

Michigan Model for Health®

PUBLICATION DATE:

Kindergarten-2008
 Grade 1-2008
 Grade 2-2007
 Grade 3-2007
 Grade 4-2006
 Grade 5-2006
 Grade 6-2008
 Grade 7/8-2006
 What's Food Got to Do With It
 Grade 7/8-2008
 It's Time to Move!

INTENDED AUDIENCE:

Kindergarten through Grade 8 students

LANGUAGE:

English

FORMAT: Print, with suggested classroom instructional materials and resources

DESCRIPTION:

What can be found in the Michigan Model for Health® nutrition and physical activity lessons?

- ▶ Healthy eating and healthy physical activity: benefits, importance of variety, nutrients, importance of water, food groups and recommended amounts;
- ▶ Balancing movement, rest, and physical activity;
- ▶ Food labeling;
- ▶ Advertising and influences;
- ▶ Food Safety and food-borne illness;
- ▶ Safe physical activity: safety gear, hydration, and sun protection;
- ▶ Relationship of self perception, body image, body weight, and physical activity to one's food intake and physical activity.

Kindergarten-Grade 2: Three, 25-35 minute lessons at each grade level;

Grade 3: Five, 45 to 50 minute lessons at each grade level;

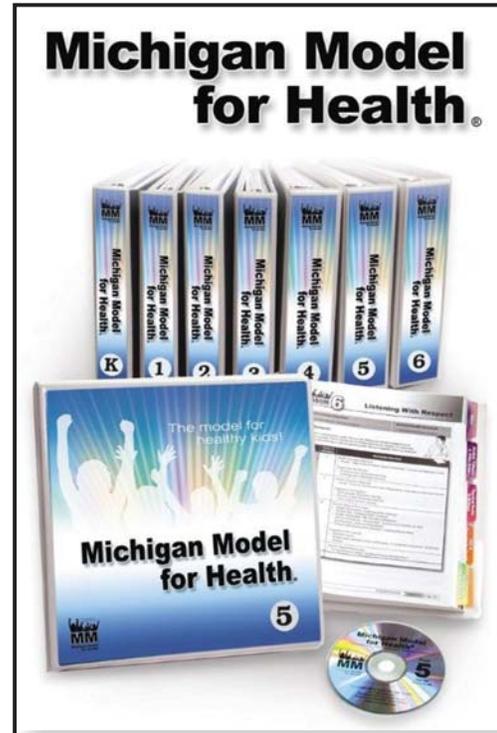
Grades 4-5: Four, 45 to 50 minute lessons at each grade level;

Grade 6: Eight, 45-50 minute lessons;

Grades 7-8: Eight nutrition lessons and five physical activity lessons; each lesson is 45 to 50 minutes

The lessons:

- ▶ are consistent with the Dietary Guidelines and MyPyramid;
- ▶ are based on the Michigan Health Education Standards and K-8 Grade Level Content Expectations;
- ▶ include clearly written student learning objectives, material lists, activity directions, and nutrition resource information to make lesson preparation easy for classroom teachers and other implementers;



- ▶ are specific at each grade level, kindergarten through grade six, and middle school, to ensure age appropriateness, while avoiding gaps and limiting redundancy;
- ▶ use interactive and research-based educational strategies proven to increase knowledge, develop skills, and promote behavior change;
- ▶ are aligned with nationally field-tested assessment items;
- ▶ include classroom, cafeteria, and school-wide extension activities to reinforce skill development;
- ▶ include take home Family Resource Sheets;
- ▶ are culturally appropriate, and free of product promotions and sponsor bias; and
- ▶ facilitate interdisciplinary learning that integrates nutrition and physical activity into comprehensive health education and other curricula, including language arts, social studies, science, math and art.

How is Michigan Model for Health® different?

