

Free Classroom Tools!

Lesson Plans and Resources for Your Classroom



The Beef Council

Target Audience: Grades 4 – 5

Website: www.teachfree.com

The Beef Checkoff and Pfizer Inc. partnered to produce a curriculum called Choose Well. This math curriculum addresses two nutrition issues identified by both health experts and teachers as essential in helping youth understand the benefits of healthy eating. Through a series of seven activities, children learn the importance of choosing nutrient-rich foods first and techniques for visualizing appropriate portion sizes. The eighth lesson addresses physical activity and its relation to weight management. Choose Well includes a Telly award-winning video and a copy of Appetite Attack, an action-packed computer game from the Parents' Choice 2006 approved award-winning website, www.zip4tweens.com. Choose Well has been favorably reviewed by the American Dietetic Association Foundation as part of the Healthy Families, Healthy Kids initiative. A listing of state dietetic association contacts is included in the kit to help teachers solicit nutrition support from local dietitians. Other free resources, such as MyPyramid handouts, are available at this website also.

Colorado Department of Education

Target Audience: Grades 1 – 5

Website: <http://www.cde.state.co.us/cdenutritran/nutricafelessons.htm>

This site contains nutrition lesson plans and physical activity lessons with a nutrition concept. Lessons are designed for first through fifth grade with additional lessons on fruits and vegetables, math, and the food groups.

JumpStart for Teens

Target Audience: Teens

Website: www.californiaprojectlean.org

This site offers free healthy eating lesson plans and activities that integrate nutrition and physical activity with language arts, math, science, social studies and more! Lesson topics include the following:

- The ABCs of Healthy Eating
- Let's Get Physical
- Teens Making a Difference
- Advertising's Hidden Messages
- It's in the Label
- Have it Your Way Fast Food
- Eating To Win
- Making News

Kidnetic.org

Target Audience: Ages 9 – 12

Website: <http://www.ific.org/kidnetic/index.cfm>

This website is focused on healthy eating and active living for tweens. You can find resources for the classroom as well as for families. Classroom lessons are put together in a Leader's Guide that can be downloaded for free. Each Leader's Guide contains information and lessons on different topics including food, fitness, fun, family, and feelings.

Media Smart Youth: Eat, Think, and Be Active!

Target Audience: Ages 11 – 13

Website: <http://www.nichd.nih.gov/msy/msy.htm>

This is a free interactive after-school education program for young people ages 11 to 13. It is designed to help teach students about the complex media world around them and how it can affect their health, especially in the areas of nutrition and physical activity.

Minds in Motion – SD Department of Education

Target Audience: Elementary and Middle School

Website: <http://doc.sd.gov/oess/schoolhealth/mindsinmotion/>

This site contains elementary and middle school lesson plans that incorporate nutrition and physical activity into science, math, reading, and social studies. Lesson plans are grade specific. Some topics include telling time, addition, subtraction, life cycles, and communities.

More Matters

Target Audience: Grades K – 2 and parents

Website: www.fruitsandveggiesmorematters.org/

This site contains information, recipes, and activity pages that promote fruits and vegetables. Teachers can download free coloring pages, fruit and veggie tracking sheets, and parent handouts.

My Pyramid

Target Audience: Grades 1 – 6

Website: www.mypyramid.gov

Free lesson plans, posters, and handouts related to the new food guide pyramid are available.

National Dairy Council

Target Audience: All grades

Website: <http://www.wdairyCouncil.com/>

This site offers several free posters, resources, lesson plans, and recipes. You can also order brochures, black line masters, and bookmarks. Two curriculum options include Little D's Nutrition Expedition for 2nd grade, and Arianna's Nutrition Expedition for 4th grade. Little D's Nutrition Expedition™ transports 2nd grade students back to the time of medieval castles and dragons. Along the way, they'll learn the importance of good nutrition and physical activity from Little D the dragon, Princess Peapod, Queen Anna Banana and other food-group friends. Students will enjoy arm-chair traveling with the two heroes of Arianna's Nutrition Expedition™ - Arianna Bones and Marcus Muscleman. Whether they're solving a mystery or trekking to Antarctica, these two adventurous 4th graders put pizzazz into learning about the importance of good nutrition and physical activity.

