

# Getting Started



## Nutrition and Physical Activity

### Three Lessons

#### Unit Goals

Students will comprehend the importance of drinking water and eating a variety of foods from all of the food groups.

Students will demonstrate the ability to classify foods according to food groups and name a healthy snack from each food group.

Students will comprehend the benefits of being physically active and how physical activity, rest, and sleep help a person stay healthy.

**Note:** Additional student learning goals and objectives related to physical activity are found in the Safety unit.

#### Before You Begin

1. Review the lessons and the materials you will need.
2. Duplicate the needed student worksheets  and family resource sheets  and letter.
3. Read the Extension Activities  described in each lesson and decide which ones you want to use with your students. Extension Activities are designed to accomplish two things:
  - Reinforce the health messages taught in the lessons by promoting a healthy environment outside the classroom, such as in the cafeteria, on the playground, and in the community.
  - Integrate health education into other academic areas, such as language arts, social studies, science, and art.

If the Extension Activities require materials, check to see if they are provided with your instructional materials. If they are not, contact your Regional Health Coordinator, the vendor indicated in the lesson, or the Michigan Model for Health Clearinghouse (888-517-6195). If the activities require guest presenters, contact them early.



## Vocabulary Words

dairy	heart rate	strength
endurance	minerals	stretching
energy	muscles	sugar
fat	nutrients	variety
fruit	physical activity	vegetable
grains	protein foods	vitamins
healthy	pulse	wrist
heart	rest	
heart beat	snack	

## Family Involvement

A cooperative partnership with your students' families will go a long way towards making health education as effective as possible. Young people need consistent messages regarding health habits. This can happen when families and other caring adults model health habits, talk with young people about health, and reinforce positive health behaviors they notice. To help you achieve this partnership, families and other caring adults are encouraged to take an active role. In this unit, families can be invited to serve as classroom assistants in any of the lessons. They can be encouraged to provide healthy snacks for Lesson 2. Family resource sheets are also included. Duplicate these handouts for distribution to the families of your students. They contain health information that complements the topics covered in the unit and activities families can do together to augment and reinforce the learning occurring at school. Family resource sheets are available with the following lessons:

Lesson 1: Food Group Fun  
"Food Group Fun"

Lesson 3: Physical Activity, Rest, and Sleep  
"Healthy Snack and Activity Choices"

Review the suggestions for use of these family resource sheets in the How to Use the Manual section.

## Informational Websites

The following websites offer reliable nutrition and physical activity information. Many of the sites are noted in the lessons. Other sites are included as references for you. Check the Michigan Model for Health Clearinghouse website for additional Internet links that have been placed on their site as a service to you at [www.mmhclearinghouse.org](http://www.mmhclearinghouse.org).

- American Academy of Pediatrics: [www.aap.org/](http://www.aap.org/)
- American Academy of Pediatrics, Parents' website: [www.healthychildren.org/](http://www.healthychildren.org/)
- American Dietetic Association: [www.eatright.org/](http://www.eatright.org/)

- Centers for Disease Control and Prevention, Physical Activity and Nutrition Information: [www.cdc.gov](http://www.cdc.gov)
- Federal Citizen Information Center, FirstGov for Kids: <http://www.kids.gov/>
- Institute of Medicine of the National Academies, Information on Water: [www.iom.edu](http://www.iom.edu)
- International Food Information Council, Health Information and Activities for Parents and Kids: [www.Kidnetic.com](http://www.Kidnetic.com)
- Michigan Action for Healthy Kids Coalition: [www.actionforhealthykids.org](http://www.actionforhealthykids.org)
- Michigan Department of Health and Human Services and Michigan Department of Education, *Healthy Kids Healthy Weight: Tips for Families With Kids of All Shapes and Sizes*: [www.mihealthtools.org/schools](http://www.mihealthtools.org/schools)
- National Dairy Council Nutrition Explorations: [www.nutritionexplorations.org/kids](http://www.nutritionexplorations.org/kids)
- National Institutes of Health: [www.nih.gov](http://www.nih.gov)
- National Institutes of Health, Milk Matters: <http://www.nichd.nih.gov/milk/kidsteens.cfm>
- Produce for Better Health Foundations: [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)
- U.S. Department of Agriculture, 2010 Dietary Guidelines for Americans: [www.health.gov/dietaryguidelines/](http://www.health.gov/dietaryguidelines/)
- U.S. Department of Agriculture, Food Label Quiz: <http://www.cfsan.fda.gov/~dms/flquiz1.html>
- U.S. Department of Agriculture, Food Labels: <http://www.cfsan.fda.gov/~dms/foodlab.html>
- U.S. Department of Agriculture, MyPlate: [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov)
- U.S. Department of Agriculture, Team Nutrition: <http://www.fns.usda.gov/>
- U.S. Department of Health and Human Services, 2010 Dietary Guidelines for Americans: [www.healthierus.gov/dietaryguidelines](http://www.healthierus.gov/dietaryguidelines)
- U.S. Department of Health and Human Services, Family History: [www.hhs.gov/familyhistory](http://www.hhs.gov/familyhistory)
- University of Michigan Health System, Information on Water: [www.med.umich.edu](http://www.med.umich.edu)



