



**CONTINENTAL SOCIETIES, INC.**  
**H.E.E.R. PLUS ARTS and HUMANITIES**  
**Program Report Form**  
**2016-2017**

Chapter: Greater Miami Chapter Number of Children Served: 65

Dollars Spent: \$ 300.00 Pre K-5th Grade 65 students

7th -12th Grade: 0

College: 0 Babies/Toddlers: 0

In Kind Service Amount: \$ 0

Number of Volunteer Hours: 75

Number of Grants: 0

Amount of Grants: \$ 0

Number of Chapter Members Participating: 15 Corporate Partners: 0

Number of Parents and Guardians Involved: 3 Continental Guys: 0

Number of Other Organizations Involved: 1

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**DETAILED ACTIVITY**

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**Component (s): HEALTH**

**National Initiatives: Childhood Obesity Prevention**

Purpose: To increase students awareness of the health problems caused by obesity, the ability to make healthier food choices, and the importance of daily exercises

Goals: To engage and empower students of the Pine Lake Elementary School (K-5), After School Program, in problem-solving and physical activities that can decrease obesity and improve their overall health and fitness

Objectives: To utilize the basic food groups to model healthy eating habits and enhance the students' knowledge of the importance of physical exercise.

To achieve our purpose, goals, and objectives, the Greater Miami Chapter Continentals implemented several activities.

Our first activity was an instructional learning time at Pine Lake Elementary School, 10920 SW 168th Street Miami, Florida 33157 on March 22, 2017. We provided 30 minutes of instructional time to each of the 3 groups, (k-1), (2 -3), (4- 5), in identifying healthy food choices, diseases caused by obesity, and the importance of daily exercise to create a healthy lifestyle.

During our second activity with the group, we used the song "I Like To Move It", and generated a dance routine to show that simple, effective exercise can be fun.

Our last activity was to give each student a bag of healthy snacks to culminate our activities.

### PLANNING AND PREPARATION

Our Committee had a series of meetings and phone conferences from February through March to decide on the steps necessary to implement such a comprehensive project. Specific tasks and lessons were assigned to each committee member.



### Activities Completed by the Committee

Angelique Dawkins	Gather materials for lesson and presentation (construction paper, plastic food models, etc.)Teach the 2 <sup>nd</sup> and 3 <sup>rd</sup> grade
Betty Howard	Prepare lesson plans. Purchase and retrieve healthy snack and teach the 4 <sup>th</sup> and 5 <sup>th</sup> grade group
Elois Burroughs-Cooper	Assist with teaching the 2 <sup>nd</sup> and 3 <sup>rd</sup> grade group
Pam Montgomery	Create lesson plans and teach the K - 1st grade group. Supply music and lead the exercise routine.
Cashie McCray	Photograph all activities. Assist with K - 1 group
Isadore Adams	Assist in packing healthy snack bags
Dionne Brown	Create and construct all charts.
Delshonna Harris	Create lesson plans and material for the 2 <sup>nd</sup> and 3 <sup>rd</sup> grade group. Purchase bags for snacks

Bertena Rumph	Assist in teaching the 4 <sup>th</sup> and 5 <sup>th</sup> grade group. Purchase water for Snack bags. Assist with preparation and distribution of Healthy Snack bags.
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### **Planning and Preparation**

#### **Details**

Continental Howard met with the school's administration and the director of the after school care program, Ms. Robin Wright, to set the dates for our planned activities. To make sure that we were in compliance with the grade level requirements, the Health Committee, collaborated on our instructional plans. Then, each committee member was assigned to teach a lesson assisted by the others. Continental Montgomery provided all equipment needed for our exercise event. We didn't have to decide on the kind of snacks to be served- they had to be healthy snacks!

