CATHOLIC FIT™

3rd Grade Version
Grade School Program
Student & Family Worksheet

Name: _____

Parent Initial: _____

WEEK 3: I AM WHAT I EAT

Parents & guardians, please review the lessons with your student(s), and also try the exercises, though stop if you feel pain.

EXERCISE OF THE WEEK: SQUAT (SIT-TO-STAND)

Squats
Practice each type of squat we did in class (air, pause at the bottom, and doubles), or 1 legged stand ups from a chair, for 30 seconds each.

Bodyweight Squats: Regular, Pause, & Double



1 Legged Squat from a Chair or Bench



***Cathletic* Squats**
"Cathletic" exercises are more advanced moves meant to improve athletic performance.

Practice these only after the basic level has been mastered.

Goblet Squat (kettlebell)



Goblet Squat (dumbbell)



Overhead Squat



REFLECTION QUESTIONS & GOALS

CIRCLE ALL THE "GOD-MADE" FOODS

Jello

Grilled Chicken Breast

Chicken McNuggets

Strawberries

Banana

Pork Chop

Eggs

Oreo Cookies

Celery



No food is bad for you. Eating too much of some foods can be unhealthy. So we try to eat "God-made" foods most of the time: this is food that doesn't come in a box, like fruit (apples), vegetables (carrots), meat, rice, potatoes and dairy (milk, cheese.) Then of course, always make a <u>little</u> room for some pizza and ice cream!

SECOND PRINCIPLE FOOD & FASTING

Food gives our brain and muscles energy to help us do well in school, exercise, play sports and instruments, and feel better when we are sick or injured.

Sweet Moses! Food is really important. Fortunately, God has given us the perfect food.

Mindful eating is when we think about what we are eating, and eat healthier food. Mindful eating is a part of what we call "*fasting*".

When we fast, instead of thinking of our bodies and the food we are eating, we think about our souls and say a short prayer for others. Fasting can be as simple as eating a little less or not eating snacks.

As Catholics, we know that while food can give us a lot of energy and improve our health, the Catechism also reminds us that:

The Eucharist is "the source of the Christian life."
- CCC #1324

This means that food feeds our body, while the Eucharist feeds our soul. This is why going to Mass and receiving Communion is so important!

Available on the App Store

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CATHOLIC FIT™

6th Grade Version
Grade School Program
Student & Family Worksheet

Name: _____

Parent Initial: _____

Week 3: I Am What I Eat

Parents & guardians, please review the lessons with your student(s), and also try the exercises, though stop if you feel pain.

Exercise of the Week: Squat (Sit-to-Stand)

Squats
Practice 10 of each type of squat we did in class (10 air, 10 pause at the bottom, and 10 doubles), or 10 single leg stand ups per leg from a chair or bench.

***Cathletic* Squats**
Cathletic exercises are more advanced moves meant to improve athletic performance.

Practice these only after the basic level has been mastered.

Bodyweight Squats: Regular, Pause, & Double



1 Legged Squat from a Chair or Bench



Goblet Squat (kettlebell)



Goblet Squat (dumbbell)



Overhead Squat



Reflection Questions & Goals

List three "God-Made" Foods:

1. _____

2. _____

3. _____



No food is bad for you. Eating too much of some foods can be unhealthy. So we try to eat "God-made" foods most of the time: this is food that doesn't come in a box, like fruit (apples), vegetables (carrots), meat, rice, potatoes and dairy (milk, cheese.) Then of course, always make a little room for some pizza and ice cream!

Second Principle: Food & Fasting

Food does more than just give you energy. Food you eat may help you do better in school, can influence your mood, help you play sports or music, and help you feel better when you are sick or injured.

Sweet Moses! Food is really important. Fortunately, God has given us the perfect food.

Mindful eating is when you think about what you are eating, and eat healthier food. Mindful eating is very important, but Christians do more than simply mindful eating, we *fast*.

Rather than think about food and our bodies, we think about our souls and pray for guidance or help for others. Fasting can be as simple as eating a little less or not eating snacks, (or not eating anything for an entire day.)

It is not always easy, but fasting may help you remember the sacrifices Jesus made for us.

The principle of *Food & Fasting* also reminds us that the ultimate "God-made" food is the Eucharist:

The Eucharist is "the source of the Christian life."
- CCC #1324

The Eucharist is the sum of our faith: "Our way of thinking is (guided by) the Eucharist."
- CCC #1327

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