

In the Classroom

Contents:

-
- C1** Teachers – Are You a Role Model for Wellness?
-
- C3** Promoting Wellness in Your Classroom – Tips for Teachers
-
- C5** Active Classrooms Rock!
-
- C7** Healthy School Parties!
-
- C9** Healthy Rewards
-
- C11** FREE Classroom Tools! Lesson Plans and Resources for Your Classroom
-



Teachers:

Are You a Role Model for Wellness?



Complete the Checklist:

(✓) Check those that apply

- Do your students see how active you are around the school?
- Do you encourage your students to be physically active at recess?
- Do your students see you eat nutritious foods?
- Do your students see you drink milk or water instead of pop?
- Do you serve nutritious foods and beverages in your classroom?
- Do you reward your students with physically active time rather than food?
- Do you encourage your students to eat breakfast and lunch?
- Do you avoid using physical activity for discipline?
- Do you help create a healthy school environment?
- Do you incorporate nutrition and physical activity messages into the curriculum you are teaching?
- Do you eat breakfast and lunch?
- If you notice a student is hungry or comes to school without breakfast, do you refer them to the breakfast or lunch program?
- Do you provide information to parents about the importance of being positive role models for their kids regarding healthy eating and active living?
- Do you provide information to parents about safe recreation centers and after-school programs in your area?

If you answered 'no' to any of these questions, use the CanDo School Wellness Resource Kit to give you ideas how to be a great role model for wellness!

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CanDo – Coalition for Activity and Nutrition to Defeat Obesity

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Promoting Wellness in Your Classroom!

Tips for Teachers



Teachers Can Do It!

- 1. Get Moving!** – Reinforce healthy eating and active living by showing physical education and nutrition video clips in the classroom or during lunch in the cafeteria. Even better, get your kids moving in the classroom and during those long days of state testing — get up and re-energize those brains with some great exercise steps!
- 2. MyPyramid Tracker** – Don't just teach your students about the food pyramid, make it interactive! Challenge your students to keep track of what they eat and then compare it with the MyPyramid recommendations (www.mypyramid.gov).
- 3. Do a Fruit & Vegetable Challenge** – Set a goal for your class to eat a certain number of fruits and veggies by the end of each week or month. (<http://teamnnutrition.usda.gov/resources/fvchallengepacket.html>).
- 4. Healthy Popular Culture?** – As you teach about important health topics, ask students to go home and keep their eye on social themes in media (i.e. TV, movies, internet, video games, newspaper, or radio) that show or even contribute to negative behaviors such as inactivity and overeating. Have your students record what they found and provide alternative solutions to the negative behaviors—what would they do differently? Have students be Sports Screeners - examine how physical activity and sports are depicted in movies and on television. Hypothesize how images of physical activity and sports in entertainment can influence our attitudes and behaviors. Visit PBS Teacher Source (<http://www.pbs.org/inthemix/educators/lessons/sports2/index.html>).
- 5. Time It!** – Who says you can't exercise in math class? Have students do two minutes of physical activity (jumping jacks, jogging in place, etc.) and then ask them to take their pulse. Don't stop there... graph your results! For younger students, measure the pulse by counting the movements of a drinking straw attached with clay to the pulse point on the neck.
- 6. You Be the Coach!** – Investigate, explain and demonstrate the essential physical skills needed to play a sport. Discuss reasons why sports, athletics or physical activities should be an important part of teens' lives. Visit PBS TeacherSource (<http://www.pbs.org/inthemix/educators/lessons/sports1/index.html>).
- 7. Grocery Store Scavenger Hunt** – Have your students write down the types of foods they find at the grocery store. Can they find the fat and sugar content on the label? Have them keep track of what is in their grocery cart and let them decide if the food is a healthy option. Check out a great Scavenger Hunt template from CATCHTexas.org (http://www.sph.uth.tmc.edu/catch/PDF_Files/grocery_scavenger.pdf) or create your own! For another idea, have students conduct an observational experiment and examine the food choices of classmates, as compared to the amount of physical activity exerted each day.
- 8. Just Desserts** – Just Desserts is a program that will help develop an awareness of the kinds of foods that are marketed to kids and which of those foods are healthy. This K-5 activity incorporates Arthur episode # 509 from PBS Kids. Visit http://pbskids.org/arthur/parentsteachers/lesson/medialiteracy/pdf/print_desserts.pdf.
- 9. Sous Chef Needed** – Partner with a local chef to make a “Healthy Harvest Salad” or have them show your class how to prepare one of their easy and healthy dishes. The American Culinary Federation has created the Chef & Child Foundation to build awareness of proper nutrition in preschool and elementary school children. To learn more, visit www.acfchefs.org.
- 10. Mini-Chef Contest** – This could be a contest between classrooms or a home-school project where students follow-up their nutrition unit with a healthy recipe contest. Students create a recipe based on what they have learned about heart-healthy and nutritionally-packed food choices.