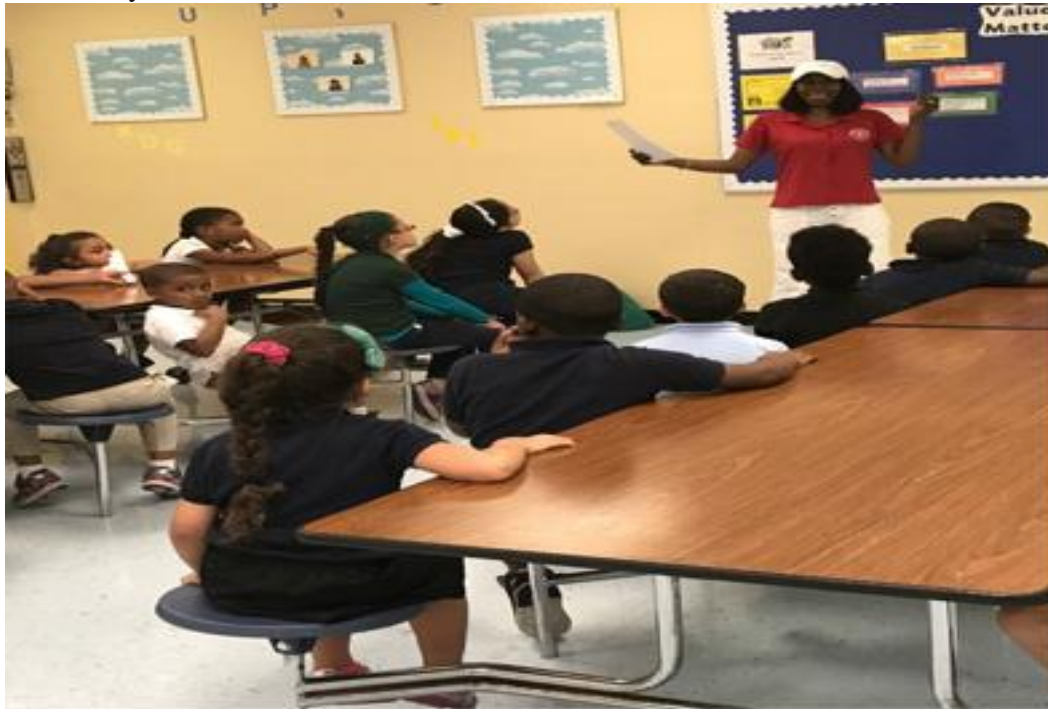
Finally, Continental Howard met with Ms. Robin to discuss the feasibility of the program. Principal Coffey gave permission and we finalized dates, time, and equipment needed. It was decided that the lessons and exercise routine would be taught on March 22, 2017, at 3:00 p.m.

The planning and collaboration phase of the instructional learning day depended upon ongoing communication between the Greater Miami Health Committee and Members at-large, the Pine Lake Elementary School Principal and the after school care director, Ms. Robin.

Our program was based on that the national initiative of Childhood Obesity Prevention and focused on the goals of Health for the C.S.I. National H.E.E.R. Plus Arts and Humanities program. The Task Force's goal, to solve the problem of obesity within a generation, prompted this issue to become an important mission, and we were determined to make a difference! And so, C.S.I., Greater Miami Chapter joined the fight! After all, over the past three decades, childhood obesity rates in America in the African American and the Hispanic Communities have tripled, nearly 40% of children are overweight, and African American girls ages 12-19, have the highest prevalence of obesity of any group by gender, race, or ethnicity! These are alarming statistics! Childhood obesity is a contributing factor to a litany of chronic diseases: diabetes, heart disease, high blood pressure, and some cancers. By taking on this project, we envisioned the empowerment and education of our children in the prevention of these diseases associated with being overweight.

