

TEACHER'S INSTRUCTIONS

Dear Teacher,

Thank you for caring about the health of your students and taking the time to incorporate these healthful living activities into your lesson plans. This activity book covers four general topics, lessons that you can use in a number of different ways:

- 1: **Healthy vs. Unhealthy Lifestyles** - challenges students to think about behaviors such as eating candy or fried foods and watching TV, as opposed to choosing fruits, veggies, and being physically active. They get to decide whether the choices are healthy or unhealthy and learn to make better choices in their own lives.
- 2: **Eat Like the Rainbow** - can be used in a number of ways to get students thinking about all the different colors of fruits and vegetables they like. They can even use this activity to create a colorful meal!
- 3: **Moderation Match** - can be used along with the adjustable measuring spoon/cup we've provided to make learning proper portion sizes fun.
- 4: **Physical Activity Calendar** - keeps your classroom energized by adding one of 15 different 10 to 15 minute physical activity breaks each day.

The toolkit also includes a **Bonus Certificate for Taking Charge!**

Just fill in the name of each student (or the class) and the ways they are taking charge of their health.

Each activity provides learning objectives, teaching instructions, and copier-ready materials. Also, an interactive DVD with the mice Hugo and Chloe from the Meadowland play is included to provide additional education in the classroom.

Happy healthy teaching! Have fun, and we hope you enjoy!

