

HELP YOURSELF TO GOOD NUTRITION

A Module for Grades 9-12

MATERIALS

Following each item listed, the number of the lesson where the item is used is provided for your reference. For example, “L-1” means the item is used in Lesson 1.

EQUIPMENT

Overhead projector and screen, L-1, L-2, L-4, L-6, L-8

RESOURCES

Posters

Food Guide Pyramid, U.S. Department of Agriculture, L-1, L-2, L-3, L-4, L-5
Guide to Good Eating, National Dairy Council, L-1, L-2, L-3, L-4, L-5

Books/Booklets/Pamphlets

Pamphlets: *Eating for Peak Performance: Sports Nutrition Tips for the Athlete*, United Dairy Industry of Michigan, five copies, L-5
Healthful Eating All Around Town, American Dietetic Association, classroom set, L-6
Guide to Dining Out, United Dairy Industry of Michigan, classroom set, L-6

Miscellaneous

Nutrition Resource Packets, three, L-1, L-2, L-3, L-4, L-5, L-6
Mini-posters: Guide to Good Eating, National Dairy Council, classroom quantity, L-1 (Optional)
Mini-posters: Food Guide Pyramid, National Dairy Council, classroom quantity, L-1 (Optional)
Transparency Master: What Do You Think?, L-1
Transparency Master: Foods to Consider, L-1, L-2
Transparency Master: Today I Learned..., L-1
Food Models, 1994 version, National Dairy Council, L-1 (Optional), L-3, L-5
Transparency Master: Formula for Weight Management, L-2
Transparency Master: Food Label A, L-2
Transparency Master: Food Label B, L-2
Transparency Master: Understanding the Food Groups, L-2
Comparison Cards, National Dairy Council, L-2
Transparency Master: Warning Signs for Unhealthy Eating Patterns, L-4
Nutrition for Pregnancy Resource Packets, three, L-5
Transparency Master: Recommendations for Eating at Fast Food Restaurants, L-6
Transparency Master: Recommendations for Eating on a Budget, L-6
Transparency Master: School Lunches—Are They a Good Deal?, L-6
Resource Person: School Child Nutrition Services Director, L-6 (Optional)
Resource Person: Librarian or Media Center Coordinator, L-7
Transparency Master: Four Phases to Develop a Research Paper, L-8

Student Worksheets and Handouts

Nutrition Basics, L-1
Fast Food: Making It a Healthy Choice, L-1, L-6
A Case of Weight Management, Cases A and B, L-2
A Case of Weight Management, Cases C and D, L-2
Weight Loss Facts, L-3
Situations to Dieting Dilemma, L-3
Nutrition Advice for Charlie, L-3
How to Measure Your Body Fat—Men (#4A and B), from *Food Power: A Coach's Guide to Improving Performance*, National Dairy Council, L-4 (Optional)
How to Measure Your Body Fat—Women (#5A and B), from *Food Power: A Coach's Guide to Improving Performance*, National Dairy Council, L-4 (Optional)
Caring Advice, L-4
How to Build Muscles (#1A and B), from *Food Power: A Coach's Guide to Improving Performance*, National Dairy Council, L-5
What You Need to Know About a Training Diet (#6), from *Food Power: A Coach's Guide to Improving Performance*, National Dairy Council, L-5
What You Need to Know About Pre-Competition Meals (#7), from *Food Power: A Coach's Guide to Improving Performance*, National Dairy Council, L-5
What You Need to Know About Fluid (#9), from *Food Power: A Coach's Guide to Improving Performance*, National Dairy Council, L-5
What You Need to Know About Sports Nutrition Myths (#10), from *Food Power: A Coach's Guide to Improving Performance*, National Dairy Council, L-5
Winning Weight, United Dairy Industry of Michigan and Michigan High School Athletic Association, L-5
Food for Fuel, United Dairy Industry of Michigan and Michigan High School Athletic Association, L-5
Breakfast Power, United Dairy Industry of Michigan and Michigan High School Athletic Association, L-5
A Special Case for Nutrition: Physical Performance, L-5
A Special Case for Nutrition: Pregnancy, L-5
Reliable Resources, L-7
Nutrition-Related Research Paper Guidelines, L-8
Applying What I Know, L-12

Teacher Keys

Foods to Consider, L-1
Nutrition Advice for Charlie, L-3

Teacher References

Dieting and Weight Loss, L-3
Teacher Reference Book: *Update: Eating Disorders* OR pamphlets listed below, L-4
Teacher Reference Pamphlet: *Disordered Eating and Eating Disorders*, American Dietetic Association OR *Eating Disorders: What? Why?*, ETR OR book listed above, L-4
Teacher Reference Pamphlet: *Eating Disorders--They Can Be Treated* OR book listed above, L-4
Teacher Reference Pamphlet: *Eating Disorders: What Everyone Should Know*, American College Health Association OR book listed above, L-4
Pamphlet: *Eating Disorders*, American Dietetic Association, L-4
Nutrition-Related Research Paper Topics, L-8