

## Assessment

Review the information on using assessment with students in these sections of this manual: Overview of the *Michigan Model for Health*<sup>®</sup> and How to Use the Manual.

Curriculum-embedded assessment tools are provided at the end of many lessons in the form of rubrics and checklists for scoring student work. These assessments were developed specifically for the instructional activities in the lessons. In this unit, they can be found in the following lessons:

Lesson 1: The Magic Numbers

“Assessment Rubric for Skill Development: The Magic Numbers”

Lesson 2: Don't Be Tricked by Advertising

“Assessment Rubric for Skill Development: Creating Advertisements for Healthy Snacks”

Lesson 4: My Plan to Be Physically Active

“Assessment Rubric for Skill Development: My Plan to Be Physically Active”

Lesson 5: Encouraging Health Habits

“Assessment Rubric for Skill Development: Advocating for Health”

## Family Involvement

A cooperative partnership with your students' families will go a long way towards making health education as effective as possible. Young people need consistent messages regarding health habits. This can happen when families and other caring adults model health habits, talk with young people about health, and reinforce positive health behaviors they notice. To help you achieve this partnership, families and other caring adults are encouraged to take an active role. In this unit, families can be invited to serve as classroom assistants in any of the lessons. They can be encouraged to provide healthy snacks for the Extension Activity in Lesson 2. Family resource sheets are also included. Duplicate these handouts for distribution to the families of your students. They contain health information that complements the topics covered in the unit and activities families can do together to augment and reinforce the learning occurring at school. Family resource sheets are available with the following lessons:

Lesson 1: The Magic Numbers

“A Healthy Combination”

“Bone Building Partnership”

Lesson 2: Don't Be Tricked by Advertising

“Snacking: Hungry or Not”

Lesson 4: My Plan to Be Physically Active

“A Plan for Family Physical Activity”

Review the suggestions for use of these family resource sheets in the How to Use the Manual section.



## Informational Resources: Websites and Phone Numbers

The following websites and phone numbers offer reliable information on nutrition, physical activity, and related topics. Many of the sites are noted in the lessons. Other sites are included as references for you. Check the Educational Materials Center website for additional Internet links that have been placed on their site as a service to you at [www.emc.cmich.edu/links](http://www.emc.cmich.edu/links).

- American Academy of Pediatrics: [www.aap.org/](http://www.aap.org/)
- American Academy of Pediatrics, Parents' website: [www.healthychildren.org/](http://www.healthychildren.org/)
- American Dietetic Association: [www.eatright.org/](http://www.eatright.org/)
- Center for Science in the Public Interest, "Smart-Mouth": [www.cspinet.org/smartmouth/](http://www.cspinet.org/smartmouth/)
- Centers for Disease Control and Prevention, Physical Activity and Nutrition Information: [www.cdc.gov](http://www.cdc.gov)
- Educational Materials Center, Family Corner: [www.emc.emich.edu/family](http://www.emc.emich.edu/family)
- Federal Citizen Information Center, FirstGov for Kids: <http://www.kids.gov/>
- Institute of Medicine of the National Academies, Information on Water: [www.iom.edu](http://www.iom.edu)
- International Food Information Council, Health Information and Activities for Parents and Kids: [www.Kidnetic.com](http://www.Kidnetic.com).
- Michigan Action for Healthy Kids Coalition: [www.actionforhealthykids.org](http://www.actionforhealthykids.org)
- Michigan Department of Community Health and Michigan Department of Education, *Healthy Kids Healthy Weight: Tips for Families With Kids of All Shapes and Sizes*: [www.mihealthtools.org/schools](http://www.mihealthtools.org/schools) or [www.emc.cmich.edu/healthyweight](http://www.emc.cmich.edu/healthyweight)
- Michigan Department of Education, Brain Breaks: [www.emc.cmich.edu/BrainBreaks/](http://www.emc.cmich.edu/BrainBreaks/)
- National Dairy Council Nutrition Explorations: [www.nutritionexplorations.org/kids](http://www.nutritionexplorations.org/kids)
- National Institutes of Health: [www.nih.gov](http://www.nih.gov)
- National Institutes of Health, Milk Matters: <http://www.nichd.nih.gov/milk/kidsteens.cfm>
- Nemours Foundation, KidsHealth: [www.kidshealth.org/kid/index.jsp](http://www.kidshealth.org/kid/index.jsp)
- Produce for Better Health Foundation: [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)
- Public Broadcasting, "Don't Buy It," Advertising: [pbskids.org/dontbuyit/](http://pbskids.org/dontbuyit/)
- U.S. Department of Agriculture, 2010 Dietary Guidelines for Americans: [www.health.gov/dietaryguidelines/](http://www.health.gov/dietaryguidelines/)
- U.S. Department of Agriculture, Food Labels: <http://www.cfsan.fda.gov/~dms/flquiz1.html>
- U.S. Department of Agriculture, Food Labels: <http://www.cfsan.fda.gov/~dms/foodlab.html>
- U.S. Department of Agriculture, MyPlate: [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov)
- U.S. Department of Agriculture, Team Nutrition: <http://www.fns.usda.gov/>
- U.S. Department of Health and Human Services, 2010 Dietary Guidelines for Americans: [www.healthierus.gov/dietaryguidelines](http://www.healthierus.gov/dietaryguidelines)
- U.S. Department of Health and Human Services, Family History: [www.hhs.gov/familyhistory](http://www.hhs.gov/familyhistory)
- University of Michigan Health System, Information on Water: [www.med.umich.edu](http://www.med.umich.edu)

