

### Lesson 3: Food Advertising Influences

“Assessment Rubric for Skill Development: Food Advertising Influences”

### Lesson 4: Finding the Balance: Physical Activity, Rest, and Sleep

“Assessment Rubric for Skill Development: Physical Activity, Rest, and Sleep”

## 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, but are particularly helpful in Lesson 2 if station activities will be used. 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 contain 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: Help Yourself to the Food Groups

“Food for Healthy Weight”

#### Lesson 2: Serve Up Good Nutrition

“Fourth Grade Food Group Formulas”

#### Lesson 4: Finding the Balance: Physical Activity, Rest, and Sleep

“Fit Families Balance Health Habits”

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

## Informational Websites

The following websites offer reliable nutrition and physical activity information. 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.

- American Academy of Pediatrics: [www.aap.org/](http://www.aap.org/)
- American Academy of Pediatrics, Parents' website: [www.healthychildren.org/](http://www.healthychildren.org/)
- Educational Materials Center: [www.emc.cmich.edu/links](http://www.emc.cmich.edu/links)
- 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 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 Agriculture, Food Labels: <http://www.cfsan.fda.gov/~dms/flquiz1.html>



- 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>
- Federal Citizen Information Center, FirstGov for Kids: <http://www.kids.gov/>
- Corporation for Public Broadcasting, Food Advertising: <http://pbskids.org/dontbuyit/>
- International Food Information Council, Health Information and Activities for Parents and Kids: [www.Kidnetic.com](http://www.Kidnetic.com).
- 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/)
- Michigan Action for Healthy Kids Coalition: [www.actionforhealthykids.org](http://www.actionforhealthykids.org)
- The Centers for Disease Control and Prevention, Physical Activity and Nutrition Information: [www.cdc.gov](http://www.cdc.gov).
- The Sleep Foundation, Information on Sleep, Sleep Disorders, Napping, and Related Topics: [www.sleepfoundation.org](http://www.sleepfoundation.org)

# 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 unit on nutrition and physical activity. 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
<b>Health Education Materials</b>				
• Curriculum: "Arianna's Nutrition Expedition," National Dairy Council (Extension Activity)	X			
• Poster Set: "MyPlate: Healthy Food Choices," Educational Materials Center	X	X	X	
• Pictures: Food Photos, Educational Materials Center or Food Models, National Dairy Council	X			
• Poster: "Goal Setting," Educational Materials Center				X
<b>Teacher Manual Resources</b>				
<b>Materials to Duplicate</b>				
• Student Worksheet: "Food Group Facts"	X	X		
• Student Self-Assessment Rubric: "Meal Planning"	X			
• Family Resource Sheet: "Food for Healthy Weight"	X			
• Family Handout: "Can You Help?"		X		
• Student Worksheet: "How Am I Doing?"		X		
• Family Resource Sheet: "Fourth Grade Food Group Formulas"		X		
• Student Worksheet: "Truth or Trick"			X	
• Student Worksheet: "Physical Activity, Rest, and Sleep"				X
• Family Resource Sheet: "Fit Families Balance Health Habits"				X

MATERIALS	LESSON NUMBERS			
	1	2	3	4
<b>Slides to Prepare</b>				
• Slide Master: “Recommended Amounts”	X			
• Slide Master: “Fill Your Plate”		X		
<b>Teacher Keys and References</b>				
• Teacher Key: “Food Group Facts–Part 1”	X			
• Teacher Reference: “Whole Grains”	X			
• Teacher Reference—Assessment: “Assessment Rubric for Skill Development: Meal Planning”	X			
• Teacher Key: “Food Group Facts–Part 2”		X		
• Teacher Reference: “Setting Up Food Stations” (Alternative #1)		X		
• Teacher Reference—Assessment: “Assessment Rubric for Skill Development: Food Advertising Influences”			X	
• Teacher Key: “Physical Activity, Rest, and Sleep”				X
• Teacher Reference—Assessment: “Assessment Rubric for Skill Development: Physical Activity, Rest, and Sleep”				X
<b>Supplied by the Teacher</b>				
<b>Equipment</b>				
• Computer (Extension Activity)	X			
• Computer with Internet access	X		X	X
• Projector	X	X		
• LCD projector and screen or computer monitor			X	
<b>Miscellaneous</b>				
• Pens or pencils	X	X	X	X
• Crayons or markers	X			
• Eight-ounce measuring cup	X			
• Slides	X	X		
• Three pieces of fruit in three different sizes, such as a small, medium and large apple		X		
• Twelve-ounce glass		X		
• One-cup measuring cup		X		
• Half-cup measuring cup		X		
• Box of macaroni and cheese		X		
• Baseball (not a softball)		X		
• Two 9-volt batteries		X		
• CD in plastic case		X		
• Small computer mouse		X		