- **11. Mentor Program** – Ask students from a high school or middle school culinary arts (home economics) class to speak to younger students about the food pyramid and healthy food choices. They can even share samples of healthy food recipes that they have prepared in class. You can also invite members from your local food co-op or grocery store.
- **12. Get Drawing!** – A great way to reinforce what has been taught in class is to have students participate in a poster contest focused on nutrition, physical activity, and healthy habits.
- **13. A Feast for All** – Invite parents to eat breakfast or lunch on special days of the month. Get even more interactive! Have your class create a healthy lunch menu using the nutritional information they have learned and make them the “teacher” as they share this information with their parents!
- **14. Create a Recipe Book** – Can’t get parents to come to your school? Bring the nutritional information to them by having your students create their very own Healthy Choices cookbook. If you really want to get them motivated, have your students create a healthy vegetable or fruit salad in class! Check out a few recipes from the American Heart Association’s Kid Cookbook for some ideas to get you started. <http://www.healthyfridge.org/kidsrec.html>.
- **15. Pyramid Relay** – Get your class up and moving with this fun game! Create a food pyramid on your playground and have students race to match up foods with the food group they belong in. Don’t have enough room? Create a matching game that can be duplicated and completed in the classroom. Cut out pictures from food ads and magazines to match up with their food group.
- **16. That’s a Wrap!** – Have your students role-play certain scenarios that demonstrate good and bad eating habits (junk food dinner versus a well-balanced meal, watching TV versus riding your bike, etc). Each role play scene should be followed by a discussion on the different healthy choices that could have been chosen. You may even want to discuss some of the obstacles your students face when trying to make healthy choices (lack of equipment, no safe areas to play, time constraints) and then brainstorm ways your students can find healthy and fit alternatives.
- **17. Read All About It** – Why not incorporate nutrition into your reading class? The Food and Nutrition Information Center of the USDA has created a list of children’s books about food and nutrition. Many of these titles can be found at your local library. <http://www.nal.usda.gov/fnic/pubs/bibs/gen/childlit.html>.
- **18. Mission Nutrition** – What could be more interactive than having a health fair at your school? This can certainly be modified for all grade levels, but the key is to have your students host the event. Students could set up informational booths or tables in the cafeteria, offer nutrition lessons and activities, as well as demonstrate physical activities! You could even open this up to local grocery stores or health professionals in your area. Ask them to share some of their expertise about healthy eating and keeping fit.
- **19. Healthy Lifestyles** – Have a class discussion about the impact that food sources, diet, availability of clean water, and healthy lifestyles have had on populations around the world (e.g. life span, politics, culture). Encourage students to think critically about how American lifestyles and diets have impacted our health over the years. Possible extensions could include showing videos and documentaries about food to offer different points of view, or creating a time line that represents how our healthy habits have been impacted as our food sources, diets, and technologies have changed.
- **20. It’s a Date!** – Transform your lunch or classroom calendar by adding a healthy activity or fun fact each day. Simple activities such as taking a 10-minute walk around your school (count the number of steps), trying a new fruit or vegetable, counting the number of push-ups or sit-ups you can do in 2 minutes, and having a student lead a five minute stretch after lunch. This is a great daily “habit” that will surely inspire your students to keep active in the years to come! Check out the CATCH (Coordinated Approach to Child Health) program from the University of Texas for a “facts-of-the-day nutrition calendar” that you can use in your classroom (http://www.sph.uth.tmc.edu/catch/whats_new_classroom.html).

Source: Alliance for a Healthier Generation, William J. Clinton Foundation/American Heart Association
www.HealthierGeneration.org

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Active Classrooms Rock!

Kids
Can Do
it!



