

## Couch Potato

### Learning Objectives

- I can be healthy and active while participating in the couch potato game.

2.2 The student will identify personal health decisions and health habits that influence health and wellness throughout life.

#### Nutrition

- a) Describe why fruits and vegetables are essential components of a healthy lifestyle.

### Teacher Notes

- Visual: [MyPlate Diagram](#)
- Equipment:
  - Plastic fruits and veggies or red and green bean bags
  - Cones to create a fridge
  - Cones or a mat to create a couch
  - Small pool noodles or “remote controls”

### Lesson Steps

#### *Step 1 (Engage learners/access prior knowledge)*

- Q and A (1 minute) Who can name a MyPlate food group? What is a couch potato?

#### *Step 2 (New information – direct instruction/teacher-facilitated learning)*

- A couch potato is lazy, does not exercise and eats junk food like potato chips. Being healthy means that you get plenty of exercise, keep moving, and eat healthy foods such as fruit and vegetables. Sitting on the couch is ok to do if it is in small doses.

#### *Step 3 (Application – how student will apply/practice new learning)*

- Couch Potato
  - Use cones to designate a refrigerator at one end of the playing area. Place the bean bags or the fruits and veggies inside the fridge area. Use cones or a mat to designate a couch on one side of the playing area. Pick 4 taggers or “remote controls” and give each one a small pool noodle. Taggers start in the middle of the playing area. All other players start on the opposite end of the fridge. On the “go” signal, students travel around the playing area. If tagged by a “remote control” they go to the couch, sit down, and pretend to be lazy. To re-enter the game, another student retrieves a fruit or veggie and brings it to a couch potato. The couch potato must perform a healthy movement or exercise before they can join back in. Once back in the game, return the fruit or veggie back to the fridge and head back to the start area. Players cannot be tagged inside the fridge or if they have a fruit or veggie in their hand. Change the locomotor movement (walk, skip, hop, jump, gallop, etc.), taggers, and exercises each round.

## Assessments

Discussion at end of class:

- What foods are healthy foods? ·
- What foods should you only eat “sometimes”? (the limit group)
- How do you keep from being a couch potato?

## Extensions/Connections

- Have students identify pictures of healthy and unhealthy foods and activities.
- Have students bring pictures from home of healthy and unhealthy activities and use them on a bulletin board to stomp out couch potatoes.

## Resources/References

- Adapted from Rachel Hennin, <https://www.pecentral.org/>
- <https://www.myplate.gov/>