The lessons are a component of a comprehensive health education curriculum for K-12 students, supported and promoted by the State of Michigan and their partners.¹ The impact of the nutrition lessons are reinforced and strengthened by other content areas throughout the health curriculum. Training and instructional material support, as well as technical assistance from regional health education sites², ensure quality implementation and program sustainability.

COST: Instructor Manuals:

- ▶ \$25-\$30 per grade for kindergarten through grade 6;
 - ▶ \$17.50 per middle school nutrition and physical activity module;
- Suggested classroom instructional nutrition and physical activity materials are minimal cost and vary for each grade; some Regional Health Education sites support the cost of training. To contact your Regional School Health Coordinator and determine if training is available in your region please visit: <http://www.cshca.org/about/memberlist.htm>

PUBLISHER/DISTRIBUTOR NAME AND ADDRESS:

Educational Materials Center
139 Combined Services Building
Central Michigan University
Mt. Pleasant, Michigan 48859

PHONE: Toll Free: 1-800-214-8961; Local: 989-774-3953

FAX: 989-774-3943

WEB SITE: <http://www.emc.cmich.edu>

EMAIL: emc@cmich.edu

¹ See Michigan's Vision at the beginning of this resource guide.

² See list of Comprehensive School Health Education Regional Sites in page 44 or visit <http://www.cshca.org/about/memberlist.htm>.

Little D's Nutrition Expedition

PUBLICATION DATE: 2005

INTENDED AUDIENCE: Grade 2

LANGUAGE: English

FORMAT: Print

DESCRIPTION:

Little D's Nutrition Expedition curriculum transports second-grade students back to the time of medieval castles and dragons to learn the importance of good nutrition and physical activity. Along the way they meet food group friends like Little D the dragon, Princess Peapod, Queen Anna Banana and Sir Milkford the Scholar. The curriculum consists of 10 activity plans, ranging from 25–60 minutes. The interactive activity plans are age- and grade- appropriate with clearly stated objectives, easy to follow, and well organized. The activities focus on age-appropriate skill development; complete with the construction of a Food Group Wall Dragon in Activity 10. Reinforcement is provided through take-home letters, Little D's Interactive Nutrition Games CD, a booklist and parent/guardian resources on the National Dairy Council Web site. The visuals are age-appropriate and incorporate MyPyramid: Steps to Healthier You.

The teacher is provided with a Nutrition Backgrounder with an appendix on multicultural foods from each food group. The teacher is given clear directions for each activity plan. Teacher preparation before class is minimal. No training is required or available to teach this curriculum. There are pre- and post-assessments provided.

Little D's Nutrition Expedition links to language arts and health and is recommended as a supplement to the **Michigan Model for Health**® curriculum.

COST: Free (in Michigan to 2nd grade teachers)

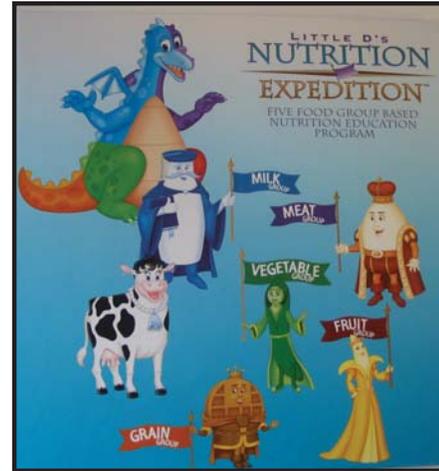
PUBLISHER/DISTRIBUTOR NAME AND ADDRESS:

National Dairy Council. United Dairy Industry of Michigan, 2163 Jolly Road, Okemos, MI 48864

PHONE: 800-241-MILK (6455)

WEB SITE: <http://www.udim.org> or <http://www.nutritionexplorations.org>

EMAIL: udim@udim.org



Arianna's Nutrition Expedition

PUBLICATION DATE: 2005

INTENDED AUDIENCE: Grade 4

LANGUAGE: English

FORMAT: Print

DESCRIPTION:

Arianna's Nutrition Expedition curriculum includes two adventurous fourth-graders who solve mysteries, travel, and put pizzazz into learning about the importance of good nutrition and physical activity in this five food group based, action-packed curriculum. The curriculum consists of eight activity plans, ranging from 25–60 minutes. The interactive

activity plans are age- and grade-appropriate with clearly stated objectives, easy to follow, and well organized. The activities focus on age-appropriate skill development; complete with the construction of a Scrapbook Page in Activity 8. Reinforcement is provided through take-home letters, Arianna's Interactive Nutrition Games CD, a booklist, and parent/guardian resources on the National Dairy Council Web site. The visuals are age-appropriate and incorporate MyPyramid: Steps to Healthier You.

The teacher is provided with a Nutrition Backgrounder with an appendix on multicultural foods from each food group. The teacher is given clear directions for each activity plan. Teacher preparation before class is minimal. No training is required or available to teach this curriculum. There are pre- and post-assessments provided.

Arianna's Nutrition Expedition links to language arts and health and is recommended as a supplement to the **Michigan Model for Health**[®] curriculum.

COST: Free (in Michigan to 4th grade teachers)

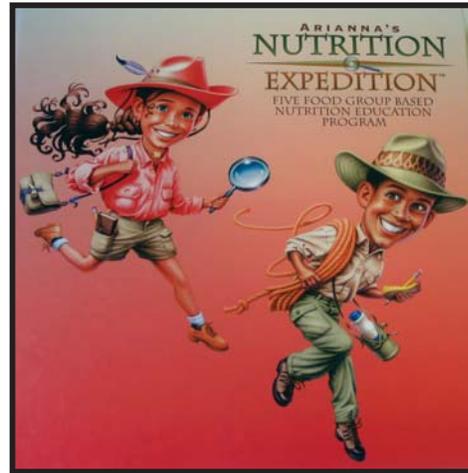
PUBLISHER/DISTRIBUTOR NAME AND ADDRESS:

National Dairy Council. United Dairy Industry of Michigan, 2163 Jolly Road, Okemos, MI 48864

PHONE: 800-241-MILK (6455)

WEB SITE: <http://www.udim.org> or <http://www.nutritionexplorations.org>

EMAIL: udim@udim.org



Empowering Youth with Nutrition and Physical Activity

PUBLICATION DATE: 2007

INTENDED AUDIENCE:

Youth 11-18 year old

LANGUAGE: English

FORMAT: Print

DESCRIPTION:

This manual was developed as a resource to help teachers and caregivers of adolescents become positive role models. There are eight chapters in the manual. The manual provides information on the 2005 Dietary Guidelines for Americans and the MyPyramid, facts on heart disease, diabetes, fats, cholesterol, and sodium. Information is provided on incorporating nutrition and physical activity into youth development programs, special events, field trips. The youth learn about choosing healthy meals with caterers and plan a healthy snack. There is information on helping youth plan, implement, and evaluate a project.

No training is required or available to incorporate the activities and games listed in the manual. The manual can be used in classroom or after-school settings. The manual is well organized. There is an extensive list of resources and web sites related to nutrition and physical activity. A list of nutrition and physical activity vendors and materials is also provided. Recipes are provided. Tips and substitutions are provided to make recipes heart healthy, low in added sugar and sodium.

COST: Free to Team Nutrition schools upon request

PUBLISHER/DISTRIBUTOR NAME AND ADDRESS:

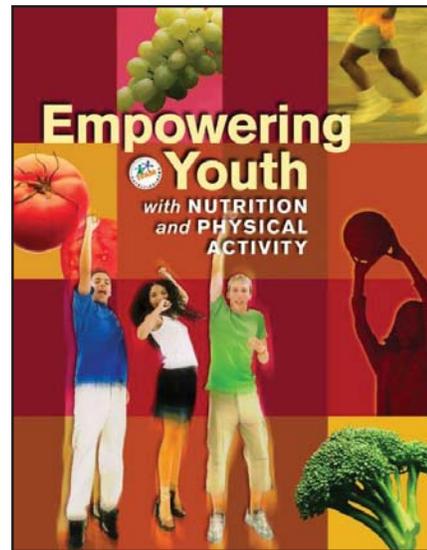
USDA Team Nutrition, 3101 Park Center Drive, Room 632, Alexandria, VA 22302

