



Preview Materials

Grade 3



Educators love our K-12 curriculum based on a user-friendly design and its supreme effectiveness in delivering comprehensive health knowledge and skills.

- Health Promotion Wave (HPW) is **research based** and has been **proven effective** upon the results of an independent evaluation. We provide the connections between the latest proven teaching methodologies and strategies and the most current health information available.
- Health Promotion Wave's **materials are reusable** year after year because no consumable student text is required; in addition, the program provides **updated inserts** on a regular basis at minimal cost.

- Health Promotion Wave's lessons can be **integrated within the current frameworks** of a variety of subjects like reading, writing, math, science, art and music (Grades K-5).
- Health Promotion Wave is **engaging**, with lessons designed to promote **direct participation of students, parents and teachers**.
- Health Promotion Wave incorporates a variety of quality custom made and collected multimedia outlets to **accommodate diverse teaching and learning styles**. Multimedia resources include literature, posters, games, videos, software and models all used to enhance the enrichment of the information and skills taught by our program.

Using this Preview:

Refer to the bookmarks on the left to navigate to the page you need. Included in the PDF files are:

Lesson Plans: The complete Teacher Edition contains lessons that cover a broad range of health topics including Personal and Mental Health; Family Life; Stress Management; Safety and Injury Prevention; Nutrition and Fitness; Drug Prevention; Growth and Development; Community Health and Disease Prevention.

Student Activities: Reproducible activity sheets that easily accommodate any class size. These hands-on activities are designed for use directly with the corresponding lessons in the Teacher Edition. No additional planning or drafting of lesson plans from a student text is required.

Parent Activities: These blackline masters are provided to keep parents informed and engaged in the health education of their children.

Transparencies: These full-color custom designed transparencies are one of many tools used to accommodate a variety of learning styles within the classroom.

Nutrition and Fitness

Session 25 Baseline Knowledge

GOALS To assess students' current knowledge of nutrition and fitness.

OBJECTIVES

1

Introduction

Introduce students to the nutrition and fitness component and appreciate the relationship between personal health behaviors, nutrition, and fitness.

Skills: *personal responsibility, decision-making*

2

Baseline Knowledge

Understand the principles of making healthy food choices.

Skills: *critical thinking, personal responsibility*

PARENT/ COMMUNITY CONNECTION

3

Parent Component

Introduce parents to the nutrition and fitness component and to assess their current nutrition and fitness choices at home.

Skills: *personal responsibility*

MATERIALS

Student Activity 11, Fun With Facts
Student Activity 12(A-C), The Major Nutrients
Transparency 4, Nutrition & Fitness
Parent Activity 14, Nutrition and Fitness Choices

CURRICULUM CONNECTION



science, writing, vocabulary

Please refer to the Nutrition and Fitness Information Guide located in the Teacher Resource section of this manual for more detailed information about nutrition and fitness.

Introduction

Risk factors related to poor nutrition and fitness make up four of the top ten leading causes of death in the United States. According to the Surgeon General's Call to Action to Prevent Overweight and Obesity (see Teacher Resource Guide), approximately 300,000 deaths each year result from diseases involving poor diets or inadequate physical activity. Among preventable causes, only smoking is associated with more deaths in the United States.

One of the greatest challenges facing educators is to empower students to value the importance of good nutrition and physical activity, so they can select a well-balanced variety of nutritious foods and participate in regular physical activity.

The goals of this session are to introduce the nutrition and fitness component, to assess current nutrition and fitness knowledge and behavior, and to assess their current nutrition and fitness practices with parents.

Nutrition and Fitness

Introduction

Purpose: To introduce students to the nutrition and fitness component and to appreciate the relationship between personal health behaviors, and nutrition and fitness.

Skills: *personal responsibility, decision-making*

OBJECTIVE

1

Introductory Activity

ACTIVITY 1

Time: about 10 minutes

1. Begin this activity by having students close their eyes and picture themselves taking a bite of their favorite cake. Ask them: How does it taste? How do they feel?

2. Next, have students picture themselves eating the entire cake! How do they feel now? Discuss the following.

- *How can the same food make you feel so good and so bad at the same time?*
- *Has anyone ever heard the expression 'You are what you eat'? What do you think it means? [Everything we put in our mouths affects how well the body works. The healthier the foods we eat, the healthier the body will be.]*
- *How do you think that expression relates to the cake example? [Any food is unhealthy when eaten in large amounts. The body requires only a certain amount of food to meet its basic needs. Eating too much food or too little food is unhealthy.]*

3. Complete this activity by explaining to students that for the next several sessions you will be discussing the importance of nutrition and fitness, and practicing how to make healthy choices and still enjoy what they are eating.