Nutrition Literacy Toolkit

Target Audience: Grades K – 12

Website: <http://www.cde.state.co.us/nltk/default.asp>

The Nutrition Literacy Toolkit is not a curriculum, but a tool from which schools and communities can design a curriculum using a menu of effective nutrition education resources. Alignment of learner outcomes in the Toolkit with Colorado core standards for reading, writing, math, and physical education allows for teaching skills for healthy eating while practicing skills that will increase students' competencies in reading, writing, math, and physical education.

OrganWise Guys

Target Audience: All levels

Website: www.organwiseguys.com/lessonplans.asp

Description: Over the past 11 years, The OrganWise Guys have partnered with a variety of public and private entities to bring nutrition, physical activity, and other lifestyle behavior messages to people of all ages. These time-tested and evaluated materials have proven effective in helping individuals understand the importance of making healthy lifestyle choices and motivating them to make these changes in their own lives. You can download lesson plans for free to use in your classroom.



Program ENERGY

Target Audience: Grades 2 – 6

Website: <http://www.programenergy.org/>

The goal of Program ENERGY is to reduce and, eventually, to prevent obesity and type 2 diabetes through enrichment of grade 2-6 science and math education, emphasizing improved nutrition and enhanced physical activity. Free online lesson plans are available to help teachers incorporate physical activity, nutrition, and energy balance into science and math.

The Science of Energy Balance: Calorie Intake and Physical Activity

Target Audience: Grades 7 – 8

Website: <http://science.education.nih.gov/supplements/nih4/energy/default.htm>

This curriculum was developed with the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK). It is a creative, inquiry-based instruction program designed to promote active learning and stimulate student interest in medical topics. The lesson plans provide the framework for both hands-on classroom activities and web-based multimedia activities. This curriculum supplement aims to help students 1) experience the process of scientific inquiry and develop an enhanced understanding of the nature and methods of science; and 2) appreciate the role of science in society and the relationship between basic science and human health. Lesson overviews include the following:

Lesson 1: Burning It Up

This lesson consists of two activities and takes two to three days to complete. In the first activity, students develop an understanding of energy as it relates to body function. Students collect data about their own physical activities and then estimate the energy used in these activities. In the second activity, students enter energy expenditure data from their diaries into a Web or a classroom database. Using this information, students can test their own hypotheses about energy use in middle school students.

Lesson 2: A Serving by Any Other Name

This lesson consists of one activity and takes one day to complete. Students discover the information included in food labels and explore the concept of serving size by comparing amounts of food that they eat with the serving size indicated on the food label. They use this information to calculate the number of calories consumed when they eat various foods.

Lesson 3: A Delicate Balance

This lesson takes two to three days to complete. Students use an energy balance clinic scenario to investigate the energy balance equation for five fictitious middle school students. This allows them to combine their understanding of EnergyOut from Lesson 1 and their understanding of EnergyIn from Lesson 2. In Activity 1, student teams evaluate one patient's energy balance by analyzing the patient's physical activity and food diaries. In Activity 2, students present recommendations for changes in EnergyIn and EnergyOut that provide a healthy energy balance for their patient. This activity can be done on the Web or with printed materials.

Lesson 4: Munching Mice

This lesson consists of two activities and takes two to three days to complete. The first activity begins with an introduction to the use of animals as models for scientific research. Students analyze data to determine the impact of genetics on weight gain in mice. In the second activity, students design experiments to test the impact of food availability and exercise on weight change in mice. They analyze and share the results of their experiments. Finally, students consider the validity of extending conclusions from their experiments with mice to humans. These activities can be done on the Web or with printed materials.

Lesson 5: Dear Me

This lesson consists of one activity. It begins with a classroom discussion in which students observe data that show the incidence of obesity increasing since 1985 and the risk of several diseases is higher for people with obesity. Then students are given a homework assignment to write a letter to the person they will be in 25 to 30 years. They use what they have learned about energy balance to give themselves advice about appropriate strategies for maintaining energy balance (and thus a healthy weight) in their adult years.



