

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. 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: What's in Food?
"Healthy Snacking"

Lesson 3: Guidelines for Healthy Eating
"Using Food Labels to Make Healthy Food Choices"

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, Parents' website: www.healthychildren.org/
- Educational Materials Center: www.emc.cmich.edu/links
- U.S. Department of Health and Human Services, 2010 Dietary Guidelines for Americans: www.healthierus.gov/dietaryguidelines
- U.S. Department of Agriculture, MyPlate: www.ChooseMyPlate.gov
- National Institutes of Health, Milk Matters: <http://www.nichd.nih.gov/milk/kidsteens.cfm>
- 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 or www.emc.cmich.edu/healthyweight
- 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>
- Institute of Medicine of the National Academies, Information on Water: www.iom.edu
- University of Michigan Health System, Information on Water: www.med.umich.edu



- U.S. Department of Agriculture, Team Nutrition: <http://www.fns.usda.gov/>
- National Institutes of Health: www.nih.gov
- Federal Citizen Information Center, FirstGov for Kids: <http://www.kids.gov/>
- International Food Information Council, Health Information and Activities for Parents and Kids: www.Kidnetic.com.
- Michigan Department of Education, Brain Breaks: www.emc.cmich.edu/BrainBreaks/
- Michigan Action for Healthy Kids Coalition: www.actionforhealthykids.org
- The Centers for Disease Control and Prevention, Physical Activity and Nutrition Information: www.cdc.gov

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	4
Health Education Materials				
• Poster Set: "MyPlate: Healthy Food Choices," Educational Materials Center	X	X	X	X
• Poster: "Nutrients: Vitamins, Minerals, Proteins," Educational Materials Center	X			
• Poster: "Nutrients: Carbohydrates, Fats," Educational Materials Center	X			
• Activity Cards: "Food Labels," Educational Materials Center, eight sets	X	X	X	X
• Poster: "Using Food Labels to Guide Decisions," Educational Materials Center	X	X	X	X
• Food Label Signs: "Note the Amount" and "Percent of Daily Value," Educational Materials Center	X			
• Food Label Signs: "Note the Amount," "Percent of Daily Value," "Number of Servings," "Check calories for each serving," "Limit the items listed in orange," "Get enough of the nutrients in yellow," "5% or less is LOW," and "20% or more is HIGH," Educational Materials Center		X	X	X
Teacher Manual Resources				
Materials to Duplicate				
• Student Worksheet: "Nutrients"	X			
• Student Worksheet: "Snacking for Health"	X	X		

MATERIALS	LESSON NUMBERS			
	1	2	3	4
• Family Resource Sheet: “Healthy Snacking”	X			
• Student Worksheet: “Water: The Essential Nutrient”		X		
• Student Worksheet: “What Am I Drinking?” (Extension Activity)		X		
• Student Worksheet: “Interpreting Food Labels”		X	X	X
• Student Handout: “2010 Dietary Guidelines”			X	X
• Family Resource Sheet: “Using Food Labels to Make Healthy Food Choices”			X	
• Student Worksheet: “How Does My Meal Measure Up?”				X
Slides to Prepare				
• Slide Master: “Nutrients: Vitamins, Minerals, Proteins” (Optional)	X			
• Slide Master: “Nutrients: Carbohydrates, Fats” (Optional)	X			
• Slide Master: “Recommendations From the 2010 Dietary Guidelines”				X
Teacher Keys and References				
• Teacher Key: “Nutrients”	X			
• Teacher Reference: “The Facts About Water”		X		
• Teacher Reference: “Visualizing Amounts”		X		
• Teacher Reference—Assessment: “Assessment Rubric for Skill Development: Reading Food Labels”		X	X	
• Teacher Reference—Assessment: “Assessment Rubric for Skill Development: Meal Planning”				X
Supplied by the Teacher				
Equipment				
• Computer with Internet access	X	X	X	
• Projector	X	X		X
Miscellaneous				
• Pens or pencils	X	X	X	X
• Food labels and packages including many snack foods	X	X	X	X
• Slides	X			X
• Self-adhesive notes, at least 4” x 6” (Suggestion)	X			
• Non-permanent, dry erase marker (Suggestion)	X			
• Folders, one per student (Suggestion)	X			
• Writing paper		X	X	
• Eight-ounce glass or bottle		X		
• Baseball, not a softball (Suggestion)		X		
• Two 9-volt batteries (Suggestion)		X		