

Electronic Format 3/15/10
Tabletop Exhibit

Lesson Title: Take & Teach- Smart Small Steps to make a BIG difference in your health

Goal: Participants to practice small lifestyle changes in health and wellness to improve health status and wellbeing.

Objective(s):

1. Participants will gain knowledge that small steps towards a healthy lifestyle can have long term impact on their health.
2. Participants will identify 10 lifestyle changes that improve health and wellbeing
3. Participants will plan to adopt 3 new lifestyle changes to improve health and wellbeing

Participants will:

- * Understand that Smart Small Steps towards a healthy lifestyle can have long term impact on their health.
- * Be able to identify 10 lifestyle changes that improve health and wellbeing
- * Learn they can set 3 new lifestyle goals to improve health and wellbeing

Life Skill(s):

- Communication
- Decision-Making
- Responsibility
- Critical Thinking
- Wise Use of Resources

Character Focus: Caring, Responsibility.

Justification: This program was developed as part of the Take and Teach initiative to help students in grades 7 through 8 understand how their decisions about eating patterns and physical activity today can affect the way they grow and their health for years to come. Healthy lifestyles involve schools, families, and communities in innovative and exciting ways.

Smart Small Steps can make a big difference in health tomorrow. This lesson will introduce new information to students, reinforce what they already know, and help students to develop the “how-to” skills they need to make appropriate eating and physical activity choices now and in the future.

GLE:

- * (ELA-1-M4), Interpret ideas and information in a variety of texts (e.g, scientific reports, technical guidelines, business memos) and makes connections to real-life situations and other texts
- * (ELA-7-M1),
- * (ELA-7-M2).
- * (ELA-1-M3), Draw conclusions and make inferences in print and non-print responses about ideas and information in grade appropriate texts, including: consumer materials and public documents.

Delivery Mode: Group Meeting

Time Allotted: 15 to 30 minutes

Materials Needed for the Lesson:

1. Pen or pencils for students
2. Lesson Plan
3. Table Top Poster Exhibit: 30 MyPyramid Steps to a Healthier You
4. Handout: 30 MyPyramid Steps to a Healthier You
5. Handout: Whole Grain Foods

Number & Grade/Age of Participants: 10 to 40 participants, Grades 7 and 8

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References:

1. USDA Food and Nutrition Service Summer Food Service: Food That’s In When School is Out
2. TEAM Nutrition Parent Lesson: Will the Real Whole Grain Please Stand Up!
3. USDA TEAM Nutrition Teacher’s Guide: yourSELF <http://www.usda.gov/fcs/team.htm>

What You Say	What You Do	What Participants Do
(Suggested discussion) Why are the choices we make today important to our good health?	Wait for Response Call upon participants	Raise Hands Provide answers Response: The body is a work in progress. Our choices today lead to health or limitations later on.
What are the benefits of healthful eating patterns and plenty of physical activity? What happens without them?	Wait for Response Call upon participants Wait for Response Call upon participants	Raise Hands Provide answers Response: The cells in our body are built with good nutrition and the muscles becomes stronger with more physical activity Response: Poor nutrition can cause health problems like heart disease, obesity, high blood pressure, cancer, constipation, diabetes and other illnesses. Without physical activity, the muscles are weak and do not use the calories you eat to be stronger. Extra calories that are not burned become fat, not muscle.
Which foods should you eat more of? Which one should you eat less of?	Wait for Response Call upon participants Wait for Response Call upon participants	Raise Hands Provide answers Response: Fiber, fruits, vegetables, whole grains, low-fat milk, water, Response: Junk food with a lot of fat, salt and sugar. Empty calories
How do you know how much is enough?	Wait for Response	Raise Hands

<p>Too much?</p>	<p>Call upon participants</p> <p>Wait for Response Call upon participants</p>	<p>Provide answers</p> <p>Response: USDA MyPyramid has suggestions. When you have a healthy weight</p> <p>Response: Feel overstuffed after eating, Gaining weight</p>
<p>How might you encourage your friends to change their eating patterns?</p>	<p>Wait for Response Call upon participants</p>	<p>Raise Hands Provide answers</p> <p>Response: Eating right today makes you feel good and prevents health problems later.</p>
<p>Here is educational material called “Smart Steps to Health”. Look it over. What are some of the Smart Small Steps you already do?</p> <p>You will need a pen or pencil for this part. Circle or check the steps that you think you might try at home or school.</p>	<p>Show Handout: Smart Steps to Health</p> <p>Distribute Handout: Smart Steps to Health</p>	<p>Read over list of Smart Steps check the steps already do and circle steps they want to try at home or school:</p> <ul style="list-style-type: none"> • Eat less. • Eat more fruit. • Eat your vegetables. • Spend time with friends. • Plan for dessert! • Laugh every day! • Eat less junk food • Make use of healthy snacks • Switch to complex carbohydrates and whole grains • Limit caffeine • Choose healthy fats • Drink more water • Move more • Find healthy foods you enjoy

<p>What is the role of nutrition and physical activity in growth, energy, and health using the 30 Steps to My Pyramid?</p> <p>Once again, check the items you already do and circle the items you want to set as a goal.</p>	<p>Have the students pick a step to read and discuss. (About 10 steps)</p>	<p>Response: Reads steps and discusses.</p> <p>Checks items already do and circles items for goal setting</p>
<p>On the back of the 30 MyPyramid Steps is a blank calendar for you. Put your name on it. This sheet is for you to set small healthy goals to make big changes in your health. One new healthy goal per week may be a good place to start.</p> <p>Is there one smart small step you might try from the list of steps, the list of whole grains or the 30 MyPyramid steps? Write it down on the blank calendar. Look at the items you circled on each list.</p> <p>What goals can you set about eating and physical activity choices? “Now that you know all this information, what do you do with it?” Use the blank calendar as a worksheet to personalize your Smart Small Steps.</p>	<p>Show the blank monthly calendar.</p>	<p>Locate blank monthly calendars.</p> <p>Review 3 Handouts for checks and circles:</p> <ul style="list-style-type: none"> -Smart Small Steps for Health - More Whole Grains -30 MyPyramid Steps to a Healthier You
<p>Can someone name 10 new steps they can do to be healthier?</p> <p>What are 3 new steps you wrote on your calendars?</p>	<p>Wait for answers. Call on several participants.</p> <p>Wait for answers.</p>	<p>Participants lists up to 10 new steps they may take to improve health using 30 MyPyramid steps and Whole Grain materials.</p> <p>Participants list 3 new behaviors they have set as goals for steps to health.</p>