PHONE: 703-305-1624

FAX: 703-305-2549

WEB SITE: <http://teamnutrition.usda.gov/Resources/empoweringyouth.html>

EMAIL: teamnutrition@fns.usda.gov



Exemplary Physical Education Curriculum (EPEC) K-5

PUBLICATION DATE: 2006

INTENDED AUDIENCE: Grades K-5

LANGUAGE: English

FORMAT: Print

DESCRIPTION:

EPEC K-5 is a 258-lesson physical education curriculum; 125 of these lessons have at least one nutrition-related reinforcing activity. Each lesson is 5-10 minutes; the scope and sequence recommends teaching three to five lessons per half-hour PE period. The curriculum is organized into folders by objective. Each folder contains one teaching/learning progression (TLP) with discrete steps that take the students from non-performance to mastery. Each folder also includes one pre- and post-assessment rubric, one instructional segment, and two reinforcing activities for each step in the TLP.

The curriculum is research-based with clearly stated objectives. The curriculum is well organized, with age- and grade-appropriate activities and visuals. The activities are culturally sensitive. EPEC promotes increased knowledge, skills, and behavior change with experiential learning in nutrition and physical activity. The curriculum reflects the recommendations of the 2005 Dietary Guidelines for Americans.

EPEC is recommended to be taught by certified PE teachers. Teacher preparation is moderate. EPEC meets the Michigan Standards and Benchmarks for Health related to nutrition and physical activity. Some reinforcing activities have links to core subjects.

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COST: \$389 in Michigan; \$599 outside Michigan

PUBLISHER/DISTRIBUTOR NAME AND ADDRESS:

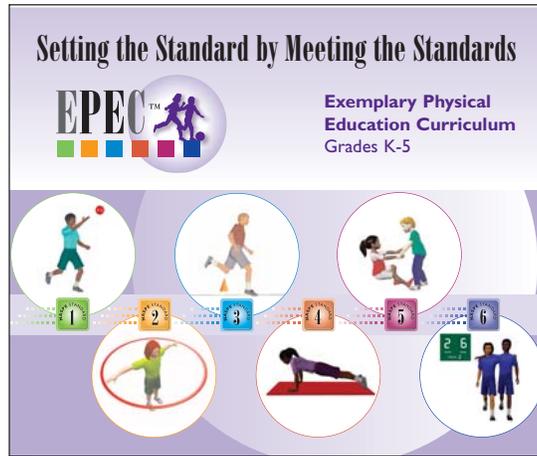
Michigan Fitness Foundation, P.O. Box 27187, Lansing, MI 48909

PHONE: 877-464-3732

FAX: 517-347-8145

WEB SITE: <http://www.michiganfitness.org/epec>

EMAIL: lsheppard@michiganfitness.org



Family Bookbag

PUBLICATION DATE: 2005

INTENDED AUDIENCE: Grades K-2

LANGUAGE: English

FORMAT: Print

DESCRIPTION:

The Family Bookbag was created so that children and their families can have fun reading together at home, while at the same time learning about healthy eating and being physically active. This program is designed so that each child in a class or program has a turn taking home the bookbag for 3 – 7 days, then returns it to the school, site or educator.

