

Get in the Game For Good Health!

Dear Educator:

The number of overweight children in the United States is alarming. Today nine million children age 6 – 19 are overweight. Children who are overweight are more likely to become overweight adults, putting them at risk for heart disease, type 2 diabetes, and some types of cancer. Unfortunately, some of these risks are beginning to appear in children today. For example, type 2 diabetes, once considered an adult disease, has increased dramatically in children.

Get in the Game For Good Health!, a free health education program made possible by the California Olive Industry – an industry committed to healthy eating, is designed to help students in grades 4-6 develop healthy lifestyles. Overweight in children is generally caused by a lack of physical activity and unhealthy eating habits. Today many children and adults in the United States lead inactive lifestyles, sitting at desks all day and pursuing sedentary activities such as watching TV and playing video games in their free time. In addition, they regularly eat fast foods that tend to be high in calories and fat.

The fun, interactive worksheets in **Get in the Game For Good Health!** encourage students to assess their own lifestyles, learn about healthy eating habits, create innovative ways to increase their activity levels and commit to following a healthy lifestyle. Also included is a reproducible letter to photocopy and send home to parents, thus extending the program's important message to the family.

We encourage you to share this program with your colleagues. Although the materials are copyrighted, you have permission to make as many copies as are needed for educational purposes. In addition, we have included three copies of the program wall poster to make sharing easier.

At LearningWorks, we are constantly working to fulfill the needs of both students and educators. Your feedback is helpful to us in this effort, so please take a moment to complete and return the enclosed response card.

Sincerely

A handwritten signature in black ink, appearing to read "D. Kinsley".

Dr. Dominic Kinsley

Editor in Chief

Please Note: This program can also be viewed and downloaded at the Educator section of the California Olive Industry's web site at www.CalOlive.org.

Get in the Game For Good Health! Teachers' Guide

Introduction

The number of overweight children in the United States is growing at a rapid rate. Today as many as one third of young children and adolescents are overweight. This condition is associated with risks for heart disease, an increase in type 2 diabetes among children, and other health-related problems. The problem of overweight children is attributed primarily to the intake of too many calories and the lack of sufficient physical activity. **Get in the Game For Good Health!**, a standards-based health education program sponsored by the California Olive Industry, is designed to help students develop wholesome lifestyles through healthy eating and exercise.

This program can also be viewed and downloaded at the Educator section of the California Olive Industry's web site, www.CalOlive.org.

Target Audience

Get in the Game For Good Health! is designed for use with students in grades four through six as a supplement to the health curriculum.

Program Objectives

- To alert students and parents to the growing overweight problem in the United States and the health problems associated with it.
- To help students assess their lifestyles with a focus on the foods they consume and their physical activity.
- To provide students with information to help them develop healthy eating habits.
- To encourage students to participate in physical activity daily.
- To challenge students to create a plan for following a path for a healthy life.

Program Components

1. This teacher's guide that contains suggestions for using the activity sheets, answer keys, and follow-up activities to enhance the learning.
2. Four reproducible worksheets for use with students.
3. Three copies of a full-color poster to use as an integral part of the program. Please share them with your colleagues.

4. A reproducible parent letter that informs parents about the program and gives them tips on supporting their children as they work to develop healthy lifestyles.
5. A teacher response card. Please take a moment to complete and return this card.
6. A web-based calorie and activity calculator that measures both calories consumed and calories burned through daily activities. The calculator is personalized to each child's height and weight. Check it out at www.CalOlive.org/calculator.
7. Downloadable Food Diary at www.CalOlive.org/educators.

Using the Program Activity Sheets

Photocopy the enclosed activity sheets to provide a complete set for each student. Make a master copy of the activity sheets and teacher's guide to share with other teachers in your school.

Parent Letter

Photocopy the enclosed letter to provide a copy for each student in your class. Send the letter home as you begin the program so that parents will be aware of what their children are learning and support them in their efforts to maintain or improve healthy lifestyles.

Poster

Display the poster in the classroom to generate interest in the program. Draw attention to the park setting and all the different activities that are taking place there. Encourage students to talk about the types of activities they do, which activities on the poster they would like to try, and why these activities are healthy.

At the conclusion of the program, work through the game with the class as a review. Encourage students to find as many healthy items as they can, as well as floating olives for extra points. The maximum number of points students can receive are 260 for healthy foods, 500 for activities, and 275 for floating olives. Students might work as teams to complete the activity. When all teams have completed the activity, they can share their findings with the class.

Certificate

Make enough copies of the certificate for each student. To save yourself some time, you might want to sign the certificate before you make the copies. Give each student a copy, congratulating them on successfully completing the program. Encourage them to take the pledge to consciously work to maintain a healthy lifestyle by signing the certificate. They can then take it home to post on the refrigerator as a reminder to eat healthy and be active.

