5th GRADE

Children's Power Play! Campaign

School

Idea & Resource Kit

for Fifth Grade Teachers

Helping Students Power Up with

Fruits, Vegetables, and Physical Activity

POWER PLAY

The *Network for a Healthy California—Children's Power Play! Campaign* is led by the California Department of Public Health in cooperation with the National Fruit and Vegetable Alliance.

The *Network for a Healthy California—Children's Power Play! Campaign* partners with the California Department of Education, the California Department of Food and Agriculture, the American Cancer Society, and other agencies concerned with children's health.

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INTRODUCTION

About the *Children's Power Play! Campaign*

The *Network for a Healthy California—Children's Power Play! Campaign (Campaign)* inspires and empowers California's low-income 9- to 11-year-old children to eat 3 to 5 cups of fruits and vegetables and get at least 60 minutes of physical activity every day. This statewide social marketing initiative is led by the California Department of Public Health's *Network for a Healthy California* to improve children's short-term health and reduce their long-term risk of serious health problems like obesity, type 2 diabetes, heart disease, hypertension, and certain types of cancer. The *Campaign* was developed in collaboration with the California Department of Education and California Department of Food and Agriculture.

The *Campaign's* components include educational lessons in school classrooms and community youth organizations; promotional activities in schools, youth organizations, and the community; and media and public relations activities in the community. These activities are implemented through the 11 *Regional Networks for a Healthy California (Regional Networks)*. The *Regional Networks* offer free training, support, and materials to eligible local organizations and help bring together agencies and resources within the region. Find your *Regional Network* by visiting **www.networkforahealthycalifornia.net/rn**. Organizations based outside Caifornia and those that do not serve children from low-income families can download the *Idea & Resource Kits* by visiting **www.networkforahealthycalifornia.net/powerplay**. A variety of materials are also available to order at-cost from the *Network for a Healthy California*'s online catalog at **www.championsforchangematerials.net**.

Overview of the *School Idea & Resource Kit*

You've probably noticed that kids today are more likely to be overweight, eat unhealthy foods, and be inactive. This may impact how ready they are to learn or how they feel about themselves. You can help change that! The *School Idea & Resource Kit (Kit)* helps you become a Champion for Change in your school. Using the *Kit*, you can make a positive impact on your students' health while teaching your core academic subjects. The *Kit* features 10 activities focused on fruits, vegetables, and physical activity. The activities are linked with California's Content Standards in English-Language Arts, Mathematics, and Health (see page 3). They align with the California Department of Education's Nutrition Competencies for California's Children. The *Kit* has been evaluated and proven to improve kids' knowledge, skills, and confidence related to fruits, vegetables, and physical activity.

The *Campaign* offers both a fourth-grade and a fifth-grade *Kit*. The two *Kits* are designed to complement one another, with the fifth-grade *Kit* introducing new concepts while reinforcing the concepts in the fourth-grade *Kit*. Other materials available to schools include student workbooks, *Power Up for Learning: A physical activity supplement to the School Idea & Resource Kits,* the *Children's Power Play! Campaign's* parent brochure, *Kids…Get Cookin'!* cookbook, posters, *Harvest of the Month,* and more.

You do not need to be a nutrition expert to use the *Kit*. Simply review the background information and, if necessary, take advantage of the additional resources referred to in the Appendix. Before you begin using the *Kit's* activities, take a look at the tips in Create a Healthy Classroom on page 6 to learn how you can support the health of your students through your words and actions.

USING THE KIT

The *School Idea & Resource Kit* activities are in a consistent, easy-to-follow format. The *Kit* is designed with basic, fundamental activities at the beginning and more advanced activities at the end. The *Kit* includes individual, small group, and classroom activities. You can use the Go Farther ideas to extend the activities to the cafeteria, the entire school, students' homes, and the community. You're encouraged to complete all 10 activities with your students to empower them with the knowledge, skills, and confidence to develop lifelong healthy habits.