Our theme, "Let's Move It" reminds us all to not be complacent in this critical endeavor. This is another of our continued effort to making students at Pine Lake Elementary School aware of the importance of making healthy food choice

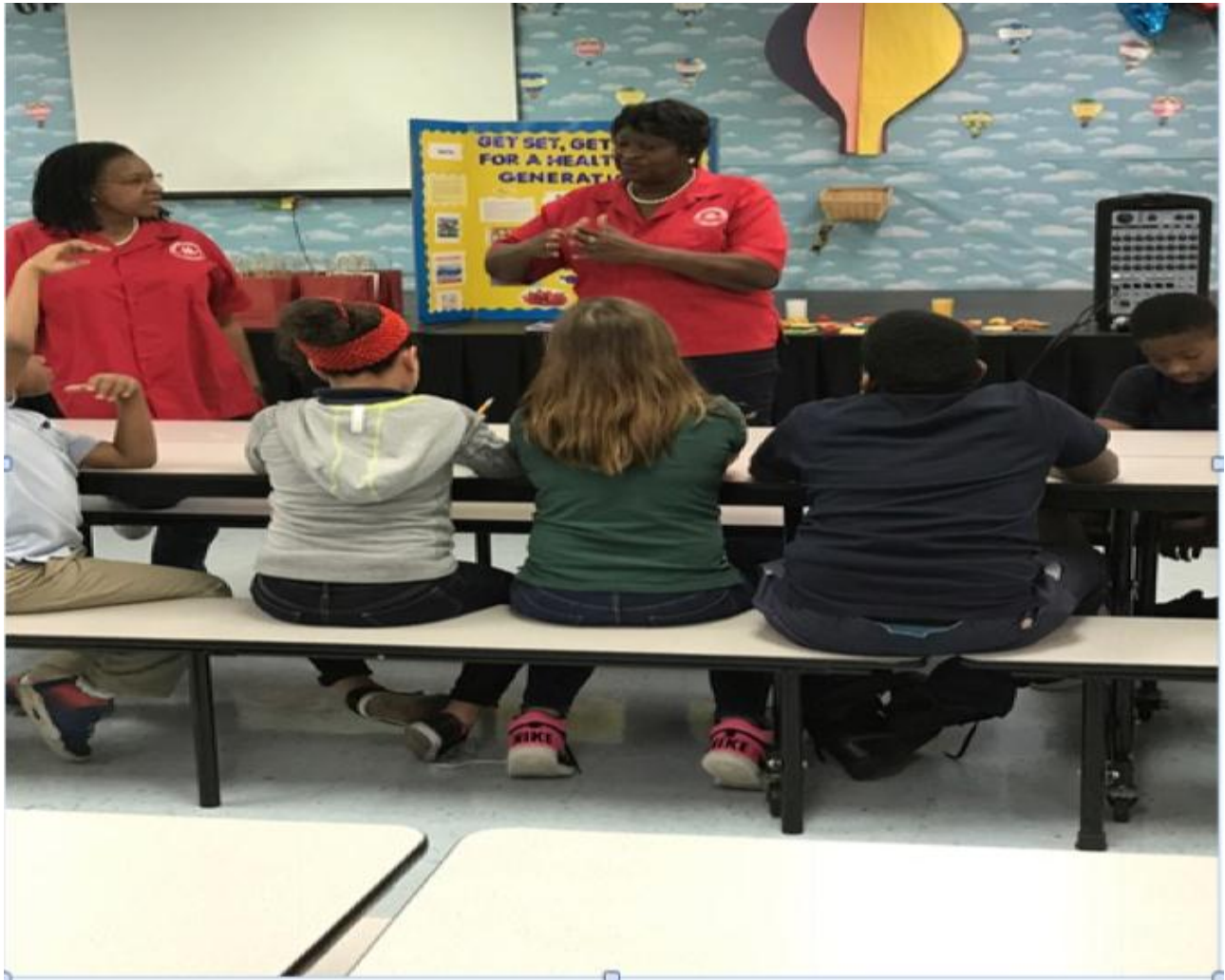
Continental Societies, Inc. Greater Miami Chapter-Recreation **Activity One** was "Getting the Facts." Students learned about the above-mentioned statistics in classroom lessons. They related the facts they learned to their own real-life experiences. They had a lot to say!