Baseline Knowledge

Purpose: To understand the principles of making healthy food choices.

Skills: *critical thinking, personal responsibility*

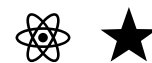
OBJECTIVE

2

Fun With Facts

ACTIVITY 1

Materials: Student Activity 11, Fun With Facts



Time: about 20-25 minutes

1. Copy and distribute Student Activity 11, Fun With Facts. Have students work alone or in small groups to see how much they know about nutrition and fitness. Remind students there are helpful hints along the way.

Nutrition and Fitness

- 2.** Complete this activity by reviewing the correct responses with students (below). Use this baseline to progress throughout the component.
- **Nutrition** is all about how our bodies use the food we eat for energy and growth. Good nutrition is one way we can really take responsibility for our health.
 - **Nutrients** are the substances found in food which our bodies need for energy and growth. The more nutrients in a food, the healthier the food.
 - **Digestion** is the process of separating nutrients from the food for energy and growth — we will be talking more about digestion later.
 - Digestion of food takes place in the **stomach** and intestines.
 - Some foods have lots of nutrients, making them **healthy** foods.
 - Some foods have few nutrients and are **unhealthy**.
 - **Exercise** is a very important way we can take care of ourselves.

ACTIVITY 2 Nutrition and Fitness Concepts

a

Materials: Transparency 4, Nutrition & Fitness

Time: about 15-20 minutes

1. This activity is designed to review nutrition and fitness concepts covered in Grade 2. Display Transparency 4, Nutrition & Fitness. Review the definition of each with students and have them use each word in a sentence (you may want to keep half of the transparency covered at this time).

nutrition: *The study of how our bodies use the food we eat*

nutrient: *The substances found in food which the body needs to grow and function*

fitness: *The state of being physically sound, or healthy*

2. Next, have students review important concepts related to each component. Have students demonstrate their current knowledge by explaining each concept in their own words.

nutrition	nutrient	fitness
Build and repair muscles	Carbohydrate	Tone/strengthen
Build strong bones	Protein	Burn extra calories
Build strong teeth	Water	Improve circulation
Healthy vision	Vitamins	Strengthen heart
Shiny, healthy hair	Minerals	Maintain weight
	Fat	Stay limber/flexible

3. Complete this activity by explaining to students that over the next several weeks they will be learning more about how to make healthy nutrition and fitness choices.

Nutrition and Fitness

The Major Nutrients

ACTIVITY 3

Materials: Student Activity 12(A-C), The Major Nutrients



Time: about 20-25 minutes

1. Review the definition of **nutrient** (*a substance found in food which the body needs to grow and function*). Explain to students that there are many different nutrients which are found in a variety of foods. The best way to stay healthy is to eat a variety of foods which contain all of these nutrients.

2. Next, copy and distribute Student Activity 12(A-C), The Major Nutrients. Explain to students this activity will help them learn about the different nutrients and why they are important. Read this activity with students, then have them fill in each question (see Student Activity Answer Key). Be sure to emphasize the following points:

- The body needs many different nutrients.
- No one food, or group of foods, has all of these necessary nutrients.
- Natural foods, such as fruits and vegetables, have many more nutrients than manufactured foods, such as crackers, or other bakery goods.
- Eating healthy foods with many nutrients does not have to be boring.

Parent Component

OBJECTIVE

Purpose: To introduce parents to the nutrition and fitness component and to assess their current nutrition and fitness choices at home.

3

Skills: *personal responsibility*

Closing Activity

ACTIVITY 1

Materials: Parent Activity 14, Nutrition and Fitness Choices



Time: about 20 minutes

1. Copy and distribute Parent Activity 14, Nutrition and Fitness Choices. This activity introduces parents to the nutrition and fitness component and asks that parents assess the nutrition and fitness choices they make at home with their children.

2. On the due date, discuss each question on the assessment and have students share their results. You may want to graph the results on the Personal Health Behaviors Graph and discuss how healthy their choices are as a class, and what areas they may need to improve.

