

# 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 Educational Materials Center. They will help you locate what you need.

Phone: 1-800-214-8961

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
<b>Health Education Materials</b>			
• Food Footprints, Educational Materials Center	X		
• Food Photos, Educational Materials Center OR Food Models, National Dairy Council (Suggestion, Extension Activity)	X		
• Book: <i>Food Alphabet</i> , by David Drew (Extension Activity)	X		
• Book: <i>Elmo's Breakfast Bingo (Happy Healthy Monsters)</i> , by Random House and Louis Womble (Extension Activity)	X		
• Poster Set: "MyPyramid: Know Your Food Groups," Educational Materials Center	X	X	
• Book: <i>Oliver's Milk Shake</i> , by Vivian French (Extension Activity)	X		
• Book: <i>I Will Never Not Ever Eat a Tomato</i> , by Lauren Child (Extension Activity)	X		
• Book: <i>Our Lunch Boxes</i> , by Anne Givlieri (Extension Activity)	X		
• Bulletin Board Set: "Children Around the World," Frank Schaffer (Extension Activity)	X		
• Book: <i>The Ugly Vegetables</i> , by Grace Lin (Extension Activity)	X		
• Poster: "Heart-Healthy Snacks," Educational Materials Center		X	
• Cassette: "Exercise Every Day," Learning Basic Skills Through Music			X
• Bulletin Board: "Health Hints," Educational Materials Center			X
• Poster: "Heart Healthy Exercise," Educational Materials Center			X
• CD: <i>Kids in Action</i> , by Greg and Steve (Extension Activity)			X
• Book: <i>Sleep Is for Everyone</i> , by Paul Showers (Extension Activity)			X
• Book: <i>Alexander and the Terrible, Horrible, No Good, Very Bad Day</i> , by Judith Viorst (Extension Activity)			X

MATERIALS	LESSON NUMBERS		
	1	2	3
<b>Teacher Manual Resources</b>			
<b>Materials to Duplicate</b>			
• Family Resource Sheet: “Food Group Fun”	X		
• Student Worksheet: “Heart-Healthy Snack Letter,” American Heart Association		X	
• Student Worksheet: “Pulse Fair Chart,” American Heart Association			X
• Student Worksheet: “Physical Activity Log”			X
• Family Resource Sheet: “Healthy Snack and Activity Choices”			X
<b>Teacher Keys and References</b>			
• Teacher Reference: “Food Footprint Directions” (Suggestion)	X		
• Teacher Reference: “Food Footprint Pattern” (Suggestion)	X		
• Teacher Reference: “Family Letter: Healthy Snacks”	X	X	
• Teacher Reference: “Healthy Snack Recipes”		X	
• Teacher Reference: “Quiet Time”			X
<b>Supplied by the Teacher</b>			
<b>Equipment</b>			
• Cassette or CD Player	X		X
<b>Miscellaneous</b>			
• Poster board, many colors (Suggestion)	X		
• Glue (Suggestion)	X		
• Scissors (Suggestion)	X		
• Music for footprint game, any song can be used	X		
• World map (Extension Activity)	X		
• Yarn (Extension Activity)	X		
• Art supplies (Extension Activity)	X		
• Magazines (Extension Activity)	X		
• Eight-ounce glass of water		X	
• Toothpicks or small paper plates		X	
• Variety of snack foods, some from each food group		X	
• Water cups for each student		X	
• Napkins or paper towels		X	
• Pencils or pens			X
• Map of the community, state, or world (Extension Activity)			X