Physical Activity Recommendations for Kids

- Experts recommend that kids get **at least 60 minutes** of moderate to vigorous physical activity each day (physical activity that increases both heart rate and breathing rate well above resting levels).
- Kids can accumulate minutes over the course of the day by doing several bouts of physical activity lasting at least 10 to 15 minutes.
- Kids should avoid periods of inactivity lasting 2 hours or more, especially during daytime hours.
- Helping students become more physically active is an essential part of a school wellness program.

Why Add Activity Breaks into the Classroom?

- Because of decreased physical activity and PE in today's schools, expert committees are recommending that schools integrate physical activity into the classroom.
- Studies show that kids are more attentive and ready to learn if allowed to have a break for physical activity.
- Physical activity is one of the most potent weapons against increasing rates of childhood obesity and related diseases, particularly when combined with good nutrition.
- As a result of our sedentary lifestyles (TV viewing, playing video games, driving instead of walking, limited PE and recess in schools, etc.) fewer than 25% of American kids get at least 30 minutes of any type of physical activity every day.
- Because kids spend most of their time in school, the type and amount of physical activity they get in schools is important!
- Physical activity has positive effects on academic achievement, including increased concentration; improved test scores in math, reading and writing; and reduced disruptive behavior.

Both the American Academy of Pediatrics and the Centers for Disease Control support the efforts of schools to include **increased physical activity in the classroom.**

An A+ = Activity+

Math: Have students practice their measurement skills by measuring the distance covered while jumping, leaping, and hopping. Call out math problems – when the answer is less than 20, have kids answer in jumping jacks, push ups, hops, twists, kicks, or marching.

Science: Take nature walks around the school yard. Encourage students to do reports on the benefits of physical activity. Do a step test to measure kids' fitness levels.

Geography: Give students pedometers and track their steps or mileage on maps of geographical interest, such as famous landmarks, state capitols, national parks, etc. One mile = about 2000 steps.

Spelling: Host a spelling bee with a physical activity theme. Ask students to act out verbs such as skip, hop, march, dance.

Language Arts: Ask students to journal the amount of time they spend watching TV, playing video games, and being active – and what activities they enjoyed most and why.

5 Tips for Active Classrooms

1. Display posters, banners, photos, and kids' artwork that promotes physical activity.
2. Give kids extra recess.
3. Ask your PTO or principal for physical activity equipment.
4. Encourage parental involvement in physical activity – both at home and in the classroom. Send home physical activity homework that parents and kids can do together.
5. Praise kids often for participating in physical activity. Value each child based on their individual abilities.



Teachers CanDo It!

Teachers and school staff with positive attitudes about physical activity are an important influence for young people. To be an active role model, teachers and staff can:

- Use the stairs instead of the elevator
- Walk during lunch and after school
- Ride your bike to school
- Join in with the kids for activities on the playground, in the gym, and in the classroom
- Talk with kids about the physical activities you do outside of school
- Encourage kids to be physically active outside of PE
- Participate in school health promotion programs such as the Schools on the Move Challenge (For more information, contact Healthy Kids Club at lh2@pvhs.org or 970-495-7511.)

Classroom Tools

Kids on the Move Classroom Activity Breaks – Deck and CD with 50 fun 10-minute classroom-based physical activity breaks. Available from Healthy Kids Club (lh2@pvhs.org or 970-495-7511).

Energizers – 10-minute classroom-based activities that integrate physical activity with academic concepts (K-5 and Middle School). Free. www.ncpe4me.com/energizers.html

Take 10! – 10-minute classroom-based activities that integrate physical activity with academic concepts (K-6), \$80 per grade level. www.take10.net/whatistake10.asp?page=new

Brain Breaks – Classroom-based activities that integrate physical activity with academic concepts (K-6). Free. www.emc.cmich.edu/brainbreaks/

Jammin' Minutes JAM School Program – One minute classroom-based activities and health tips to help kids get moving and refocus on their school work. Free. www.healthetips.com/jam-program.php

America on the Move! – Step challenge for schools (all ages). Free. www.AmericaOnTheMove.org

Fitness Finders – Walking/running incentive program. Low-cost. www.fitnessfinders.net/

PE Central Challenge – Skills challenge for classroom teachers to use during recess or before- and after-school programs (4th-5th grade). Low cost. www.pecentral.org/pecchallenge/index.html

PE Central Classroom Teacher/Integration Lesson Plans – Classroom-based activities that integrate physical activity with academic concepts (K-12). Free. www.pecentral.org/lessonideas/classroom/classroom.asp

Fit Kids Classroom Workout DVD – 5- and 10-minute classroom-based workouts for kids (K-6). <http://emerchant.aciwebs.com/stores/pecentral/>

Superman FitDeck Exercise Flash Cards for Kids – Classroom-based exercise games for kids (ages 4-16). \$10. <http://emerchant.aciwebs.com/stores/pecentral/>

NASPE's Teachers' Toolbox (Spanish and English). Free. www.aahperd.org/naspe/template.cfm?template=teachers_toolbox.html

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Healthy School Parties!