Name _____

Student Activity 11, **Fun with Facts: Challenging the Nutrition Wizard**

Taking good care of yourself is important. Staying healthy helps you to grow up strong and allows you to do all of the things you like.

Eating right and exercising are **two** very important ways you can take good care of yourself. You don't have to be a Nutrition Wizard to learn how to make healthy food and exercise choices. But there are some important facts you need to know.

Some of these facts are listed below. See how many facts your group can get right. Don't forget to use the helpful hints hidden in the Nutrition Wizard.

are the substances found in food which our bodies need for energy and growth.

_____ is all about how our bodies use the food we eat for energy and growth.

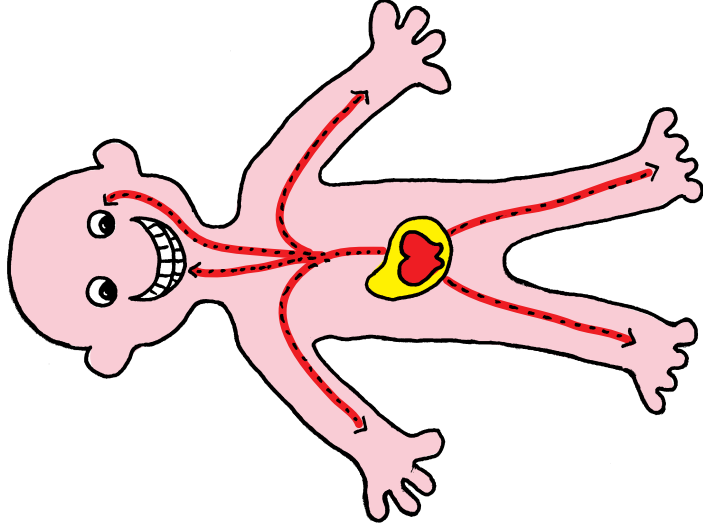
Digestion of food takes place in the _____ and the small intestines.

_____ is the process of separating nutrients from food for energy and growth.

Some foods have a lot of nutrients and are _____

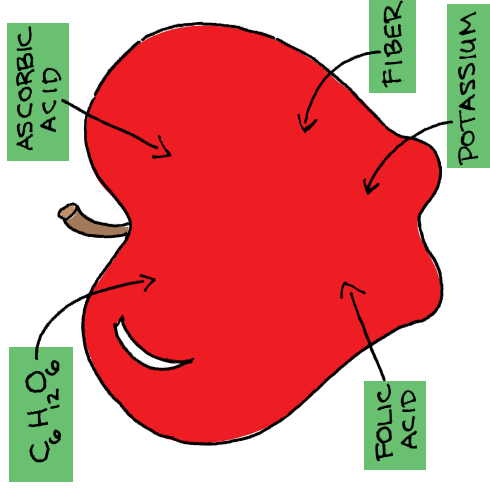
Other foods do not have a lot of nutrients and are _____

_____ is another way we can take good care of ourselves!



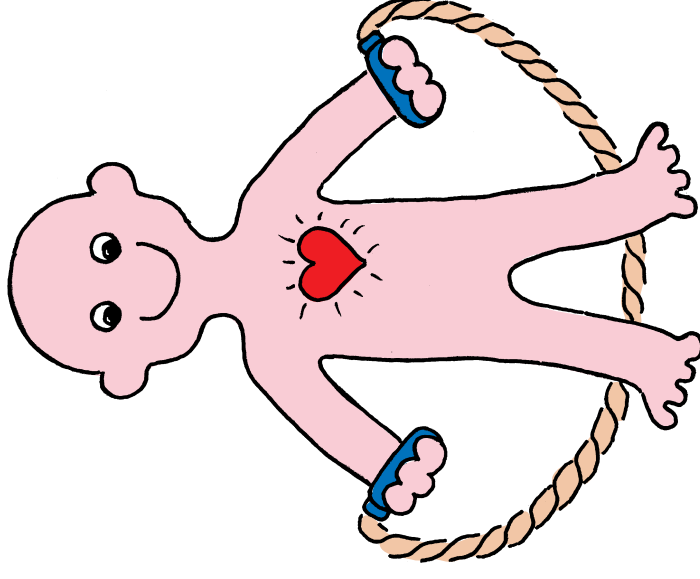
nutrition:
**The study of how
 our bodies use
 the food we eat**

- Build & repair muscles
- Build strong bones
- Build strong teeth
- Healthy vision
- Shiny, healthy hair



nutrients:
**The substances
 found in food which
 the body needs to
 grow and function**

- Carbohydrate • Fat
- Protein • Water
- Vitamins • Minerals



fitness:
**The state of being
 physically sound,
 or healthy**

- Tone/strengthen
- Burn extra calories
- Improve circulation
- Strengthen heart
- Maintain weight
- Stay limber/flexible

Name _____

Student Activity 12A, **The Major Nutrients**

Nutrients are the chemicals, or substances, found in food which the body needs to function properly. There are many different nutrients. Some are listed below. Circle the nutrients you are familiar with.