Team Nutrition

Target Audience: Grades K – 12

Website: <http://teamnnutrition.usda.gov/library.html>

This site contains free resources, posters, handouts, lesson plans and much more. Everything can be downloaded and printed including information on improving your school environment and a guide to getting started in promoting health in your school. Lesson plans range in topics from teaching the food guide pyramid to more comprehensive programs such as “Eat Smart...Play Hard” and the “Fruit and Vegetable Challenge.”

WIN Kids – Wellness IN the Rockies

Target Audience: Grades 5 – 6

Website: <http://www.uwyo.edu/winwyoming/projects.html>

WIN (Wellness IN) Kids is a series of 13 lessons designed for classroom teachers and program educators in community settings. The intended target is youth ages 10 to 13 or in the 5th and 6th grades. Lesson overviews include the following:

Lesson 1: Walk With Me

Identifies the benefits of daily walking. Helps students make walking a priority by setting and tracking walking goals. Includes ideas for encouraging others to walk.

Lesson 2: Choose to Move

Explores ways to be more active. Helps students identify a wide variety of physical activities that can maintain good health and create a plan to increase activity. Lesson utilizes an educational video, Choose to Move. To purchase, visit www.uwyo.edu/wintherockies or contact University of Wyoming Family & Consumer Sciences at fcs-orders@uwyo.edu.

Lesson 3: VBM: Variety, Balance, Moderation

Covers food groups and key messages in MyPyramid for kids. Helps students apply the principles of variety, balance and moderation in food choices. Promotes the concept that healthy eating does not need to exclude any specific foods.

Lesson 4: Portion Investigators

Describes how super-sized portions can contribute to overeating. Helps students recognize normal versus outrageous portions and discover ways to order, select and serve portions that are appropriate for hunger. Lesson utilizes an educational video, Portion Investigators. To purchase, visit www.uwyo.edu/wintherockies or contact University of Wyoming Family & Consumer Sciences at fcs-orders@uwyo.edu.

Lesson 5: The Original Fast Foods – Fruits and Vegetables

Discusses health benefits of eating more fruits and vegetables. Helps students learn ways to eat more fruits and vegetables, set goals and monitor progress.

Lesson 6: The Senses Carnival

Highlights the role of the five senses in food choices and evaluates how food stimulates the senses. Helps students appreciate eating as enjoyable and satisfying rather than as a rushed or guilt-ridden experience.

Lesson 7: Taste Bud Twister

Helps students understand how the tongue distinguishes different flavors in food. Explores how intensities of taste vary from person to person.

Lesson 8: How Sweet Is It?

Presents health concerns related to drinking sweetened beverages. Teaches students how to analyze and interpret research supporting health claims. Helps students learn to estimate volume and sugar content of common soft drink containers and to establish goals for improving health through beverage choices.

Lesson 9: Bones

Investigates low-fat sources of calcium-rich beverages. Helps students understand calcium’s role in bone health, particularly for growth. Includes evaluation of different types of milk and label reading activities.



Lesson 10: Moving On With Fiber

Reviews health benefits of fiber. Helps students identify high-fiber, complex-carbohydrate foods. Includes tools for substituting higher-fiber for lower-fiber food choices.

Lesson 11: Fat Facts

Discusses value of fat as a nutrient and explores methods to determine amount of fat in foods. Helps students identify and set goals for lower-fat food choices.

Lesson 12: As If

Explores some of the myths of body image messages and their unrealistic standards of perfection. Helps students examine sources of body image messages and develop critical viewing skills to analyze these messages. Lesson utilizes an educational video, As If. To purchase, visit www.uwyo.edu/wintherockies or contact University of Wyoming Family & Consumer Sciences at fcs-orders@uwyo.edu.

Lesson 13: Picture Perfect

Challenges media messages that make it seem impossible to be successful and happy unless we look a certain way. Explores how attitude and self-image are related. Helps students understand how the media provide false images of body perfection. Lesson utilizes an educational video, Behind Closed Doors IV. To purchase, contact Remuda Ranch at 800-445-1900.



CanDo – Coalition for Activity and Nutrition to Defeat Obesity
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