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Let's Celebrate!

- Celebrate special events without food. Focus on fun physical activities rather than cake and ice cream. Kids love getting special attention and doing fun physical activities just as much or even more than celebrating with food.
- School and classroom parties offer opportunities for schools to be role models and reinforce the message that eating healthy and being active means a healthier body and a sharper mind!
- When foods are offered at school parties, they can add to the fun but they should not be the main focus. Instead of serving sweets, offer healthy, nutritious snacks in appropriate portion sizes.

Did You Know?

Almost all of the snacks served to children should be fruits and vegetables.

Occasional Sweet Treats

When sweets are offered for those occasional treats, serve healthier versions that are lower in fat, sugar and calories!

- Frozen fruit bars or popsicles (100% fruit juice, no added sugars)
- Angel food cake topped with fresh fruit and a spoonful of low-fat yogurt or whipped topping
- Fig Newtons, Animal Crackers, Graham Crackers, Gingersnaps, Vanilla Wafers
- Pudding (low-fat)
- 100 calorie snack packs

Healthy Snack Ideas

- **Fresh fruit** – make kabobs or cups, add low-fat yogurt or whipped topping. Serve frozen for added fun!
- **Fruit and low-fat cheese kabobs**
- **Frozen bananas** – smear with peanut butter and roll in peanuts or low-fat granola
- **Vegetable trays** – serve with hummus, salsa, black bean dip, low-fat salad dressing, or guacamole
- **Cucumber slices** – add a dollop of low-fat cottage cheese and top with a dried cranberry or a grape
- **Ants on a Log** – spread peanut butter on celery and add raisins
- **Dried fruit (with little or no added sugar)** – raisins, apricots, apples, cranberries, papayas, mangos
- **Fruit smoothies** – blend unsweetened fruit with 100% fruit juice and low-fat yogurt
- **Quesadillas** – whole wheat tortillas, lean meat or a low-fat cheese, salsa, lots o' veggies
- **Sub sandwiches** – whole grain bread, tons o' veggies, lean meat or a low-fat cheese, low-fat dressing
- **Sliced turkey** – wrap around slices of cucumber, bell peppers, carrots
- **Whole grain mini bagels** – top with low-fat cream cheese, part-skim ricotta cheese (mix in cinnamon and vanilla), or a 100% nut butter
- **Whole grain, low-fat crackers** – top with low-fat cheese (mozzarella, string cheese)
- **Popcorn (air popped or low-fat)** – add grated cheese (low-fat), salt-free seasonings, nuts, or dried fruits
- **Peanut butter roll ups** – spread peanut butter on a whole wheat tortilla, sprinkle with sunflower seeds and raisins; roll up and cut into 1-inch slices

Healthy Beverages

- 1st choice:** Water – flavor with an orange or lemon slice for fun!
- 2nd choice:** Milk (low-fat or non-fat)
- 3rd choice:** 100% fruit juice (limit to 1 to 1.5 cups/day)
- Fizz It Up!!** Mix 100% fruit juice and plain sparkling water

Fun Activities

Birthday Month: Combine student birthday parties into one monthly event. Play active games and offer healthy snacks.

Extra Recess: Celebrate birthdays and special events with an extra recess or a physically active game instead of cake and ice cream. Let the birthday kid choose the activity!

Fun Outdoors: Take the class outside for active games – frisbee, kickball, activity circuits, or hip-hop dancing.

Balloon Relay Races: Run relay races with balloons. Kids can hit the balloon across the room, jump with the balloon between their legs or tucked under their chin. Get creative!

'Kids On the Move' Activity Deck: Let students pick an activity from the deck and lead the activity.

Dance Party: Have kids make up several dance moves that fit the selected music. Have kids teach the rest of the class their favorites. Play fun music and let kids practice their new dance moves.

