

<p style="text-align: center;">MATERIALS/RESOURCES PHASE V HEALTHY HABITS TO GROW BY</p>

Following each item listed, the number of the lesson where the item is used is provided for your reference. For example, "L-V-2" means the item is used in "Lesson 2 of Phase V."

EQUIPMENT

VCR and monitor, L-V-1 (Optional), L-V-2, L-V-3 (Integration Idea)
Cassette player, L-V-1, L-V-3, L-V-10
Record player (if a record is used), L-V-1, L-V-10

RESOURCES

Bulletin Boards

Health Hints Set, L-V-1 through L-V-10
Heading: Health Habits, L-V-1 through L-V-10
Keep Your Engine Running, L-V-7, L-V-8
Children Around the World, L-V-9

Videos

Dr. Truso's Jet Powered Pedaler, Getting to Know Your Heart, American Heart Association OR Book: *Big News! Straight From the Heart*, American Heart Association, L-V-1
My Wonderful Body Machine, from *An Early Start to Good Health*, American Cancer Society, L-V-2
Heartpower! Sing-Along, American Heart Association, L-V-1 (Integration Idea), L-V-3 (Integration Idea)

Cassettes/Records

Cassette or Record: "Hokey Pokey," L-V-1
Cassette: Exercise music, L-V-3
Cassette: "Exercise Everyday" from *Learning Basic Skills Through Music*, L-V-3

Books

Big News! Straight From the Heart, American Heart Association OR Video: *Dr. Truso's Jet Powered Pedaler, Getting to Know Your Heart*, American Heart Association, L-V-1
Alexander and the Terrible, Horrible, No Good, Very Bad Day, L-V-4 (Integration Idea)
People, L-V-9

Posters

- Poster: "My Wonderful Body Machine," from *An Early Start to Good Health*, American Cancer Society, L-V-2
- Poster: "Heart-Healthy Exercise," *Getting to Know Your Heart*, American Heart Association, L-V-3
- Storyboard, L-V-5
- Story Cards, L-V-5 (Getting Enough Sleep and Rest, and blank cards)
- Poster: "Eat the Five Food Group Way!," National Dairy Council, L-V-7,
- Poster: "Heart-Healthy Snacks," *Getting to Know Your Heart*, American Heart Association or Educational Materials Center, L-V-8

Student Worksheets

- "Heart-Healthy Snacks Letter," American Heart Association, L-V-8
- "Heart-Healthy Snacks," American Heart Association, L-V-8 (Integration Idea)
- Filling My Plate, L-V-9
- Foods (two pages), L-V-9

Teacher References

- The Body Engine, L-V-6
- Footprint Pattern, L-V-7
- Footprint Directions, L-V-7
- Keep Your Engine Running, L-V-7
- Healthy Snack Recipes, L-V-8

Family Resource Sheet

- Exercise, Sleep, Rest, Nutritious Foods, L-V-7

Miscellaneous

- Apron with Velcro Body Parts, L-V-2
- Stethoscopes (at least ten), L-V-2
- Play: "My Wonderful Body Machine," from "Grade 1 Teacher's Guide," *An Early Start to Good Health* American Cancer Society Kit, L-V-2 (Integration Idea)
- Song: "My Wonderful Body Machine," from "Grade 1 Teacher's Guide," *An Early Start to Good Health* American Cancer Society Kit, L-V-2 (Integration Idea)
- Food Models, National Dairy Council, L-V-7
- Miniature Poster/Worksheet: "Eat the Five Food Group Way!" National Dairy Council, classroom quantity, L-V-7