# Student Learning Objectives

## Lesson Titles and Objectives, Correlated With National Health Education Standards

Nutrition & Physical Activity	
Lesson Objectives	National Health Education Standards
<b>Lesson 1: Food Group Fun</b>	
Explain the importance of eating a variety of foods from all of the food groups.	Self Management
Classify foods according to the food groups.	Core Concepts
<b>Lesson 2: Making Healthy Snack Choices</b>	
Describe the benefits of eating healthy snacks.	Core Concepts
Suggest a food from each of the food groups that could be eaten as a healthy snack.	Self Management
Describe the benefits of drinking water compared to other beverages.	Core Concepts
<b>Lesson 3: Physical Activity, Rest, and Sleep</b>	
Describe the benefits of being physically active.	Core Concepts
Describe how physical activity, rest, and sleep help a person stay healthy.	Core Concepts

## Health Education Standards

Lesson #	Core Concepts	Analyzing Influences	Accessing Information	Interpersonal Communication	Decision Making	Goal Setting	Self Management	Advocacy
Lesson 1: Food Group Fun	X						X	
Lesson 2: Making Healthy Snack Choices	X						X	
Lesson 3: Physical Activity, Rest, and Sleep	X							

# Materials

The materials used in the *Michigan Model for Health™* are categorized into three types:

- **Health Education Resources:** Materials obtained from your Regional Health Coordinator, regional materials center, or ordered from the vendor\*
- **Teacher Manual Resources:** Materials found in the manual, such as student worksheets, teacher references, and so on
- **Supplied by the Teacher:** Materials typically found in the classroom or school, such as pencils, writing paper, art supplies, and so on

\* If you have questions about any of the materials used in the *Michigan Model for Health™* or how to obtain them, phone the Michigan Model for Health Clearinghouse. They will help you locate what you need.

Phone: 888-517-6195

This list includes all of the materials needed for this nutrition unit. Following each item listed, the number of the lesson(s) where the item is used is indicated for your reference.

MATERIALS	LESSON NUMBERS		
	1	2	3
<b>Health Education Materials</b>			
• Activity Set: "Food Footprints," Michigan Model for Health Clearinghouse, one set	X		
• Food Photos, Michigan Model for Health Clearinghouse OR Food Models, National Dairy Council (Suggestion, Extension Activity)	X		
• Book: <i>Food Alphabet</i> , by David Drew (Extension Activity)	X		
• Book: <i>Elmo's Breakfast Bingo (Happy Healthy Monsters)</i> , by Random House and Louis Womble (Extension Activity)	X		
• Poster Set: "MyPlate: Know Your Food Groups," Michigan Model for Health Clearinghouse	X	X	
• Book: <i>Oliver's Milk Shake</i> , by Vivian French (Extension Activity)	X		
• Book: <i>I Will Never Not Ever Eat a Tomato</i> , by Lauren Child (Extension Activity)	X		
• Book: <i>Our Lunch Boxes</i> , by Anne Givlieri (Extension Activity)	X		
• Bulletin Board Set: "Children Around the World," Frank Schaffer (Extension Activity)	X		
• Book: <i>The Ugly Vegetables</i> , by Grace Lin (Extension Activity)	X		
• Poster: "Heart-Healthy Snacks," Michigan Model for Health Clearinghouse		X	
• Cassette: "Exercise Every Day," Learning Basic Skills Through Music			X
• Bulletin Board: "Health Hints," Michigan Model for Health Clearinghouse			X
• Poster: "Heart Healthy Exercise," Michigan Model for Health Clearinghouse			X
• CD: <i>Kids in Action</i> , by Greg and Steve (Extension Activity)			X
• Book: <i>Sleep Is for Everyone</i> , by Paul Showers (Extension Activity)			X
• Book: <i>Alexander and the Terrible, Horrible, No Good, Very Bad Day</i> , by Judith Viorst (Extension Activity)			X

MATERIALS	LESSON NUMBERS		
	1	2	3
<b>Teacher Manual Resources</b>			
<b>Materials to Duplicate</b>			
• Family Resource Sheet: "Food Group Fun"	X		
• Student Worksheet: "Heart-Healthy Snack Letter," American Heart Association		X	
• Student Worksheet: "Pulse Fair Chart," American Heart Association			X
• Student Worksheet: "Physical Activity Log"			X
• Family Resource Sheet: "Healthy Snack and Activity Choices"			X
<b>Teacher Keys and References</b>			
• Teacher Reference: "Food Footprint Directions" (Suggestion)	X		
• Teacher Reference: "Food Footprint Pattern" (Suggestion)	X		
• Teacher Reference: "Family Letter: Healthy Snacks"	X	X	
• Teacher Reference: "Healthy Snack Recipes"		X	
• Teacher Reference: "Quiet Time"			X
<b>Supplied by the Teacher</b>			
<b>Equipment</b>			
• Cassette or CD Player	X		X
<b>Miscellaneous</b>			
• Poster board, many colors (Suggestion)	X		
• Glue (Suggestion)	X		
• Scissors (Suggestion)	X		
• Music for footprint game, any song can be used	X		
• World map (Extension Activity)	X		
• Yarn (Extension Activity)	X		
• Art supplies (Extension Activity)	X		
• Magazines (Extension Activity)	X		
• Eight-ounce glass of water		X	
• Toothpicks or small paper plates		X	
• Variety of snack foods, some from each food group		X	
• Water cups for each student		X	
• Napkins or paper towels		X	
• Pencils or pens			X
• Map of the community, state, or world (Extension Activity)			X