Continental Pam Montgomery with the K-1 students.



Continental Angelique Stinson with the 2<sup>nd</sup> -3<sup>rd</sup> grade students

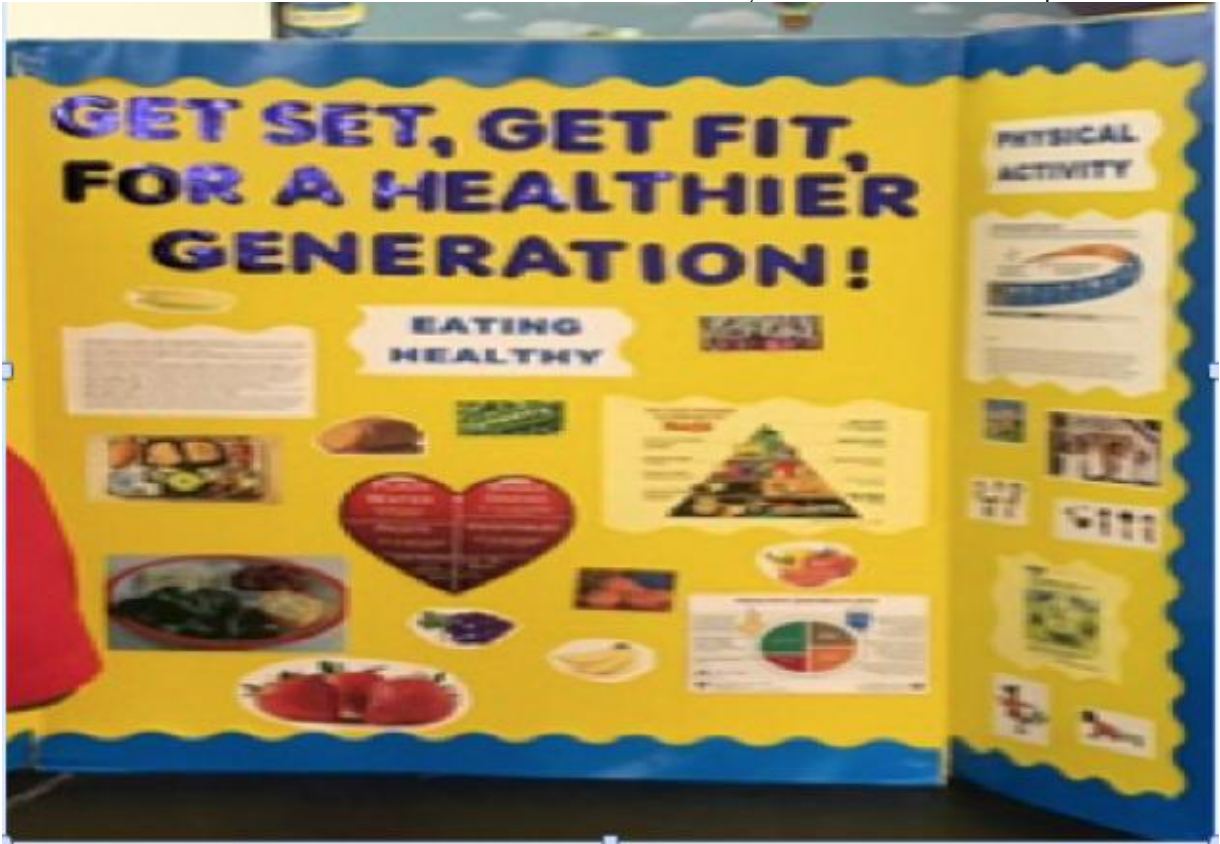


Continental Bertena Rumph and Continental Betty Howard with the 4<sup>th</sup>-5<sup>th</sup> grade students.