Charades: Make up charade cards with physical activities (i.e. skiing, running, biking, skate boarding, jumping, break dancing). Once a team has the correct answer, have them act out the activity.

Speaking From Experience!

“For our Kindergarten curriculum party, our party theme focused on trees. The foods we had were products from trees - fruit and nuts! No cakes or cookies at this party! We also included a scavenger hunt outside. The kids ran from point A to B to C using a map. This was a great physically active game that the kids had a blast doing!”

Melissa Lackey, Kindergarten teacher
Bennett IB World School

“When we have parties, we forget the food and do things in our gym like ‘Wheelie Parties’ where kids bring in scooters, roller blades, and wheelie shoes – and we motor around the gym. Great fun!”

Courtney Petros, 3rd grade teacher
Olander Elementary School

Food for Special Celebrations!

Halloween

- Abracadabra Wands – frozen fresh fruit kabobs served with low-fat yogurt dip
- Roasted pumpkin seeds
- Pumpkin bread (low-fat, low sugar, whole grain flour)
- Witch’s Brew - mix 100% orange juice and plain sparkling water

Fall Holidays

- Baby carrots, sliced red and green bell peppers and low-fat salad dressing
- Nut and dried fruit trail mix
- Corn bread (low-fat and low sugar)

Winter Holidays

- Red and green apple slices dipped in low-fat caramel
- Fruit, yogurt and granola parfaits – layer fresh or frozen fruit with low-fat yogurt and low-fat granola
- Popcorn (air-popped or low-fat) – mix with nuts, pretzels, and dried fruit or with parmesan cheese

Valentine’s Day

- Red apple slices and fresh strawberries dipped in low-fat strawberry yogurt
- Cherry tomatoes and red bell pepper slices dipped in low-fat ranch dressing
- Angel food cake topped with fresh strawberries or raspberries and low-fat whipped topping

Spring Holidays

- Color hardboiled eggs and have an egg hunt – let kids eat their findings!
- Frozen bananas on a stick with a very small drizzle of chocolate and rolled in almonds
- Frozen fruit cubes – freeze 100% fruit juice in ice cube trays (try silicon trays with small animals, hearts, stars, or other fun shapes); serve frozen cube on a napkin and let the slurping begin!
- Banana splits – cut a small banana in half lengthwise and place in bowl; add ¼ - ½ cup low-fat vanilla yogurt; top with fresh blueberries, low-fat granola, and chopped nuts
- Go Ahead – Freeze My Lips! – serve a small bowl of frozen grapes, blueberries, strawberries, and cantaloupe; top with low-fat yogurt or whipped topping

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Healthy Rewards

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Use Non-food Rewards

Kids are often offered food as a reward for “good behavior.” As teachers know, classroom rewards can be an effective way to encourage positive behavior. However, rewarding students in the classroom shouldn’t involve candy or other unhealthy foods. Instead, teachers should use non-food rewards to provide positive reinforcement for behavior and academic performance.

“It’s just a little treat”... the harm in using food to reward or discipline kids.

- Food should be used for nourishment rather than reward or punishment.
- Providing food as a reward for positive performance or behavior, as well as withholding food for negative performance or behavior connects food to mood and promotes behaviors associated with unhealthy eating and obesity.
- Most food rewards involve candy or other unhealthy foods that are typically high in sugar, fat, and calories.
- Kids learn preferences for food that are made available to them...thus offering food as a reward, whether sweet or non-sweet, significantly enhances the preference for that food.
- Using food as a reward:
 - Encourages kids to eat even when they are not hungry
 - Encourages over consumption of foods high in added sugar, fat, and calories
 - Encourages lifetime habits of rewarding or comforting with food
 - Undermines nutrition education taught in schools

Speaking From Experience!

Mac’s Hands

“I have a huge poster on my back wall that’s titled ‘Mac’s Hands.’ Every time a student does something extra special, noteworthy, or is just having an overall great day (scholastically or behaviorally) they get to draw their hand and print their name. It has turned into a big contest. Everyone wants the recognition of having their hand on the wall, so they try harder and produce better and behave more appropriately. **I also give high fives and show them dance moves as a reward.** My dance moves aren’t that good, but they love to see them.”

Jake McCollum, 9th grade teacher
Wellington Junior High School

Schools should help teach kids how to make healthy choices, to eat to fulfill nutritional needs, and provide an environment that fosters healthy eating.

