

# Live and Learn Campaign 2020

Adventure English School

– Online Lesson – Let's Try it!!



**L 英語で学ぼう！ 小学校の授業を受けてみる？ 学科：保健体育 / Health and Fitness**

対象：小学生クラス～大人クラス + 在校生のご家族

実施日：6月14日(日) ①9:30am ②10:00am ③10:30am

20分オンラインレッスン

内容：Health and Fitness (保健体育)

予約：Lineで申込受付「L 保健体育」と記載

締切：6月12日(金)レッスンの前日までにIDをLineで連絡

担当講師：Amanda Cornell (カルフォルニア州小学校教諭)



## アマダ先生からのメッセージ

Hello, I am a teacher from San Diego, California. I currently live by the beach in San Diego. I have experience teaching English language learners of all ages and elementary school students in the US. My hobbies are travelling cooking, fitness, makeup and fashion. I love to eat Italian food and chocolate.

サンディエゴ出身、小学校の教諭 趣味：ファッション、旅行、料理、フィットネス



レッスンの内容：

英語を学ぶのではなく、次のステップとして英語で学ぶにチャレンジしてみましょう。

アメリカの小学校で教えている保健体育のレッスンを実施します。

準備するもの：プリントを予習(2&3 ページ目)

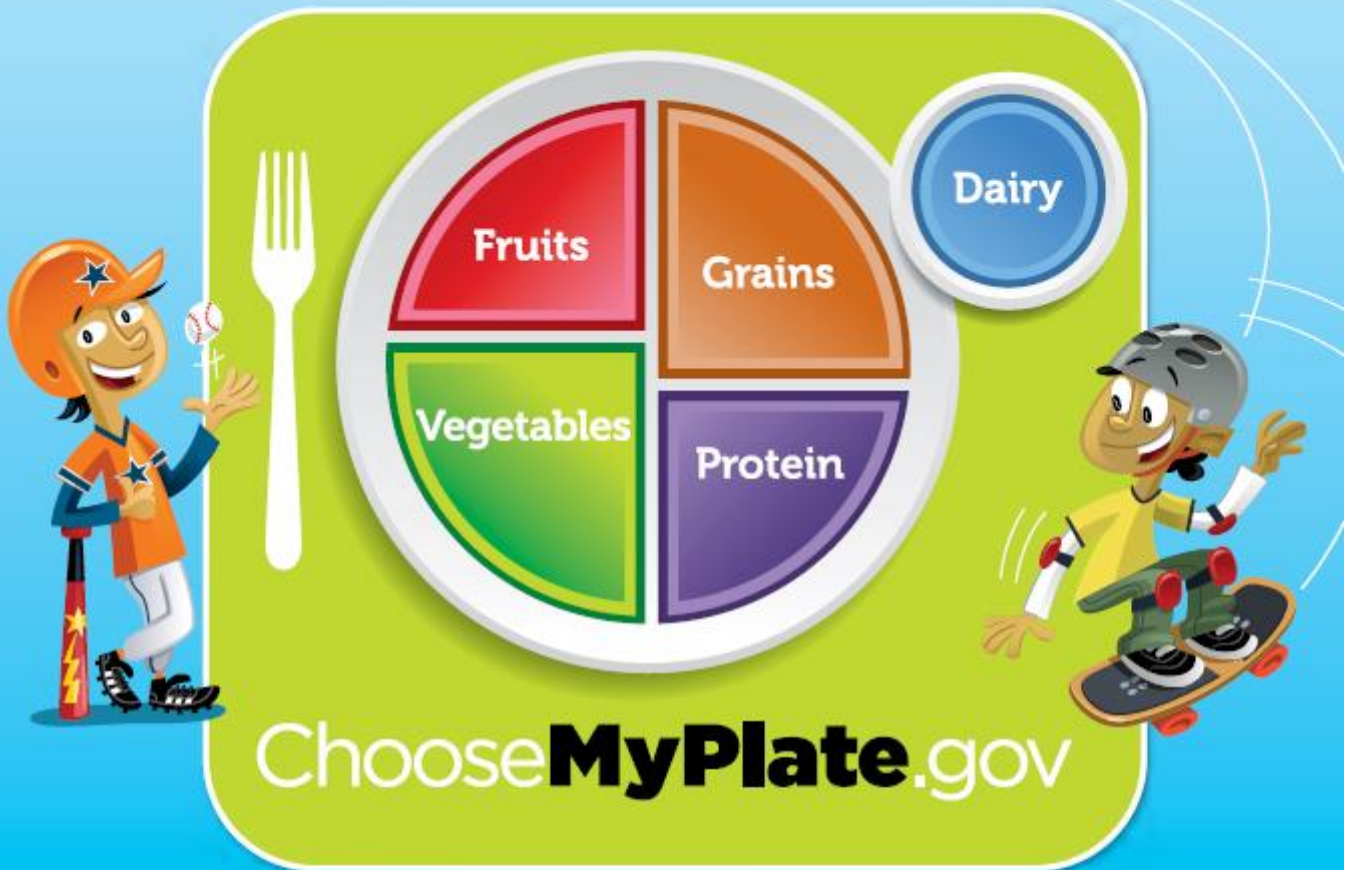


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## Eat Smart To Play Hard

Use *MyPlate* to help you fuel up with foods from each food group.



The central graphic features a white plate divided into four colored quadrants: red for Fruits, orange for Grains, green for Vegetables, and purple for Protein. To the right of the plate is a blue circle labeled Dairy. To the left is a white fork. On the far left, a cartoon baseball player in an orange uniform and cap holds a baseball. On the far right, a cartoon skateboarder in a yellow shirt and grey helmet is riding a skateboard. Below the plate, the text 'Choose MyPlate.gov' is written in white and black.

### Keep on Moving!

You need at least **60 minutes** of physical activity each day. Whether that's skateboarding, tossing a ball, or playing tag, every little bit counts!



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## FRUITS Fuel Up With Fruits at Meals or Snacks

Oranges, pears, berries, watermelon, peaches, raisins, and applesauce (without extra sugar) are just a few of the great choices. Make sure your juice is 100% fruit juice.



## VEGETABLES Color Your Plate With Great-Tasting Veggies

Try to eat more dark-green, red, and orange vegetables, and beans and peas.



## GRAINS Make at Least Half Your Grains Whole Grains

Choose whole-grain foods, such as whole-wheat bread, oatmeal, whole-wheat tortillas, brown rice, and light popcorn, more often.



## PROTEIN Vary Your Protein Foods

Try fish, shellfish, beans, and peas more often. Some tasty ways include a bean burrito, hummus, veggie chilli, fish taco, shrimp or tofu stir-fry, or grilled salmon.



## DAIRY Get Your Calcium-Rich Foods

Choose fat-free or low-fat milk, yogurt, and cheese at meals or snacks. Dairy foods contain calcium for strong bones and healthy teeth.



**Know Your "Sometimes" Foods** Look out for foods with added sugars or solid fats. They fill you up so that you don't have room for the foods that help you eat smart and play hard.