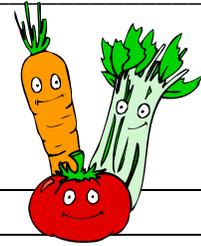


# Table of Contents



Chapter	Title	Contents																		
1	<b>Welcome to Power Panther Pals!</b>	<ul style="list-style-type: none"> <li>◆ How the Program Works</li> <li>◆ Background</li> <li>◆ Obesity is a National Epidemic and Power Panther Pals Can Help!</li> </ul>																		
2	<b>How to Implement Power Panther Pals</b>	<ul style="list-style-type: none"> <li>◆ Requirements for Participating Classrooms</li> <li>◆ Implementation of Classroom Activities</li> <li>◆ Program Timeframe</li> <li>◆ Use of Grant Funds and Accountability</li> <li>◆ Materials and Resources</li> <li>◆ Student Incentives</li> <li>◆ Tips for Facilitators</li> </ul>																		
3	<b>Classroom Activities</b>	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 80%;"></th> <th style="text-align: right; border-bottom: 1px solid black;"><u>Page</u></th> </tr> </thead> <tbody> <tr> <td>Week 1: Introduction.....</td> <td style="text-align: right;">21</td> </tr> <tr> <td>Week 2: Setting Personal Goals....</td> <td style="text-align: right;">35</td> </tr> <tr> <td>Week 3: Short Tales.....</td> <td style="text-align: right;">51</td> </tr> <tr> <td>Week 4: What ARE You Eating? ...</td> <td style="text-align: right;">65</td> </tr> <tr> <td>Week 5: Eat Your Colors.....</td> <td style="text-align: right;">77</td> </tr> <tr> <td>Week 6: Snack Attack.....</td> <td style="text-align: right;">89</td> </tr> <tr> <td>Week 7: Power Up With Breakfast.</td> <td style="text-align: right;">101</td> </tr> <tr> <td>Week 8: Wrapping It Up!.....</td> <td style="text-align: right;">113</td> </tr> </tbody> </table>		<u>Page</u>	Week 1: Introduction.....	21	Week 2: Setting Personal Goals....	35	Week 3: Short Tales.....	51	Week 4: What ARE You Eating? ...	65	Week 5: Eat Your Colors.....	77	Week 6: Snack Attack.....	89	Week 7: Power Up With Breakfast.	101	Week 8: Wrapping It Up!.....	113
	<u>Page</u>																			
Week 1: Introduction.....	21																			
Week 2: Setting Personal Goals....	35																			
Week 3: Short Tales.....	51																			
Week 4: What ARE You Eating? ...	65																			
Week 5: Eat Your Colors.....	77																			
Week 6: Snack Attack.....	89																			
Week 7: Power Up With Breakfast.	101																			
Week 8: Wrapping It Up!.....	113																			
4	<b>Newsletters</b>	<b>Power Panther Pals At Home – Take-home newsletters</b>																		
5	<b>Resources &amp; Evaluation</b>	<ul style="list-style-type: none"> <li>◆ Chef Hat Pattern</li> <li>◆ Websites</li> <li>◆ Try Body Walk!</li> <li>◆ Working with the Media</li> <li>◆ Evaluation</li> <li>◆ Grant Funds Expenditure Worksheet</li> <li>◆ Shopping List</li> <li>◆ <i>Popular Team Nutrition Events Idea Book</i></li> </ul>																		