**Activity Two.** "Eat Healthy", also consisted of lessons being taught to the groups. The lessons included charts with the basic food groups reminding students of the importance of eating more fruits and vegetables daily, drinking more water than sweetened juices or sodas, identifying healthy snacks, and the importance of adding whole grains to their diet. Plastic replicas of fruit, vegetables, desserts, meats and dairy products gave students a hands-on experience of good and bad choices of what our plate should look like. We also discussed portion sizes to help reduce weight. A posttest was given to assess students' comprehension of materials presented.

Charts and plastic food replicas of helped students make hands-on "good" and "bad" choices.





Students with posters outlining Rules for Eating Healthy and Foods to use for Healthy Snacks







Continental and Students after presentations



Continental Betty Howard with a group of the Pine Lake Students





Continental Rhonda Simmons and Continental Betty Howard present Ms. Robin, Director of After School Program with a token of appreciation for her assistance with the project



Ms. Robin with the After School Program Counselors

## Healthy Snacking (Ice Breaker)



Did you know that you need to refuel more often than at breakfast, lunch, and dinner? Do you know the difference between healthy and unhealthy snacks? Well, we are here to help you choose snacks wisely so you can get the energy and nutrients you need.

But First:

1. How do you know if a snack is healthy?
2. What are some healthy snacks you can bring to school?
3. How many snacks should you eat in one day?
4. What times of the day are good for snacking?
5. Why aren't potato chips and cookies healthy snacks?
6. Why is it important to have snacks?

*Lesson*

## When Snack Attacks Strikes



(2<sup>nd</sup> & 3<sup>rd</sup> Grade)

**(Opening)**

**"No snacking between meals!"** Maybe you've heard this before, but the truth is that snacks can be perfectly healthy for you. What's not healthy is snacking so much that you're never hungry at mealtimes. But the right snack at the right time is often just what you need.

Key Points

- The best times of the day to plan a healthy snack is when you're hungry mid-morning, after school, and before bedtime
- You are hungry between meals because you use lots of energy playing and doing activities, and you have a smaller stomach than adults. (Ex: walking, playing games in PE class, carrying your book bags)
- Lots of people think that snacks means chips, marshmallows, cookies which are **NOT** nutritious. But snacks can be healthy too like an orange, which give energy and vitamin C. Also, whole-grain foods, will help you feel more full for longer.
- That's not to say you can't have a candy bar or chips once in a while, but try to make your regular snacks more nutritious.

Grade: Kindergarten/1 Grade

Objective: Students will learn ways to stay fit and eat healthy foods and snacks

Basic Lesson Plan: Teacher used a oral KWL to introduce and find out what students know, want to know and learned about health and healthy foods.

- Students and teacher discussed ways to stay fit
- Students was called upon and freely expressed their Knowledge to health/fitness
- Teacher praised student verbally/non verbal
- Teacher read a story Titled: Ways to Stay fit
- As teacher read, questions and answers arise during reading (things they Wanted to know about fitness/health)
- Teacher had students to stand up and do simple exercises
- Teacher played a game Titled: Healthy or Not Healthy-- students had to point to the pile it goes in.. demonstrated what they Learned (this completed the Know-Want to know- Learned
- Students tasted healthy foods
- Students completed a worksheet on fitness/health

Pine Lakes Elementary School  
March 22, 2017

Lesson Plan 4<sup>th</sup>/5<sup>th</sup> graders

Subject: Health

Objective: To inform students of the importance of making healthy food choices

- Activities:
1. Explain the project
  2. Define vocabulary
  3. Discuss diseases associated with obesity
  4. Use chart to show the basic food group and discuss correct portion sizes

Evaluation: Post Test

Culmination: Give each student a bag of healthy treats. (oranges, water, fruit gummies, nutrigrain bars).

Name \_\_\_\_\_

Date- March 22, 2017

School - Pine Lake Elementary School

Grade 4th - 5th

Answer the following questions:

1) List two (2) synonyms for the word obese.

\_\_\_\_\_

2) Name two (2) diseases that can be caused by obesity.