All Star Board

“I have an ‘All Star’ board in my gym. Each week students can earn three stickers: one for wearing tennis shoes; one for turning in homework related to nutrition and health; and one for being caught being a good sport in class (high fiving someone, telling them they did a good job). At the end of each quarter, I take the top students with the most stickers and let them go to the ‘Good Sport’ Bag. I collect non-candy items at the dollar store and garage sales all year long. **Hacky sacks, rubber bracelet bands and superballs tend to be the most popular.** I award the ‘Good Sport’ award at lunch time and give them a certificate. Kids ask for homework now. The only punishment for not turning in ‘fun PE’ homework is not getting a sticker.”

Nancy West, PE teacher
Mountain Schools

Climbing to Higher Peaks

“Our school motto is ‘Climbing to Higher Peaks’. When my students as a class have worked their magnet up 100 steps on a Colorado Fourteener poster, **we celebrate with a lunchtime movie or a game outside.** If we have had a ‘brain strain’ afternoon, we all (me included) go outside for a sprint to the fence or a physical team-building initiative.”

Colleen Stanevich, 6th grade teacher
Kruse Elementary School

Healthy Alternatives to Using Food as a Reward

Token or Point System Rewards

Kids are rewarded with points that accumulate toward a bigger prize.

Teachers can use play money, tokens, stars, stickers, or a chart to track points students have earned. A point system also may be used for an entire class to earn a reward. When the target number of points are earned, a reward is provided.

- Extra recess
- Gift certificates for sporting good stores, bookstores, video or music stores, movie theaters
- Tickets to sporting events
- Sports equipment – tennis racket, baseball glove, soccer ball, basketball
- Drawing for donated prizes

Prize Box Rewards

Keep a prize box full of age-appropriate non-food rewards

School and Art Supplies:

- Pencils, pens, colored pencils, crayons, markers – add the school logo
- Notepads, notebooks, coloring books, art pads, books, magazines
- Stencils, stamps, glitter, stickers, glue, scissors
- Bookmarks, rulers, photo albums
- Gift certificates, coupons

Toys and Trinkets:

- Finger puppets, stuffed animals
- Toy cars, helicopters, airplanes
- Slinkies, marbles, jacks
- Bubbles, balloons, silly putty
- Crazy straws, magnets, picture frames
- Flashlight, key chain
- Plant or seeds and a pot with soil to grow plants

Wearable Rewards:

- Hair accessories
- Bracelets, rings, necklaces
- Sunglasses
- Hat, cap, T-shirt

Social Rewards

Reward with encouraging, motivating, character-building words!

“Social rewards,” which involve attention, praise, or thanks, are often more highly valued by kids than a toy or food. Simple gestures like a pat on the shoulder, verbal praise (including in front of others), nods, or smiles can mean a lot. These types of social rewards affirm a kid’s worth as a person and build self-esteem. Say “thanks for helping” or “your contributions were great!” Send notes to parents praising the student’s good behavior.

Physical Activity Rewards

Reward often with physical activity time! Promote physical activity as being fun!

- Give extra recess, PE, or physical activity game time
- Take a fun activity break – dance, move, play, sweat!
- Give coupons to skating rinks, bowling alleys, ice rinks or other active entertainment outlets
- Give physical activity equipment, games, and sports gear
 - Hacky sacks, yo-yo’s, frisbees, hula hoops, step counters
 - Balls of all kinds – super balls, sponge balls, rubber balls, inflatable beach balls, juggling balls
 - Jump ropes, hand weights, kites, Twister
 - Water bottles, running shoe laces, sweat bands, rubber wrist bands
 - Sidewalk chalk

Recognition and Privilege Rewards

Try unique non-food rewards that motivate and inspire!

- Special field trips
- Eat lunch or take a walk with a teacher or principal
- “No homework” pass or reduced homework
- Sit by friends
- Listen to music or an audio book while working
- Watch a fun video
- Eat lunch outdoors or in the classroom
- Read or hold class outdoors
- Go to the library to select a book to read
- Take care of the class animal for a day
- Read to a younger class
- Play games - Brainteasers, Trivial Pursuit
- Stickers, trophy, plaque, ribbon, or certificate in recognition of achievement
- Recognize student’s achievement on the school-wide morning announcements, website, or photo recognition board
- A phone call, email, letter, or postcard sent home to parents or guardians commending a student’s accomplishment
- A note from the teacher to the student commending his or her achievement

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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.



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