

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