The Family Bookbag contains the Educator’s guide, parent letter, and five children’s books – What’s for lunch? Milk, The Busy Body Book, I will Never Not Ever Eat a Tomato, Yoko, and Oh! The Things You Can Do That Are Good For You, 30 family tip sheets, 30 recipe card sets, 30 “Your to Keep” labeled plastic bags. Each “Yours to Keep” bag has a family tip sheet and a recipe card set reminding participating children and their families that the bag and its contents are theirs to keep before returning the Bookbag. The children’s books in the Family Bookbag have culturally appropriate visuals and content.

The Family Bookbag can be used in classrooms, out-of-school-time programs, home-visiting programs or any other programs that serve children in this age group. This curriculum was evaluated by over 1000 families with positive results.

COST: \$75 + \$5 shipping and handling

PUBLISHER/DISTRIBUTOR NAME AND ADDRESS:

Michigan State University Extension, 240 Agriculture Hall
East Lansing, MI 48824-1039

PHONE: 517-353-9102

FAX: 517-353-4846

WEB SITE: <http://www.familybookbag.fcs.msue.msu.edu>

EMAIL: Paul McConaughy, Project Coordinator, mconau1@msu.edu



Fit Bits

PUBLICATION DATE: 2008

INTENDED AUDIENCE: Grades K-5

LANGUAGE: English

FORMAT: Print

DESCRIPTION:

Fit Bits are spiral-bound books with a built-in easel, with one activity per spread. Each book targets one grade, from Kindergarten through fifth grade.

There are 40 activities in each book, 20 of which have nutrition themes and 20 personal/social themes, all with physical activity embedded. Each activity is 10-20 minutes. The curriculum is science-based and accurately reflects the recommendations of the 2005 Dietary Guidelines for Americans.

The objectives for each activity are clearly stated. The curriculum promotes increased knowledge and provides experiential learning in nutrition and physical activity. The activities and visuals are age-, grade-, and culturally-appropriate. The curriculum is interactive.

Comprehensive instructions are provided in the "For Teachers Only" section. No training is required or available to teach the curriculum. No pre- or post- assessment is available or required.

COST: \$50 (per grade) + shipping and handling

PUBLISHER/DISTRIBUTOR NAME AND ADDRESS:

Michigan Fitness Foundation, P.O. Box 27187, Lansing, MI 48909

PHONE: 877-464-3732

FAX: 517-347-8145

WEB SITE: <http://www.michiganfitness.org/fitbits>

EMAIL: lsheppard@michiganfitness.org



MyPyramid for Kids - Lessons for Grades 1 and 2, Grades 3 and 4, and Grades 5 and 6

PUBLICATION DATE: September 2005

INTENDED AUDIENCE: Grades 1-6

LANGUAGE: English

FORMAT: Print

DESCRIPTION:

The MyPyramid for Kids Classroom Lessons are a set of nine sequential lesson plans, three lessons each at Level 1, Level 2 and Level 3. Each lesson is 45-60 minutes. The lessons are based on the 2005 Dietary Guidelines for Americans and MyPyramid for Kids.

The lessons are grade appropriate with clearly stated objectives. The lessons are interactive, easy to follow, and well organized. The visuals are age appropriate. The lessons provide lunchroom links and take-home activities. The lessons focus on age appropriate skill development for making healthy lifestyle choices. Lessons are presented in a kid-friendly, positive format.

The lessons do not necessitate prior nutrition and physical activity knowledge for teachers. No training is required or available to teach the curriculum. Clear instructions are provided for any teacher to confidently teach the lessons. Preparation before teaching curriculum is minimal. The content and visual do not promote brand name bias. No pre- or post-assessment is available. Depending on content, lessons link to language arts, math, or science. The lessons meet some of Michigan Standards and Benchmarks for Health related to nutrition and physical activity.

Supplemental materials are available in a CD provided with the lessons. Black and white reproducible masters are also provided.

