

School Idea & Resource Kit

for Fifth Grade Teachers



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The *5 a Day—Power Play! Campaign* partners with the California Department of Education, California Department of Food and Agriculture, American Cancer Society, and other agencies concerned with children's health.



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Introduction

What is the *California Children’s 5 a Day—Power Play! Campaign*?

The *California Children’s 5 a Day—Power Play! Campaign* encourages California’s 9- to 11-year-old children to eat 3 to 5 cups of fruits and vegetables and be physically active for at least 60 minutes every day. The *Campaign* works with schools, youth organizations, retailers, and the media to surround children with empowering messages and to create environments in which eating fruits and vegetables and being physically active is both easy and socially supported.

The *Campaign* is a part of the larger *California 5 a Day Campaign* and the *California Nutrition Network for Healthy, Active Families*. These programs are led by the California Department of Health Services to reduce the risk of chronic diseases, especially cancer, heart disease, and obesity.

The *5 a Day—Power Play! Campaign* partners with the California Department of Education, California Department of Food and Agriculture, American Cancer Society, and a variety of other agencies interested in children’s health. The *Campaign* is funded by the U.S. Department of Agriculture Food Stamp Program to increase fruit and vegetable consumption, physical activity levels, and participation in federal nutrition assistance programs by children from low-income, food stamp-eligible families.

Overview of the *School Idea & Resource Kit*

The *5 a Day—Power Play! Campaign* created this *School Idea & Resource Kit (Kit)* to help fifth grade teachers add nutrition and physical activity messages into their curriculums. The *Kit* is research-based and educator-friendly. It’s designed to align with the California State Content Standards (see page 3) and the California Department of Education’s nutrition benchmarks.

The *Kit* contains 10 activities for teachers to use in the classroom. Along with the *Kit*, teachers can also receive student workbooks and copies of the *5 a Day—Power Play! Campaign’s* parent brochure. 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.

Many educators and several hundred students from around California provided valuable input as focus group participants and/or pilot-test participants to help make this *Kit* both useful for educators and enjoyable for children.

Disclaimer

The name of the *Children’s 5 a Day—Power Play! Campaign* was created at a time when the dietary recommendation for 9- to 11-year-old children was to eat 5 or more servings of fruits and vegetables every day. In January 2005, the revised Dietary Guidelines for Americans was released, which indicated that children in this age group eat 3 to 5 cups of fruits and vegetables every day. While the name of the *Children’s 5 a Day—Power Play! Campaign* was not changed at the time of this publication, the content in this document reflects the new fruit and vegetable recommendations of the 2005 Dietary Guidelines for Americans. In addition, the physical activity recommendation in this document is in compliance with the revised guidelines.

Using the Kit

The NEW *School Idea & Resource Kit* activities are in a consistent, easy-to-follow format.

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 associated 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 Needed.** *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 have been provided 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 5 a Day—Power Play! Campaign* representative. Visit our Web site at www.ca5aday.com for contact information.

The *Kit* is designed with basic, fundamental activities at the beginning and more advanced activities at the end. If you cannot complete all 10 activities, we recommend that you select at least 5 activities, beginning with some basic activities from the beginning of the *Kit* and progressing toward the more advanced activities at the end.

Links to California Content Standards

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 **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 **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 ** Visual Arts: Creative Expression 2.0, 2.6, 2.7
4. Making Better Choices	Listening and Speaking Strategies 1.0, 1.1 **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
6. You Be the Food Critic!	Writing Strategies 1.0, 1.2, 1.5
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 ** Visual Arts: Creative Expression 2.0, 2.6, 2.7
8. What's on a Label?	Number Sense 1.0, 1.2 Number Sense 2.0, 2.1, 2.2 Reading Comprehension 2.0, 2.3, 2.4 Mathematical Reasoning 1.0, 1.1, 1.2 ** 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 **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 ** Visual Arts: Creative Expression 2.0 ** Writing Strategies 1.0, 1.2

** Addressed with Go Farther ideas

Master List of Materials

To complete all ten activities in this *Kit*, you will need the following materials:

- Student workbooks (Activities 1-10)
- Resources for student research and reference, such as encyclopedias, library books, Internet access, thesaurus, etc. (Activities 2 and 6)
- Measuring cups (Activity 3)
- Variety of fruits and vegetables for demonstration and tasting (fresh, frozen, canned, dried, and juiced) (Activities 3 and 6)
- Supplies for conducting taste testings, including serving containers (cups, bowls, and plates), napkins, tasting forks and/or spoons, food preparation equipment (knives, cutting boards, etc.) and cleaning supplies (sponges, dish detergent, etc.) (Activity 6)
- Sample advertisements from television, radio, magazines, or newspapers (Activity 7)
- Art supplies, including drawing paper and crayons, markers, or colored pencils (Activity 9)
- Sample restaurant menus, cookbooks, and recipes (Activity 9)

Background

The Basics of Nutrition and Physical Activity

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 advice of the 2005 Dietary Guidelines for Americans highlights 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.

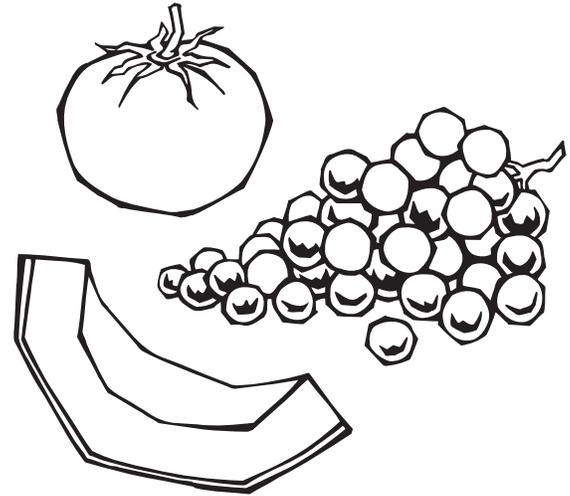
A healthy eating plan is one that:

- 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.

Physical activity is also part of the healthy living equation. Regular physical activity is important for your overall health and fitness, and helps you control your body weight. Here are a few physical activity recommendations that pave the way to a healthier you:

- Be physically active for at least 30 minutes most days of the 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 control body weight. About 60 minutes a day may be needed to prevent weight gain.
- Children and teenagers should be physically active for 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 chronic diseases such as heart disease, certain cancers, type 2 diabetes, and osteoporosis, and increase your chances for a longer life. To learn more about the 2005 Dietary Guidelines for Americans and find ways to make healthy food and physical activity choices, go to www.healthierus.gov/dietaryguidelines and www.mypyramid.gov.



Importance of Fruits and Vegetables

Fruits and vegetables give you many of the nutrients that you need: vitamins, minerals, dietary fiber, water, and healthy phytonutrients. 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.

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 certain common cancers, heart disease, hypertension, stroke, type 2 diabetes, and overweight.

The Importance of Physical Activity

Physical activity helps relieve stress and makes you feel good. It will help you 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 improves strength and endurance, helps build healthy bones and muscles, helps control weight, reduces anxiety and stress, increases self-esteem, and may improve blood pressure and cholesterol levels. Positive experiences with physical activity at a young age help lay the foundation for being regularly active throughout life.

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 3.2 servings (about 1.6 cups) of fruits and vegetables on a typical day.¹
- In California, nearly 40 percent of children assessed through the state's Fitnessgram were considered unfit. There were a higher percentage of unfit children among the Latino and African American populations.²

Poor nutrition and low levels of physical activity greatly affect children.

- Inadequate nutrition and poor diet is a major cause of impaired cognitive development, is associated with poor educational performance among low-income children and also contributes to obesity, anemia, and susceptibility to lead poisoning.³

- Children engaged in daily physical education show superior motor fitness, academic performance, and [a more positive] attitude toward school as compared to their counterparts who do not participate in daily physical education.⁴
- Obesity rates have doubled in children and tripled in adolescents over the last two decades.⁵
- Obesity increases the risk of high blood cholesterol, high blood pressure, asthma, and type 2 diabetes while still in childhood.⁶

Establishing healthy eating and activity habits among children can help head off problems in adulthood.

- About half of overweight children or teens will be obese in adulthood.^{7,8}

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Suggestions for Maintaining a Healthy Classroom

Much 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! Healthy eating and physical activity help children stay energized and ready to learn. In addition to using this *Kit* to teach 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 maintain a healthy classroom:

- **Motivate 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 (<http://www.fns.usda.gov/tn/Healthy/changing.html>) to assess the school's current environment and work toward healthy changes.