



Nutrition and Physical Activity

Three Lessons

Unit Goals

Students will comprehend the health benefits of consuming a variety of nutritious foods and beverages and drinking water.

Students will comprehend the importance of the five food groups and how to categorize foods.

Students will comprehend the health benefits of being physically active.

Students will demonstrate the ability to select a variety of healthy snacks and to assess which snacks belong to a food group.

Students will demonstrate the ability to identify enjoyable physical activities.

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 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.

Lesson 2 includes an opportunity for students to taste new, nutritious snack foods as an Extension Activity. The lesson suggests that students' families or your school's Child Nutrition Services help supply a variety of nutritious snack foods. A family letter is provided at the end of Lesson 1 that you can modify to send home to families requesting their help.

Vocabulary Words

beverage	grains	physical activity
building blocks	health habits	protein foods
dairy	healthy	snack
energy	muscles	stretching
frequently	nutrition	variety
fruits	pantomime	vegetables

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 the Extension Activity in 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 2: Using Food Groups to Make Choices
"Healthy Eating Habits"

Lesson 3: On the Move
"On the Move"

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

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
Health Education Materials			
• Pictures: "Food Photos," Michigan Model for Health Clearinghouse, one set or "Food Models," National Dairy Council, two sets	X	X	
• CD: <i>Kids in Action</i> , Greg and Steve Productions (Extension Activity)	X		X
• Book: <i>Bread and Jam for Frances</i> , by Russell Hoban (Extension Activity)	X		
• Poster: "Food Sources," Michigan Model for Health Clearinghouse	X		
• Book: <i>Eating the Alphabet: Fruits & Vegetables from A to Z</i> , by Lois Ehlert, Scholastic (Extension Activity)	X		
• Book: <i>Eat All Your Colors</i> , by Cathy Torrisi, Abrams Learning Trends (Extension Activity)	X		
• Book: <i>Let's Eat</i> , by Donna Marie Merritt, Abrams Learning Trends (Extension Activity)	X		
• Book: <i>Spriggles—Health and Nutrition</i> , by Jeff and Martha Gottlieb, Mountain Watch Press (Extension Activity)	X		
• Book: <i>Now I Know—Healthy Me: Healthy Eating</i> , by Melvin and Gilda Berger, Scholastic (Extension Activity)	X		
• Book: <i>Farm Animals, Eye Openers</i> , A Dorling Kindersley Book (Extension Activity)	X		
• Book: <i>Growing Vegetable Soup</i> , by Lois Ehlert (Extension Activity)	X		
• Poster Set: "MyPlate: Know Your Food Groups," Michigan Model for Health Clearinghouse		X	

MATERIALS	LESSON NUMBERS		
	1	2	3
• Book: <i>Animal Action ABC</i> , by Karen Pandell and Nancy Sheehan (Extension Activity)			X
• Book: <i>The Busy Body Book: A Kid's Guide to Fitness</i> , by Lizzy Rockwell (Extension Activity)			X
• Book: <i>Spriggles—Activity and Exercise</i> , by Jeff and Martha Gottlieb, Mountain Watch Press (Extension Activity)			X
• Book: <i>Get Up and Go!</i> , by Cathy Torrisi, Abrams Learning Trends (Extension Activity)			X
• Book: <i>Bend and Stretch: Learning About Your Bones and Muscles</i> , by Pamela Hill Nettleton and Becky Shipe (Extension Activity)			X
• Book: <i>The Bouncing, Dancing, Galloping ABC</i> , by Charlotte Doyle and Julia Gorton (Extension Activity)			X
• Book: <i>When Cody Became a Mouse Potato</i> , by American Association for Active Lifestyles (Extension Activity)			X
Teacher Manual Resources			
Materials to Duplicate			
• Family Resource Sheet: "Healthy Eating Habits"		X	
• Family Resource Sheet: "On the Move"			X
Teacher Keys and References			
• Teacher Reference: "Family Letter: Healthy Snacks" (Extension Activity)	X	X	
Supplied by the Teacher			
Equipment			
• CD Player (Extension Activity)	X		X
Miscellaneous			
• Eight-ounce glass of water	X		
• Art supplies	X	X	X
• Paper plate, one per student	X		
• Magazines	X		
• Empty food containers and play food (Extension Activity)	X		
• Variety snack plate, student generated in Lesson 1		X	
• Crayons		X	
• Healthy snacks (Extension Activity)		X	
• Map of the community (Extension Activity)			X
• Push pins (Extension Activity)			X