clark took with them on the expedition.	Students compare school menus to the Food Guide Pyramid
Read All About It!	Students will learn about journals and think about their own diets.	Students will keep a daily food journal and make notes in it about what they do during the day.	Students write food reviews of the cafeteria lunches.
Native American Foods	Students will learn about foods eaten by Native Americans	Have a local Native American come in as a speaker for the day and discuss cultural foods eaten in their home.	Serve Native American foods for lunch or breakfast.
Montana Made	Students will learn about Montana grown foods eaten along the trail on the L&C expedition	Students will look at different grains grown in Montana and be able to see and taste samples of Montana grown fruits and vegetables.	Cafeteria staff can prepare some of these "trail foods" for lunch or after-school snacks.
Food Grows	Students learn the benefits of fruits & vegetables and tasty, easy ways to enjoy them	Explore health benefits of eating fruits and vegetables by learning about how they grow and what part of the plant they come from. Sample different fruits and vegetables.	Cafeteria staff can challenge students to eat Five a Day by introducing new fruits & veggies
The Great Nutrition Adventure	Students will learn about healthy snacks	Have kids prepare snacks for Seaman, Captain Lewis's dog and discuss healthy snack choices.	Cafeteria staff can supply snack foods and bring to classrooms.
The Feast with the Mandans	Students will learn about Native American culture and celebrations	Students can create a Native American menu and plan a celebration.	Cafeteria staff can help make the student-created menu for the feast