

**MATERIALS/RESOURCES
PHASE VI
STAYING IN BALANCE**

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

EQUIPMENT

Overhead projector, L-VI-1, E-VI-2
Filmstrip projector, L-VI-2 (Optional)
Cassette player, L-VI-2 (Optional)
VCR and monitor, L-VI-2 (Optional), L-VI-6, L-VI-7

RESOURCES

Posters

"Health Habits," from "Lungs Are For Life School Health Posters," American Lung Association, L-VI-1, L-VI-2, L-VI-7
"Eat the Five Food Group Way!" National Dairy Council, E-VI-2
Steps in Negotiating, L-VI-5
Storyboard, L-VI-7

Bulletin Board

Nutrients, L-VI-2, L-VI-3

Filmstrip and Cassette/Videos

Filmstrip and Cassette: Why We Need Food -OR- Video: Our Wonderful Body: Eat Well, Grow Well, L-VI-2
Video: Healthy Teeth, L-VI-6
Video: The Story of Me, from Early Start To Good Health, American Cancer Society, L-VI-7

Student Worksheets

Name That Nutrient, L-VI-2
Foods that Contain Fat, E-VI-2
Foods that Contain Carbohydrates, E-VI-2
Foods that Contain Protein, E-VI-2
Foods that Contain Vitamins, E-VI-2
Foods that Contain Minerals, E-VI-2
Nutrient Search, L-VI-3
Chain of Decay, L-VI-4, L-VI-6
Planning a Meal Together, L-VI-5
Planning a Second Meal Together, L-VI-5 (Optional Activity)
I Plan to Be Healthy, L-VI-7

Teacher Keys

Name That Nutrient, L-VI-2
Nutrient Search, L-VI-3
Chain of Decay, L-VI-4, L-VI-6

Teacher References

Sample Family Invitation to Final Culminating Lesson, L-VI-1
Food Model Comparison Card Leader Guide, 1994, National Dairy Council, E-VI-2
Suggested Food Model Selections, E-VI-2
Nutrient Search Instruction Sheet, L-VI-3
Foods Classified According to Sugar and Starch Content, L-VI-3
“The Carbohydrate Story,” L-VI-3
“The Fat Story,” L-VI-3
“The Protein Story,” L-VI-3
“Dietary Fiber,” L-VI-3
Pamphlet: *Caring For Your Teeth and Gums OR Taking Care of Your Teeth & Gums*,
American Dental Association, L-VI-4, L-VI-6

Miscellaneous

Transparency Master: How Much Sleep Is Enough?, L-VI-1
Transparency Master: Sleepy Suzy, L-VI-1
Transparency Master: Nutrition Information
Student Handout: “Eat the Five Food Group Way!” miniatures, National Dairy Council,
E-VI-2
Food Models, 1994, National Dairy Council, E-VI-2, L-VI-4
Parent volunteers, L-VI-3
Model: Large Teeth, L-VI-6
Model: Giant Toothbrush, L-VI-6
Optional Resource Person: dental assistant, dental hygienist, or dentist, L-VI-6

Family Resource Sheet

Healthy Habits, L-VI-6

REALIA

Transparencies, L-VI-1, E-VI-2
Pencils or pens, L-VI-1, L-VI-2, E-VI-2, L-VI-4, L-VI-5, L-VI-6, L-VI-7
Writing paper, L-VI-1, L-I-5
Transparency marker, E-VI-2
Chem-strip or Tes-tape, L-VI-3
Food items: honey or candy, potato, apple, celery, whole wheat kernels, potato chips, cooked
egg, bread, baked beans, cheese, hot dog, tomato, L-VI-3
Test materials: tweezers, votive candle, matches, aluminum foil, brown paper squares,
pencil, cup for water, eye dropper, white paper plate or paper, woolen yarn, L-VI-3
Tincture of iodine, L-VI-3
Timer or clock, L-VI-6
Toothbrushes, one per student, L-VI-6
Floss, L-VI-6
Permanent marker, L-VI-6
Supplies as needed for Optional Activity, L-VI-7 (Optional)