Each activity contains the following sections:

- **Learning Objectives**—what your students will have learned after completing the activity
- **Links to Content Standards**—the California Content Standards that are supported with the activity
- **Prep Time**—the average amount of time needed to prepare for the activity
- **Activity Time**—the average amount of time needed to conduct the activity with your students
- **Materials**—the materials you will need to conduct the activity (excluding Go Farther ideas)
- **READY**—a brief overview of the activity
- **SET**—what you need to do before conducting the activity with your students
- **GO**—easy-to-follow directions for conducting the activity
- **GO FARTHER**—possibilities for expanding the activity
- **Activity Notes** (if appropriate)—background information for the activity and tips for conducting the activity

Student workbooks are available to eligible schools so that reproduction of the activity worksheets is not necessary. Both English- and Spanish-language worksheets are also included in the *Kit*. To receive additional student workbooks for the new school year, contact your local *Children's Power Play! Campaign* representative. Visit our Web site at **www.networkforahealthycalifornia.net/powerplay** for contact information.

Are you…

READY to help your students become healthier and more energized?

SET for added fun and learning in your classroom?

Then…

GO for it!

LINKS TO CALIFORNIA CONTENT STANDARDS

Complete Content Standards are available on the California Department of Education Web site at **www.cde.ca.gov/be/st/ss/index.asp**.

ACTIVITY	LINKS TO CONTENT STANDARDS
1. Power Survey	**Statistics, Data Analysis, and Probability 1.0,** 1.2 **Listening and Speaking Strategies 1.0,** 1.1, 1.2 **Nutrition and Physical Activity 1.0,** 1.1, 1.9, 1.11, **5.0**, 5.3 **Number Sense 1.0, 1.2
2. Power Scramble	**Reading Comprehension 2.0**, 2.1, 2.2, 2.3 **Listening and Speaking Strategies 1.0**, 1.4, 1.5, 1.6 **Speaking Applications 2.0**, 2.2 **Nutrition and Physical Activity 1.0**, 1.9 **Visual Arts: Creative Expression 2.0, 2.6, 2.7
3. How Much Do I Need?	**Number Sense 2.0**, 2.1, 2.2, 2.3 **Mathematical Reasoning 1.0**, 1.1, 1.2 **Nutrition and Physical Activity 1.0**, 1.1, 1.9, **3.0**, 3.1, **1.6, **7.1, **7.4, **8.1 **Visual Arts: Creative Expression 2.0, 2.6, 2.7
4. Making Better Choices	**Listening and Speaking Strategies 1.0**, 1.1 **Nutrition and Physical Activity 1.0**, 1.9, **2.0**, 2.1, 2.2, 2.3, **4.0**, 4.1, **5.0**, 5.1, 5.2, **8.0**, 8.1, **6.1, **6.2 **Visual Arts: Creative Expression 2.0, 2.6, 2.7
5. Fruit, Vegetable, and Power Play! Challenge	**Reading Comprehension 2.0**, 2.2 **Writing Strategies 1.0**, 1.2 **Nutrition and Physical Activity 1.0**, 1.1, 1.8, 1.9, 1.11, **5.0**, 5.1, 5.2, 5.3, **6.0**, 6.1, 6.2, **7.0**, 7.1, 7.3, 7.4
6. You Be the Food Critic!	**Writing Strategies 1.0**, 1.2, 1.5 **Nutrition and Physical Activity 1.0**, 1.5, **7.0**, 7.2, **8.0**, 8.1
7. The Power of Advertising	**Listening and Speaking Strategies 1.0**, 1.7, 1.8 **Reading Comprehension 2.0**, 2.3, 2.4 **Writing Strategies 1.0**, 1.1 **Nutrition and Physical Activity 1.0**, 1.1, 1.8, 1.9, 1.11, **2.0**, 2.1, 2.3, **4.0**, 4.1, **8.0**, 8.1 **Visual Arts: Creative Expression 2.0, 2.6, 2.7
8. What's on a Label?	**Number Sense 1.0**, 1.2 ,2.1, 2.2 **Reading Comprehension 2.0**, 2.3, 2.4 **Mathematical Reasoning 1.0**, 1.1, 1.2 **Nutrition and Physical Activity 1.0**, 1.2, 1.6, **3.0**, 3.2, **5.0**, 5.1 **Writing 1.0, 1.3
9. Plan a Power Meal	**Listening and Speaking Strategies 1.0**, 1.1 **Visual Arts: Creative Expression 2.0**, 2.6, 2.7 **Nutrition and Physical Activity 1.0**, 1.1, 1.6, 1.8, **4.0**, 4.1, **5.0**, 5.1, **2.2, **8.1 **Speaking Applications 2.0, 2.2 **Visual Arts: Creative Expression 2.0, 2.6, 2.7
10. I Have Power!	**Listening and Speaking Strategies 1.0**, 1.1, 1.2 **Nutrition and Physical Activity 2.0**, 2.1, 2.2, **8.0**, 8.1 **Visual Arts: Creative Expression 2.0 **Writing Strategies 1.0, 1.2