COST: Free for Team Nutrition enrolled schools upon request

PUBLISHER/DISTRIBUTOR NAME AND ADDRESS:

USDA Team Nutrition, 3101 Park Center Drive, Room 632, Alexandria, VA 22302

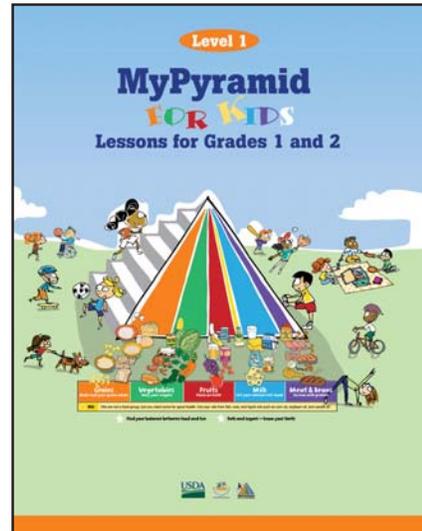
PHONE: 703-305-1624

FAX: 703-305-2549

WEB SITE: <http://teamnutrition.usda.gov/Resources/mypyramidclassroom.html>

SUPPLEMENTAL WEB SITE: <http://www.mypyramid.gov/sp-index.html>

EMAIL: teamnutrition@fns.usda.gov



Nutrition Essentials: Teaching Tools for Healthy Choices. Nutrition Education Ideas for Secondary School Teachers

PUBLICATION DATE: April 2007

INTENDED AUDIENCE: Grades 7-12

LANGUAGE: English

FORMAT: Print

DESCRIPTION:

Nutrition Essentials is a sequential six-lesson curriculum based on the principles of the 2005 Dietary Guidelines for Americans and MyPyramid to encourage middle and high school students to develop healthy lifestyle habits.

Each lesson has clear objectives, is well organized and presented in an easy format. Each lesson uses a poster or visual image as the focus for class discussions and activities. The curriculum is interactive. The lessons encourage teens to eat recommended amounts and kinds of foods from each food group based on their age, gender and level of physical activity. Teens develop skills to select nutrient-dense foods to meet their recommended nutrient needs for a day. The curriculum does not provide any experiential learning. Students are encouraged to engage in at least 60 minutes of physical activity most or all days of the week. The activities and visuals are age- and grade- appropriate. The visuals are not culturally appropriate. The content and visuals do not present brand name bias. The curriculum provides no link to core courses. The curriculum meets some of Michigan Standards and Benchmarks for Health Education related to nutrition and physical activity.

No training is available or required to teach this curriculum. Teacher preparation is minimal. No pre- or post-assessment is available. Supplemental materials are available on a CD provided with the curriculum.

COST: Free for Team Nutrition enrolled schools upon request

PUBLISHER/DISTRIBUTOR NAME AND ADDRESS:

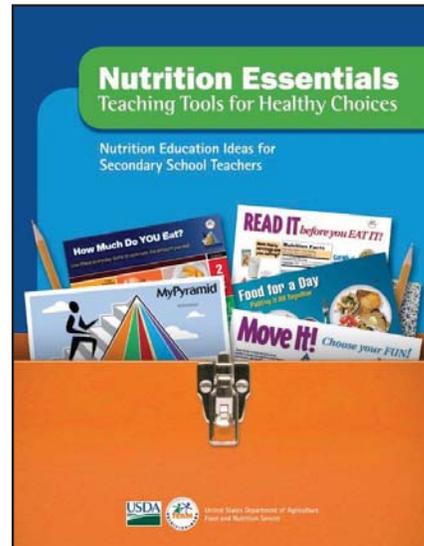
USDA Food and Nutrition Services, USDA Team Nutrition, 3101 Park Center Drive, Room 632, Alexandria, VA 22302

PHONE: 703-305-1624

FAX: 703-305-2549

WEB SITE: <http://teamnutrition.usda.gov/Resources/nutritionessentials.html>

EMAIL: teamnutrition@fns.usda.gov



Planet Health: An Interdisciplinary Curriculum for Teaching Middle School Nutrition and Physical Activity

PUBLICATION DATE: revised 2007

INTENDED AUDIENCE: Grades 6-8

LANGUAGE: English

FORMAT: Print

DESCRIPTION:

Planet Health is a science-based curriculum first created under a grant from the National Institutes of Child Health and Human Development (NICHD) to the Harvard School of Public Health to develop, implement, and evaluate a curriculum designed to improve diet and physical activity in middle school students. Planet Health's effectiveness has been evaluated using a randomized, controlled trial in a two-year intervention in ten Boston-area schools.