\_\_\_\_\_

3) What are two (2) activities that may prevent these diseases?

\_\_\_\_\_

4) List two (2) healthy snacks.

\_\_\_\_\_

5) As a result of this lesson, what can you do to maintain a healthier lifestyle?

\_\_\_\_\_

\_\_\_\_\_



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Name \_\_\_\_\_

Date \_\_\_\_\_



## Healthy Snacking

(Quiz)

1. What are good times of the day to plan to have a healthy snack?

\_\_\_\_\_  
\_\_\_\_\_

2. Why do kids get hungry between meals?

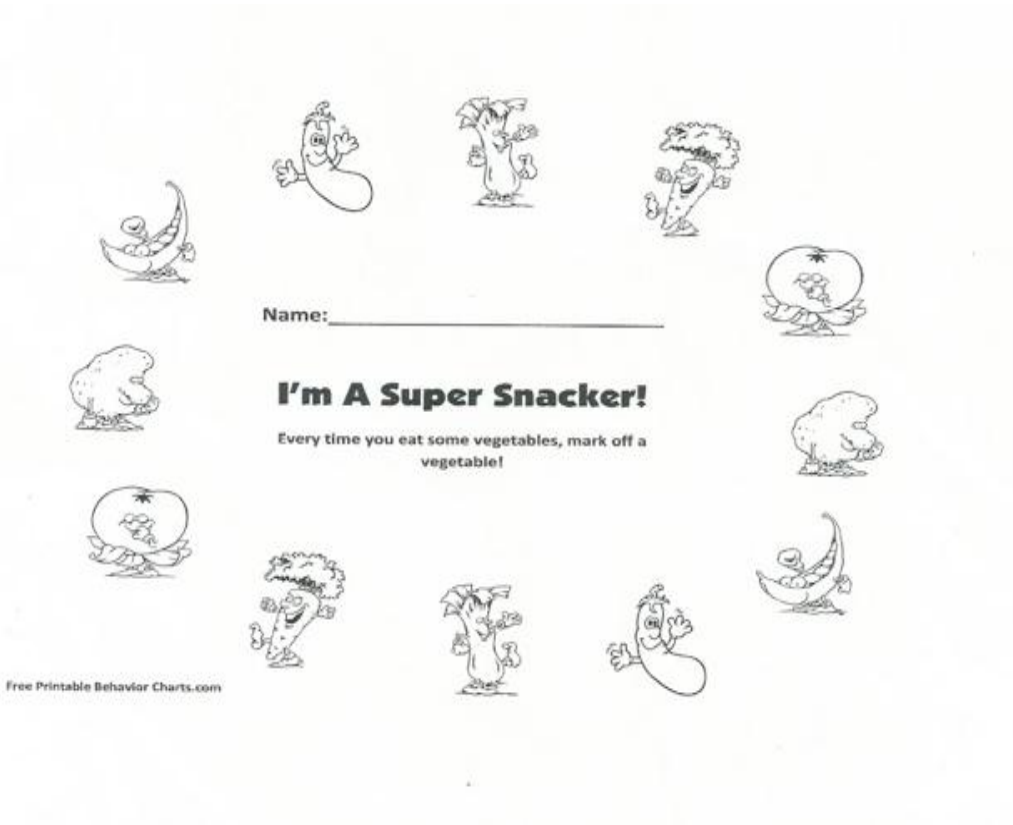
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3. Name 3 healthy snacks kids can eat between meals.