**Addressed with Go Farther ideas

BACKGROUND

The Basics of Nutrition and Physical Activity

You don't need to be an expert to convey the importance of eating healthfully and being physically active to your students! Here are a few basics that will give you a general understanding of these concepts as they relate to both adults and children. This overview will help you to be more comfortable conducting nutrition education and physical activity lessons. To learn more about the 2005 *Dietary Guidelines for Americans* and find ways to make healthy food and physical activity choices, go to **www.health.gov/dietaryguidelines** and **www.mypyramid.gov**.

The food and physical activity choices you make every day affect your health—how you feel today, tomorrow, and in the future. The science-based 2005 *Dietary Guidelines for Americans* highlight how to make smart choices from every food group, get the most nutrition out of your calories, and find your balance between food and physical activity. The best way to give your body the balanced nutrition it needs is by eating a variety of nutrient-packed foods every day and staying within your daily calorie needs. A healthy eating plan is one that:

- Emphasizes fruits, vegetables, whole grains, and fat free or lowfat milk and milk products.
- Includes lean meats, poultry, fish, beans, eggs, and nuts.
- Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.

Regular physical activity is important for your overall health and fitness, and helps you manage your body weight. Here are a few physical activity recommendations that pave the way to a healthier you:

- Do a minimum of 150 minutes of moderate-intensity aerobic activity a week.
- Also do muscle strengthening activities on two or more days a week.
- Increasing the intensity or the amount of time that you are physically active can have even greater health benefits and may be needed to manage body weight.
- Children and teenagers should be physically active for at least 60 minutes every day.

A healthy, balanced diet that includes plenty of fruits and vegetables and regular physical activity are major investments in your life. In fact, healthy eating and physical activity may reduce your risk of many serious health problems like obesity, hypertension, type 2 diabetes, osteoporosis, heart disease, hypertension, and certain types of cancer, and increase your chances for a longer life.

The Importance of Fruits and Vegetables

Fruits and vegetables give you many of the nutrients that you need for good health: vitamins, minerals, dietary fiber, water, and healthy phytochemicals. Some are sources of vitamin A, while others are rich in vitamin C, folate, or potassium. Almost all fruits and vegetables are naturally low in fat and calories, and none have cholesterol, making them a sensible part of your daily meals and snacks.

For children, fruits and vegetables are sources of nutrients that are essential for growth and development, such as vitamin A, vitamin C, folate, and dietary fiber. By establishing the habit of eating fruits and vegetables early in life, children can get a head start in reducing their future risk of serious health problems, especially obesity, type 2 diabetes, heart disease, stroke, and certain types of cancer.

The Importance of Physical Activity

Physical activity helps you feel good, be more productive, and sleep better. Physical activity is also good for your health. It helps you achieve and maintain fitness and lowers your chronic disease risk. Children and adolescents benefit from activity, too. It is recommended that they get at least 60 minutes of moderate to vigorous physical activity every day.

Regular physical activity in childhood and adolescence builds strength and endurance, helps build healthy bones and muscles, helps manage weight, reduces anxiety and depression, and improves blood pressure and cholesterol levels. Positive experiences with physical activity at a young age help lay the foundation for being regularly active throughout life.

Adapted from: "Finding Your Way to a Healthier You: Based on the *Dietary Guidelines for Americans*," U.S. Department of Health and Human Services, U.S. Department of Agriculture; available at **www.health.gov/dietaryguidelines** and *2008 Physical Activity Guidelines for Americans*, U.S. Department of Health and Human Services; available at **www.health.gov/paguidelines**.