Fiber

Minerals

Iron

Carbohydrates

Fat

Vitamins

Protein

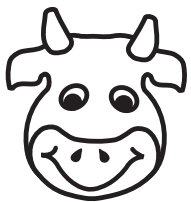
Water

Calcium

Water is the most important of all nutrients. You should drink at least 4-5 glasses of water a day.

How many glasses of water do you drink each day? _____

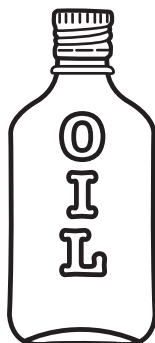
Fat is also an important nutrient. It provides energy for the body and helps to maintain proper body temperature. Some fats are better for us than others.



Saturated fats come from animal foods such as meat, milk, cheese, and butter. Too much saturated fat can cause serious health problems like heart disease. These foods should be eaten in very small amounts. One way to eat less saturated fat is to buy low-fat versions of milk, cheese, and other dairy products.



Unsaturated fats are healthier fats and they come from plant foods and most fish.

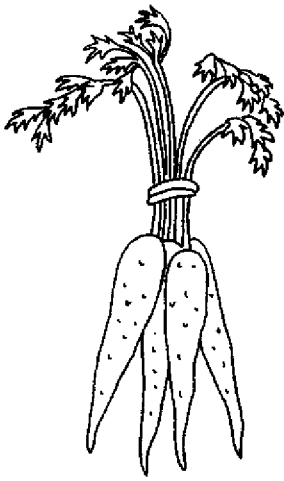


Oil is an example of a fat that comes from plants. Can you name some plants that are used to make oil?

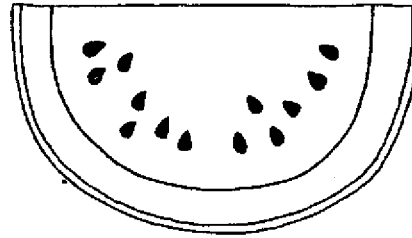
Name _____

Student Activity 12B, **The Major Nutrients**

Carbohydrates are nutrients which should make up the largest part of your diet. Carbohydrates provide the body with its main source of energy. Some forms of carbohydrates are healthier than others. Circle the foods which provide the best forms of carbohydrates.



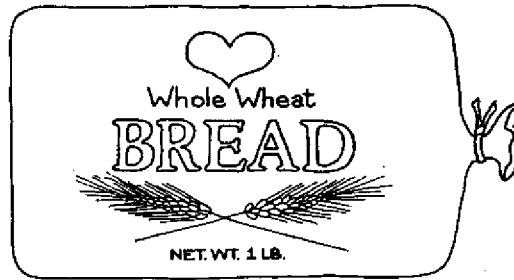
sweets



fruits



soda



whole grains

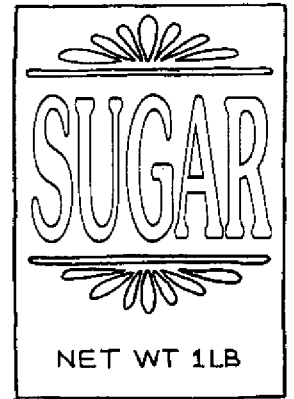
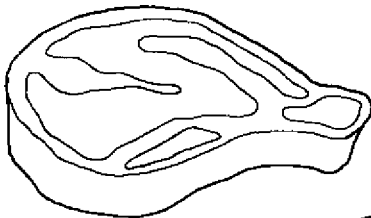
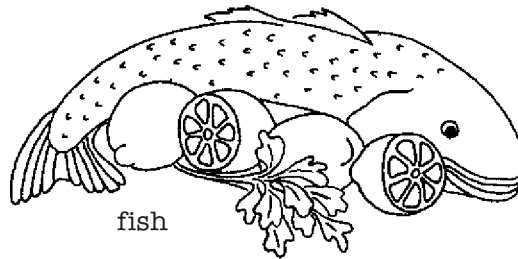