Planet Health is a 580-page innovative, comprehensive, and interdisciplinary approach to teaching health education. The curriculum is organized into three sections. Section 1 discusses implementing Planet Health in a school. Section 2 is classroom lessons further organized into Part I – the two foundation lessons and Part II through V contain a total of 33 lessons in four major subject areas – language arts, math, science and social studies that address a nutrition and physical activity theme. The themes reflect recommendations of the Dietary Guidelines for Americans. The Physical Education curriculum contains 31 physical education microunits.

The lessons are 30 to 60 minutes long, with clearly stated behavioral and learning objectives. Lessons are well organized, easy to follow, and use. The lessons and activities are age- and grade- appropriate and interactive. Lessons in social studies address cultural diversity. The lessons develop knowledge and skills in problem solving, decision-making, advocacy and goal setting. The goal is a lifelong healthy lifestyle. Teacher preparation varies from minimal to moderate with each lesson. Excellent teacher resources are provided. No training is required or available. Some lessons provide extension activities geared toward family and cafeteria projects. A self-assessment and FitCheck is taken at the beginning and end of the school year.

COST: \$49+ shipping and handling

PUBLISHER/DISTRIBUTOR NAME AND ADDRESS:

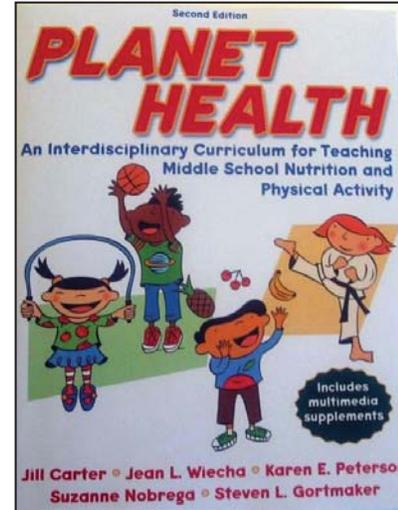
Human Kinetics, P.O. Box 5076, Champaign, IL 61825-5076

PHONE: 800-747-4457 **FAX:** 217-351-1549

WEB SITE: <http://www.humankinetics.com>

SUPPLEMENTAL WEB SITE: <http://www.planet-health.org>

EMAIL: info@hkusa.com



Pyramid between the Pages

PUBLICATION DATE: 2005

INTENDED AUDIENCE: Grades K-2

LANGUAGE: English

FORMAT: Print

DESCRIPTION:

Pyramid between the Pages is a hands-on learning tool. The lessons use age-appropriate literature with positive nutrition messages. The lessons are based on the 2005 Dietary Guidelines for Americans and MyPyramid.

The lesson objectives are clearly stated. The lessons are interactive with simple cooking activities and a physical component. The lessons are well organized, easy to follow and use. Lesson plan activities and visuals are age-, grade-, and cultural- appropriate. The recipes which include multicultural foods are compatible with the recommendations of the Dietary Guidelines for Americans. Lessons do not promote brand bias. The lesson plan objectives are reinforced with take-home messages.

The lessons can be taught by teachers, extension educators, after-school educators. No training is required or available. Depending on the educator's knowledge, preparation before lessons may be minimal to moderate. The lesson plans meet Michigan Standards and Benchmarks for Health related to nutrition and physical activity. The lessons link to language arts, math, science, social studies and art. There is no pre-assessment but a post-knowledge test is provided.