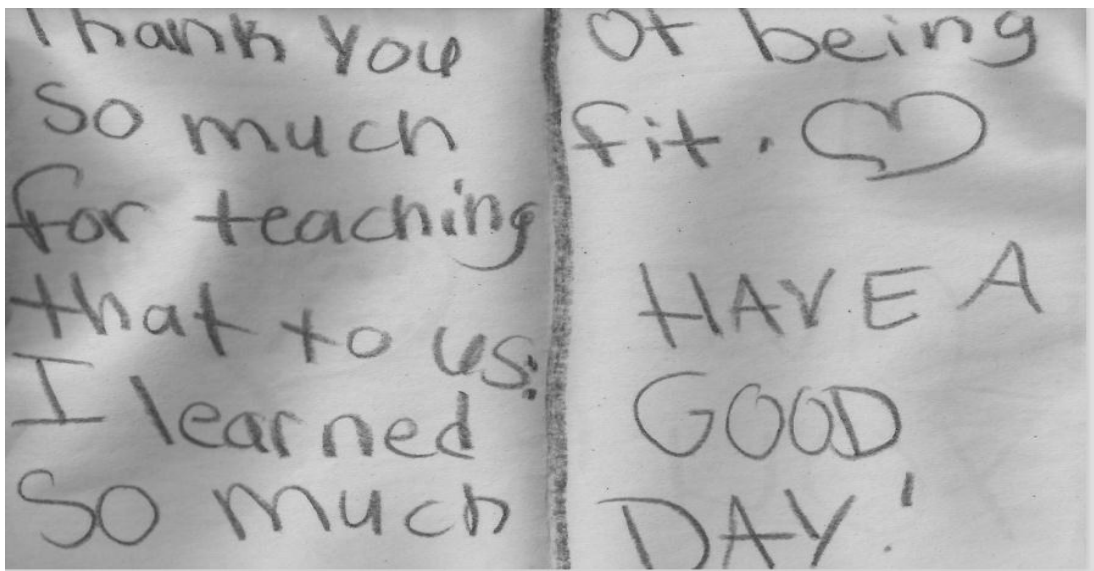
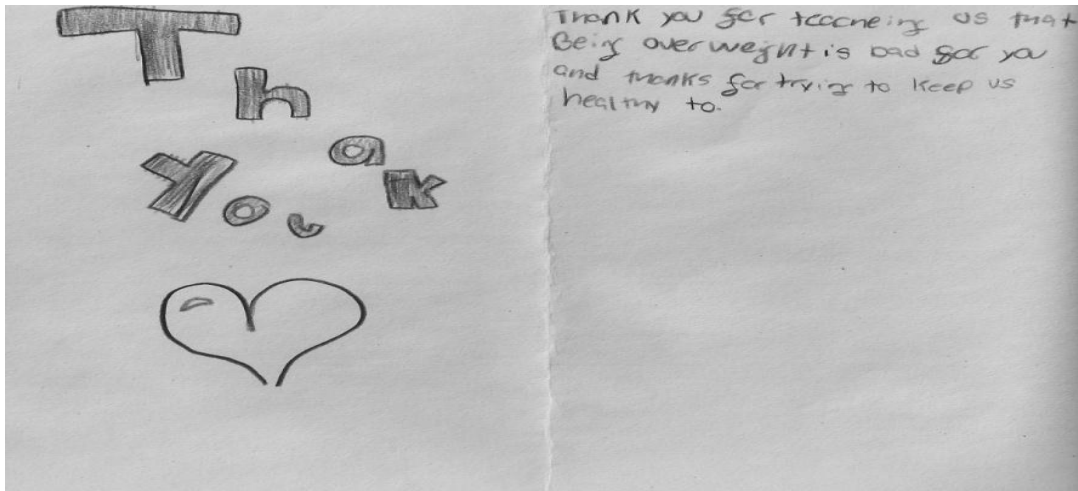
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4. Draw a line through the snacks that are not healthy choices:

carrots    potato chips    grapes    cookies    apples  
celery    oranges    bananas    donuts



Student Thank You Notes



Thank you for teaching  
us how to be healthy. it was  
great learning about drinking 6-8 waters  
a day.



Thank you for the information  
on being healthy and the days  
we appreciate it thank you

Name: Elijah  
Grade: 5

Thank you for the  
information of being  
healthy like a strawberry  
apple and more fruits. And  
vegetables that have  
healthy snacks.