table sugar

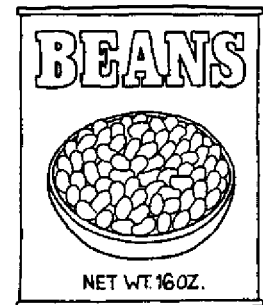
Proteins are also very important nutrients. They are necessary to build and repair body tissue. Some foods high in protein are also high in fat, which is not very healthy. Circle the foods which are the best sources of protein.



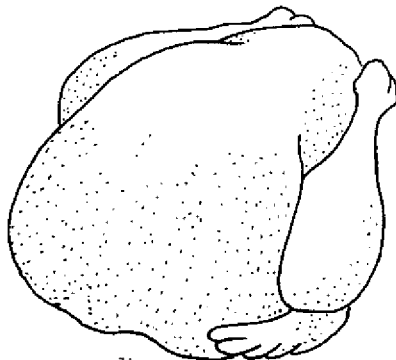
fatty meat



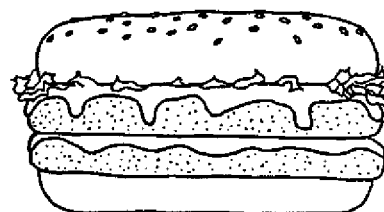
fish



beans



poultry



fast food cheese burgers

Name _____

Student Activity 12C, **The Major Nutrients**

Vitamins and **M**inerals

These nutrients are required in much smaller amounts than other nutrients.

Certain vitamins and minerals are very important for young people. Calcium is an important mineral for building strong bones and teeth.

Fresh fruits and vegetables are excellent sources of vitamins and minerals. Dairy products, particularly low-fat and non-fat products are also excellent sources of vitamins and calcium.

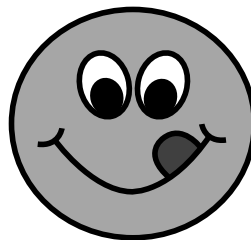


Draw a picture of your favorite fruit.



Draw a picture of your favorite vegetable.

Name one of your favorite healthy foods.



Name one of your favorite foods that is not very healthy.

Write one sentence to describe how you can make sure you are getting all these nutrients every day.



Parent Activity 14, Nutrition and Fitness Choices

Dear Parent:

This week we have begun the nutrition and fitness component of our health program. You probably have been hearing or reading in the news a great deal about the problem of overweight children and adults in the United States.

Poor nutritional choices and lack of exercise make up four of the top ten leading causes of death in the United States. According to a report by U.S. Surgeon General (Surgeon General's Call to Action to Prevent Overweight and Obesity), approximately 300,000 deaths each year result from diseases involving poor diets or inadequate physical activity.

Many factors contribute to some of the unhealthy choices many of us make, including busy lifestyles; abundance of fast food choices; and more time in front of computers and TVs, and less time being physically active.

The goals of this segment of the program are for children to have healthier lunch options at school, to make healthier food selections, and to motivate them to be physically active each day. Attached is a survey of healthy food and fitness choices for you and your child to complete. Discuss with your child one area he or she would like to make some improvement. This will be helpful later in the program when students will be working on projects to improve nutrition and fitness choices.

The due date for this activity is _____.

Thank you for your assistance. Please feel free to write comments or suggestions and return this letter.

Parent Comments:

Name _____

Parent Activity 14, **Nutrition and Fitness Choices**

How Often Do You....

1. Exercise each day?	always	sometimes	never
2. Choose healthy snacks, such as carrots or celery?	always	sometimes	never
3. Eat 2 or 3 fruit servings each day?	always	sometimes	never
4. Use low-fat or non-fat dairy products, such as skim milk or low-fat yogurt?	always	sometimes	never
5. Trim fat, including the skin, off of meat and poultry?	always	sometimes	never
6. Do some form of physical activity together as a family each week?	always	sometimes	never
7. Drink water or juice rather than soda?	always	sometimes	never
8. Choose whole grains from the bread, cereal, rice and pasta group?	always	sometimes	never
9. Do stretching and toning exercises each day?	always	sometimes	never
10. Eat three servings of vegetables each day?	always	sometimes	never