



Activities Summary
Your Tummy Helps Your Brain-REALLY? (🧠 A Physical Health Story)
(K – 5-6 yrs.)



#1-Experiment: Fats Help Our Bodies

- Students learn about the benefits of fat in our diet and test different foods for fat content.
- Approx Time: 25-30 mins
- Story Connection: Slide 6



#2-Riddles: Brain Food

- Students learn about brain foods by trying to solve riddles and match answers with pictures.
- Approx Time: 10-15 mins
- Story Connection: Slides 7-8



#3-Video: Turning Food into Energy

- Students watch a video to learn more about digestion and turning food into energy.
- Approx Time: 5-10 mins
- Story Connection: Slide 11



#4-Game: Charades-When Is Your Brain Working?

- Students play a game of charades to see if various activities require their brains to be working.
- Approx Time: 15-20 mins
- Story Connection: Slide 12
- Group Activity



#5-Demonstration: Can You Stomach This?

- Students use simple materials to make a model of the stomach to demonstrate digestion.
- Approx Time: 5-10 mins
- Story Connection: Slide 13