

Nutrition and Physical Activity Lesson Resources Middle School



The nutrition and activity lessons and resources are listed below as tools to help your schools and sites enhance nutrition and physical activity with consistent messages and sound learning activities. All **Arizona Nutrition Network** messages and lessons are developed using credible, scientifically based information about food, nutrition, and physical activity. Information that is not backed by credible research shall not be used.

Name/Website/ Contact Information	Description
<p>The Activate Tucson "MOVING VAN" (based on availability) Contact Jennifer Martinez at jmm3@u.arizona.edu For information and school requirements for scheduling the event</p>	<p>The van will travel to schools, provide integrated nutrition and physical activities designed to help middle school students build healthy lifestyles by encouraging physical activity as part of their daily lives and providing nutrition information in schools. The educational program includes physical activities based on consistent nutritional messages on the principles of the 2005 <i>Dietary Guidelines for Americans</i> and the <i>MyPyramid Food Guidance System</i> integrated with various lifetime physical activities.</p>
<p>CATCH 6-8 and CATCH Kids Club* (\$) http://www.sph.uth.tmc.edu/catch/</p>	<p>CATCH (Coordinated Approach To Child Health) is a CDC approved Coordinated School Health Program designed to promote physical activity, healthy food choices, and create a healthy environment in graded K-8 school aged children. By teaching children that eating healthy and being physically active every day can be FUN, the CATCH Program has proved that establishing healthy habits in childhood can promote behavior change that carry into adulthood.</p>
<p>Eat, Move, Learn (free)</p>	<p>Webquest science-based activities that emphasizes concepts related to energy balance, dietary behavior and physical activity with</p>

<p>eatmovelearn.com</p>	<p>pedometers within the scope of obesity and diabetes prevention.</p>
<p>Exercise Your Options (free) http://www.dairycouncilofaz.org/catalog</p>	<p>This eight lesson unit helps students assess their current food and activity choices and plan for improvement. The Exercise Your Options Teacher Kit and student workbooks may be ordered free from the Arizona Dairy Council. Teacher Kit includes teacher guide, student activity booklets (one per student and reorder each year, 1 CD ROM and 1 DVD containing 8 video clips depicting real life food and activity issues facing middle school students</p>
<p>Food and Drug Administration/Center for food Safety and Applied Nutrition- Science and our Food Supply (FDA-CFSAN) (free) http://www.fda.gov/food/default.htm</p>	<p>Science and our Food Supply, is a free supplemental curriculum that offers an interactive and innovative way to incorporate food science and safety into middle school and high school science courses. This material can easily be incorporated into biology, life sciences, or other science classrooms and includes a teacher guide, interactive video, and A-Z reference guide on food safety. The material is also available online in PDF form.</p>
<p>Fitness for Life (\$) http://www.fitnessforlife.org/</p>	<p>Comprehensive program designed specifically to help students to become active, fit, healthy, and follow dietary guidelines. Trainings include physical education, health, and home room teachers in low income middle schools.</p>
<p>Game On- The Ultimate Wellness Challenge (free) http://www.actionforhealthykids.org/gotuwc/</p>	<p><i>Game On! The Ultimate Wellness Challenge</i> is a year-long program that challenges America's middle school youth, their families and schools to incorporate healthy food choices and physical activity into their daily lives. A series of four theme-based challenges spaced throughout the school year promotes, engages and recognize students for their efforts to make better food choices and move more. The Challenge Course is a special event that can be used to kick off and/or conclude the year or used midway through the year to add momentum to your program.</p>

<p>Healthy K.I.D.S. (free) www.childrenshealthfund.org/publications/health-education-groups/healthy-kids</p>	<p>Simple, engaging and culturally relevant health education materials on nutrition and fitness. The program includes newsletters, corresponding lesson plans and parent guide.</p>
<p>Kidnetic (free) www.Kidnetic.com</p>	<p>Kidnetic's "Bright Papers" offers age-appropriate nutrition and physical activity information, as well as a link for parents with homework activities that students can do with their parents.</p>
<p>Learn to be healthy (free) http://www.learntobehealthy.org/</p>	<p>This site provides interactive student health science activities and teacher lesson plans for FREE that include: Teacher-led Activities, Student Games and Webquests. LearntobeHealthy's web-based kits meet National and State Education Standards and make health education fun. Teachers are able to create classroom accounts so each student can be assigned the same username and password to log in and access activities. Some of the middle school activities include fuel your performance a lesson that focuses on the importance of nutrition and physical activity for maintaining a healthy body, a physical activity and nutrition lesson relating to balance, and lessons in channeling creative energy into journaling and physical activity.</p>
<p>Middle School Nutrition and Physical Activity Energizers (free) www.ncpe4me.com/energizers.html</p>	<p>Energizers are classroom based physical activities that integrate physical activity, and nutrition with academic concepts. These are short (5- 10 minutes) activities that classroom teachers can use to provide activity and nutrition education to children to meet National Wellness Policy Guidelines and are developed for content specific integration.</p>
<p>Milk Matters (free) nichd.nih.gov/milk/teachers/</p>	<p>These activities combine hands-on classroom lessons with take-home assignments, classroom discussion, and more to help teach your students about the role of calcium in nutrition and bone health. All</p>