COST: MSUE staff: \$85 + shipping and handling; non-MSUE staff: \$95 + shipping and handling; Leader's guide: \$25 + shipping and handling

PUBLISHER/DISTRIBUTOR NAME AND ADDRESS:

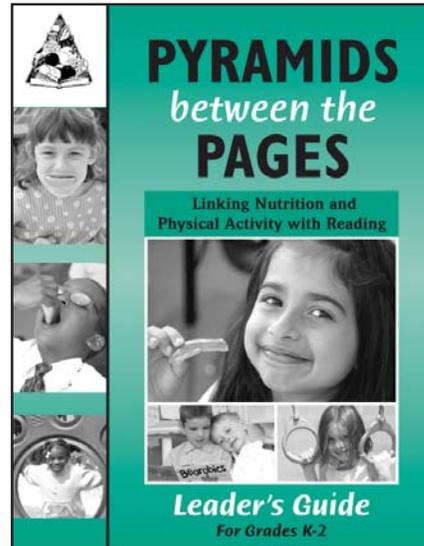
Michigan State University Extension, 240 Agriculture Hall, East Lansing, MI 48824-1039

PHONE: 517-353-9102

FAX: 517-353-4846

WEB SITE: <http://www.pbp.fcs.msue.msu.edu>

EMAIL: Karen Martin, MSUE Program Leader, martin87@msu.edu



Take 10!

PUBLICATION DATE: 2007

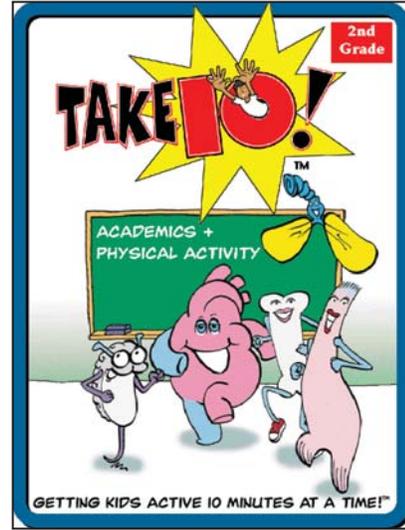
INTENDED AUDIENCE: Grades K-5

LANGUAGE: English

FORMAT: Print

DESCRIPTION:

Take 10! is a classroom-based curriculum that combines fun physical activity with engaging academic learning. A Take 10! curriculum includes more than 30 activity cards and curriculum integrated worksheets. The curriculum is integrated with language arts, math, science, social studies, and general health. Each Take 10! lesson gets children moving for 10 minutes followed by a cool down. The children then answer 2-3 heart smart questions. The teacher is encouraged to include six Take 10!s to meet the 2005 Dietary Guidelines for Americans recommendation. The curriculum helps children develop lifetime health behaviors.



The curriculum is well organized and easy to use. The Take 10! Crew: Minda, Raven, Reina, Junji, and Jordan take the children through the age-appropriate activities. The lessons are flexible and multi-level - beginner to advanced levels. A tracker poster is provided to track progress. The lessons address multiple learning styles: auditory, visual and kinesthetic. No special equipment is required.

The lessons are "turn key" and require no additional planning. Teachers are also provided with a blank lesson template to create their own activities. No training is required or available to teach Take 10! Teachers are encouraged to share their ideas on the Take 10! web site. No pre-assessment is available. There is an end-of-year assessment to test basic knowledge of nutrition, physical activity, and general health and safety.

COST: \$79 for each grade level

PUBLISHER/DISTRIBUTOR NAME AND ADDRESS:

ILSI Research Foundation/Center for Health Promotion, Physical Activity and Nutrition (PAN), One Thomas Circle, NW 9th Floor, Washington DC 20005-5802, USA

PHONE: 202-659-0074

FAX: 202-659-3617

WEB SITE: <http://www.take10.net>

EMAIL: take10@ilsi.org