# Materials

The materials used in the *Michigan Model for Health*<sup>®</sup> 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*<sup>®</sup> 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	4	5
<b>Health Education Materials</b>					
• Poster Set: "MyPlate: Healthy Food Choices," Educational Materials Center	X				
• DVD: <i>Max's Magical Delivery</i> , U.S. Health and Human Services, Agency for Healthcare Research and Quality (Extension Activity)	X				
• Book: <i>The Busy Body Book: A Kid's Guide to Fitness</i> , by Lizzy Rockwell (Extension Activity)	X				
• Curriculum: <i>Jump Into Foods and Fitness</i> , Michigan State University Extension (Extension Activity)			X		
• Video [VHS or DVD]: <i>Kids Dance!</i> Central Michigan University Public Broadcasting 2006 (Extension Activity)			X		
• Video [VHS or DVD]: <i>Personal Health &amp; Hygiene</i> , Clearvue and SVE (23 minutes; Extension Activity)				X	
• Poster: "Goal Setting," Educational Materials Center				X	
• Poster: "Advocate for Health," Educational Materials Center					X

MATERIALS	LESSON NUMBERS				
	1	2	3	4	5
<b>Teacher Manual Resources</b>					
<b>Materials to Duplicate</b>					
• Student Worksheet: “The Magic Numbers: 5 and 60”	X				
• Family Resource Sheet: “A Healthy Combination”	X				
• Family Resource Sheet: “Bone Building Partnership”	X				
• Family Resource Sheet: “Snacking: Hungry or Not”		X			
• Student Worksheet: “My Plan to Be Physically Active”				X	
• Family Resource Sheet: “A Plan for Family Physical Activity”				X	
<b>Slides to Prepare</b>					
• Slide Master: “My Plan to Be Physically Active: Part 1”				X	
• Slide Master: “My Plan to Be Physically Active: Part 2”				X	
<b>Teacher Keys and References</b>					
• Teacher Reference—Assessment: “Assessment Rubric for Skill Development: The Magic Numbers”	X				
• Teacher Reference: “Family Letter: Healthy Snacks” (Extension Activity)	X	X			
• Teacher Reference—Assessment: “Assessment Rubric for Skill Development: Creating Advertisements for Healthy Snacks”		X			
• Teacher Reference—Assessment: “Assessment Rubric for Skill Development: My Plan to Be Physically Active”				X	
• Teacher Reference: “Choosing an Advocacy Project”					X
• Teacher Reference—Assessment: “Assessment Rubric for Skill Development: Advocating for Health”					X
<b>Supplied by the Teacher</b>					
<b>Equipment</b>					
• Computer with DVD player (Extension Activity)	X				
• Video camera (Extension Activity)		X			
• AV equipment (Extension Activity)			X	X	
• Projector				X	
<b>Miscellaneous</b>					
• Chart paper	X				X
• Markers	X		X		X
• Pencils or pens	X	X		X	X
• Eight-ounce glass (Suggestion)	X				
• Advertisements for foods or beverages		X			
• Video-taped food and beverage commercials (Extension Activity)		X			