	classroom activities correlate with National Health Education Standards.
The Mountain on the Move Climbers Club (\$) Contact Jen Martinez at jmm3@email.arizona.edu for information and school requirements for scheduling the event.	A 25' automatic belay 5 person climbing wall travels to schools and events and promotes nutrition education and physical and social skills development which transfers as cooperative behavior thus enhancing the academic learning environment and health of youth. Team Building Nutrition and Physical Activities will be included in this field day experiential learning event.
NASPE Teacher Toolbox (free) http://www.aahperd.org/naspe/publications/teachingTools/toolbox/index.cfm	Every month the NASPE toolbox includes standards based lesson plans , a fitness calendar for you to send home with your students, bulletin board ideas, and information about the nation's health observances.
Nutrition Essentials- Teaching tools for healthy choices (free) http://teamnutrition.usda.gov/Resources/nut_essentials.pdf	This 2007 resource from USDA's Team Nutrition contains lesson plans, student worksheets, informational handouts and more to help students make food and physical activity choices that support healthy living. Hard copies of this resource have been sent to schools enrolled in the Team Nutrition program. The entire document is available online as a pdf file.
Nutrition Explorations (free) www.nutritionexplorations.org/educators/lessons/bridges/bridges-main.asp?tab=1	Teaches children about good nutrition using fun, interactive activities for 6 th -8th graders based on good eating habits, sound nutrition, and basic Food Guide Pyramid concepts.
Operation Fit Kids (free)	Operation Fit Kids is a Youth Fitness Curriculum for Educators that is provided at no cost to health and fitness educators as a public service of the American Council on Exercise. The curriculum is designed for

<p>http://www.acefitness.org/ofk/</p>	<p>educators looking to integrate health and fitness into Grades 3-5 classroom learning. This seven-lesson module was developed to teach the extreme dangers of being overweight and the importance of a healthy and active lifestyle. All lessons include exercise and nutrition concepts easily explained for ease of use by educators and are fun and meaningful for students. Each lesson has two parts: physical fitness in the classroom and healthy food choices. Each lesson part is designed to last 30-40 minutes, so you can teach the entire lesson on the same day or spread them out during the week</p>
<p>Physical Best (\$) http://www.humankinetics.com/products/showproduct.cfm?isbn=9780736048057</p>	<p>Physical Best was designed to educate, challenge, and encourage all children to develop the knowledge, skills and attitudes for a healthy and fit life through active physical activity and nutrition lessons. The goal of the program is to move students from dependence to independence for their own fitness, nutrition, and health by promoting regular, enjoyable physical activity and applied behavioral skills.</p>
<p>The Power of choice (free) http://teamnnutrition.usda.gov/Resources/power_of_choice.html</p>	<p>HHS' Food and Drug Administration and USDA's Food and Nutrition Service developed the Power of Choice. It is intended for after-school program leaders working with young adolescents. Everything you need to know is in the Leaders' Guide, including most activity materials. It's full of quick, simple things to do with kids; many activities take little or no pre-planning. A CD containing 10 interactive sessions based on six posters. Included in the Leader's Guide are a recipe booklet, parent letter, and Nutrition Facts cards. The intended outcomes of this program are to set specific goals for healthful living and to help plan changes in their eating and physical activity patterns to promote growth and overall health. Lesson materials may be ordered by middle or high schools or downloaded at the website.</p>
<p>Wellness activation Kit</p>	<p>The National Dairy Council®, your local Dairy Council® and the</p>

(Free to US schools that have grades including K-12)

<http://www.schoolwellnesskit.org/>

National Football League® have reserved a free Wellness Activation Kit for your school. This kit will help your students make positive changes when it comes to their eating and exercise habits. It will also help your school achieve its wellness policy goals. Fueled by the 2005 Dietary Guidelines for Americans' Food Groups to Encourage and an easy to follow Play 60 message, your school's kit will be loaded with what you need to energize kids to improve their eating and exercise practices. Included will be vehicles to deliver inspiring health messages, an entire nutrition and activity challenge program and creative downloadable tools.

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