

Getting Started



Nutrition and Physical Activity

Three Lessons

Unit Goals

Students will comprehend concepts related to eating a variety of foods from all of the food groups.

Students will comprehend the importance of identifying foods from each food group, combination foods, and foods that should be eaten in limited quantities.





Students will comprehend the importance of being physical active daily for the recommended length of time.

Students will comprehend the relationship between eating healthy foods and being physically active.

Students will demonstrate the ability to create healthy combination foods.

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 .
3. Decide if you will use transparencies or PowerPoint slides  as you present the lessons. Any slides needed are listed in the Time and Materials Chart and can be found on the flash drive that accompanies this manual and in hard copy within the manual. Prepare the slides or transparencies you will need from the PowerPoint or hard copies. Obtain the appropriate projection equipment.
4. 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 and permission for their child to participate.

Vocabulary Words

building blocks	minerals	organs
bones	muscles	physical activity
calcium	nutrient-dense	snack
cells	nutrient-limited	stretching
combination	nutrients	variety
limited	nutrition	vitamin D
low-fat	nutritious	vitamins

Assessment

Review the information on using assessment with students in these sections of this manual: Overview of the *Michigan Model for Health™* and How to Use the Manual.

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: Combination Foods and Foods to Limit
"Building Blocks for Healthy Bodies"

Lesson 3: Physical Activity: Nutrition's Partner for Health
"Calcium and Vitamin D + Physical Activity = Healthy Bones"

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

Informational Resources: Websites and Phone Numbers

The following websites and phone numbers offer reliable information on nutrition, physical activity, and related topics. 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.

- American Academy of Pediatrics: www.aap.org/
- American Academy of Pediatrics, Parents' website: www.healthychildren.org/
- American Dietetic Association: www.eatright.org/
- Centers for Disease Control and Prevention, Physical Activity and Nutrition Information: 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
- International Food Information Council, Health Information and Activities for Parents and Kids: www.Kidnetic.com
- Michigan Action for Healthy Kids Coalition: 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 or www.emc.cmich.edu/healthyweight
- Michigan Department of Education, Brain Breaks: www.emc.cmich.edu/BrainBreaks/
- National Dairy Council Nutrition Explorations: www.nutritionexplorations.org/kids
- National Institutes of Health: 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
- U.S. Department of Agriculture, 2010 Dietary Guidelines for Americans: www.health.gov/dietaryguidelines/
- U.S. Department of Agriculture, Food Labels: <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
- 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
- U.S. Department of Health and Human Services, Family History: www.hhs.gov/familyhistory
- University of Michigan Health System, Information on Water: 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
Lesson 1: The Food Groups: Building Blocks for Health	
Explain the importance of eating a variety of foods from all of the food groups.	Core Concepts
Classify foods into food groups.	Core Concepts
Lesson 2: Combination Foods and Foods to Limit	
Identify characteristics of combination foods.	Core Concepts
Name examples of combination foods.	Core Concepts
Identify characteristics of foods that should be limited.	Core Concepts
Name examples of foods that should be limited.	Core Concepts
Lesson 3: Physical Activity: Nutrition's Partner for Health	
Identify enjoyable physical activities.	Core Concepts
Describe the importance of being physically active 60 minutes each day.	Core Concepts
Describe how eating healthy foods and being physically active promotes health.	Core Concepts
Create combination foods using foods from the food groups, focusing on foods that provide calcium and vitamin D.	Self Management

Health Education Standards

Lesson #	Core Concepts	Analyzing Influences	Accessing Information	Interpersonal Communication	Decision Making	Goal Setting	Self Management	Advocacy
Lesson 1: The Food Groups: Building Blocks for Health	X							
Lesson 2: Combination Foods and Foods to Limit	X							
Lesson 3: Physical Activity: Nutrition's Partner for Health	X						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
Health Education Materials			
• Poster Set: "MyPlate: Know Your Food Groups," Michigan Model for Health Clearinghouse	X	X	X
• Curriculum: "Little D's Nutrition Expedition," National Dairy Council (Extension Activity)	X	X	
• Pictures: "Food Photos," Michigan Model for Health Clearinghouse, one set, or Food Models, National Dairy Council, two sets	X	X	X
• Food Puzzles: "Combination Foods," Educational Materials Center, two sets		X	
Teacher Manual Resources			
Materials to Duplicate			
• Family Resource Sheet: "Building Blocks for Healthy Bodies"		X	
• Teacher Master: "Benefits of Physical Activity"			X
• Student Worksheet: "Calcium and Vitamin D + Physical Activity = Strong Bones"			X
• Family Resource Sheet: "Calcium and Vitamin D + Physical Activity = Strong Bones"			X
Teacher Keys and References			
• Teacher Reference: "Food Group and Physical Activity Guidelines for Second Graders"	X		
• Teacher Reference: "Family Letter: Healthy Snacks Taste Test" (Extension Activity)	X	X	

MATERIALS	LESSON NUMBERS		
	1	2	3
Supplied by the Teacher			
Equipment			
• Computer with CD player (Extension Activity)	X	X	
• Computer with Internet access (Extension Activity)	X		X
• CD Player	X		
• Computer (Extension Activity)			X
Miscellaneous			
• Interlocking plastic blocks or building blocks in five colors	X		
• Ten pieces of paper, 8 1/2 x 11 inches or larger	X	X	
• Tape	X	X	
• Markers	X	X	
• Music CDs	X		
• Magazines (Extension Activity)	X		
• Art supplies (Extension Activity)	X	X	X
• Six sacks or boxes (Suggestion)	X		
• Pencils or pens		X	X
• Healthy snacks (Extension Activity)		X	
• Writing paper (Extension Activity)		X	
• Paper (Extension Activity)			X