Consider These Facts

Children are not eating enough fruits and vegetables or engaging in enough physical activity.

- In California, 9- to 11-year-old children eat an average of 3.0 servings or 2.2 cups of fruits and vegetables on a typical school day, significantly below recommended consumption levels (3-5 cups of fruits and vegetables).[1]
- More than half (55 percent) of California's 9- to 11-year-old children fail to meet the daily physical activity guideline (60 minutes or more of moderate and vigorous physical activity).[2]
- Fewer than one in three (28.5 percent) California fifth graders achieved the Healthy Fitness Zone in all six areas measured by the 2007-2008 California Physical Fitness Test.[3]

Poor nutrition and low levels of physical activity have significant consequences among children.

- Inadequate nutrition and poor diet are major causes of impaired cognitive development, are associated with poor educational performance among low-income children, and also contribute to obesity, anemia, and susceptibility to lead poisoning.[4]
- Children engaged in daily physical education show a more positive attitude toward school as compared to their counterparts who do not.[5]
- Obesity rates have doubled for children and tripled among adolescents over the last two decades and continue to rise.[6] In California, the rise in overweight among 9- to 11-year-old children parallels the national trend, increasing from 15 percent in 1999 to 22 percent in 2005.[7,8]
- Obesity increases the risk of high blood cholesterol, high blood pressure, asthma, and type 2 diabetes while still in childhood.[9]

Establishing healthy eating and activity habits in childhood can help prevent problems in adulthood.

- About half of overweight children or teens will be obese in adulthood.[10,11]
- Physical activity tends to decline with age, with the steepest decline between the ages of 13 and 18.[12]

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[11] Dietz, W.H. (1998). Childhood weight affects adult morbidity and mortality. The Journal of Nutrition, 128, 411S-414S.

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Create a Healthy Classroom

Many of a child's waking hours are spent at school in the classroom. What better place to encourage children to eat more healthfully and be more physically active! Healthful eating and physical activity help children stay energized and ready to learn. In addition to teaching your students about the importance of eating fruits and vegetables and being physically active, you can create a classroom that supports these behaviors.

Here's how to create a healthy classroom:

- **Inspire your students with your words and actions.** Let your students see you enjoying fruits and vegetables by eating lunch with them. Bring fruits and vegetables in your lunch and for snacks. Consider trying the school lunch and encourage your students to try it. Let your students see you participate in physical activities at school or talk about physical activities you participate in outside of school. Before students head out for recess, encourage them to do something physically active.

- **Create a classroom healthy snack and celebration policy.** At the beginning of the school year, create a healthy snack and celebration policy with the students. Be sure to provide a copy of the classroom policy to students to take home to their parents. For healthy snack ideas, see the Power Choices Activity Notes.

- **Use classroom rewards and discipline that support health.** Avoid using any kind of food as a reward, especially foods with low nutritional value. As an alternative, you may wish to provide incentives or rewards that promote physical activity. Don't withhold recess or physical education (P.E.) time as a form of discipline.

- **Create a classroom that moves.** Provide opportunities for physical activity throughout the day. Movement facilitates improved attention and focused learning in the class. Take a two-minute activity break between lessons and have students lead the break with stretches, or play a popular dance song and let students dance. Join in and participate with the students. Offer physical education on a daily basis. Be sure that your P.E. lessons keep your students active and moving at least half of the time.

- **Do a scan of your classroom to be sure it supports healthy eating and physical activity.** Remove any posters, bulletin boards, or objects that promote unhealthy eating or sedentary behaviors (e.g., TV watching, video games). Put up posters, bulletin boards, and other images promoting fruit and vegetable consumption and physical activity. Avoid any objects in your classroom that could be considered an advertisement, especially those that promote unhealthy products.

- **Be an advocate for a healthier school environment.** Work with other teachers, school administrators, school staff, parents, and students to establish an advisory council that focuses on creating a healthy school nutrition and physical activity environment. The advisory council can use existing tools, such as the CDC's School Health Index (**http://apps.nccd.cdc.gov/shi/**) and the USDA's Changing the Scene (**www.fns.usda.gov/tn/Healthy/changing.html**) to assess the school's current environment and work toward healthy changes.