Activity 1 Your Checkup!

Objectives

- To help students assess their knowledge of overweight and their personal lifestyles.
- To encourage students to write an accurate description of themselves in relation to their eating and exercise habits.

Introduce the activity by informing students that today they are going to complete a quiz (no grades) to help them get a picture of their attitudes and habits concerning a healthy lifestyle.

Answer Key/ Discussion

Once students complete the quiz, talk about the statements.

1. *To quench my thirst I usually go for the following beverage.*
Answers will vary. In the Other category they might write juice, milk, sports drinks, or powered drinks. Talk about which are the healthiest – many packaged juices, powered drinks and sports drinks, contain sugar; water has no calories; and skim or low-fat milk has less fat.
2. *When at fast food places, I usually order _____-size portions.*
Answers will vary. Ask students to describe the sizes of different items in a kid-size, regular size and super-size meal at a fast food restaurant. Inform them that a meal consisting of a quarter pound burger, large fries, and a 16 oz. soda contains 1166 calories. The recommended daily intake for adults is 2000 to 2700 calories. Most children ages 10-12 need approximately 2200 to

2300 calories per day because they are growing. Encourage comments on calories and serving sizes. Also let students know that it is fine to have fast foods sometimes, but not as a daily diet.

3. *After school I like to do the following.*

Answers will vary. Encourage students to begin thinking about the balance of their activities. Do they tend to be more physically active or do they sit a lot?

4. *Overweight among kids in the United States is a problem.*

Agree. Overweight is a growing problem among kids in the United States. Today nine million kids age 6-19 are overweight. It's generally caused by a lack of physical activity and unhealthy eating habits

5. *My favorite type of snack is _____.*

Answers will vary. Help students categorize the different types of snacks they eat – salty ones such as chips or nuts, sweets such as candy, cake, etc., and fruits and veggies.

6. *I feel that I am at a good weight for my height and build.*

Answers will vary. You might want to discuss whom children should talk to if they feel their weight is not good. Some options are the school nurse, their parents, and their doctor. Many factors contribute to body weight, such as height, bone structure, genetics, etc.

7. *I watch TV _____ hours a day.*

Answers will vary. Today many people, including students, lead sedentary lifestyles. They sit at desks all day and then go home to watch TV, use the computer, or play video games. The Surgeon General recommends limiting TV time to less than two hours a day. Most preteens watch 3 to 4 hours a day. Children who watch a lot of TV tend to exercise less and be overweight.

8. *Being overweight is caused by consuming too many calories and not getting enough physical activity.*

Agree. The primary cause for overweight is unhealthy eating habits, not enough exercise, or a combination of the two. Genetics and lifestyle are also important in determining a child's weight.

9. *I usually snack while I watch TV.*

Answers will vary. Discuss why this might not be a good habit — when you

are engrossed in a show, you're less likely to be aware of how much food you eat.

10. *I would describe my physical activity level as _____.*

Answers will vary. This statement helps students begin to think about the amount of physical activity they engage in each day. Kids should exercise (be active) at least 60 minutes every day.

11. *I usually have _____ snacks each day.*

Answers will vary. Tell students that this statement is meant to give them an idea of how much food (and calories) they consume in a day. Some of them may need several snacks because they are growing. Eating fruit or veggie snacks can help in eating the recommended 5-9 servings of fruits and vegetables each day. Eating lots of snacks that are high in calories like sweets and chips can contribute to overweight.

12. *Being overweight can lead to health problems such as diabetes.*

Agree. Overweight increases the risk for many chronic diseases such as type 2 diabetes or heart disease.

As students complete Part 2 of the activity, encourage them to take into consideration the way they answered all the statements. That should give them an overall picture of themselves.

Follow-Up Activities

1. Help students become aware of their lifestyles. Ask them to begin keeping a food diary in which they record their meals and snacks for each day. A Food Diary chart is available on the California Olive Industry web site at www.CalOlive.org under the Educator section. You can print the form and make copies for your students. Students can also print copies from the web site, or they can make a form for themselves with headings for Breakfast, Lunch, Dinner and Snacks at the top and the days of the week listed in a column to the left. After three or four days, have students compare their food diaries to their answers on the assessment activity and discuss

what they have learned about their eating habits. Refer to the on-line calculator at www.CalOlive.org/calculator.

2. Examine how active, or inactive, the class is. Graph the number of hours students estimate they watch TV, use the computer, play video games, and talk on the phone after school. Make a second graph to show the number of hours they participate in physical activity such as playing ball, walking, running, or biking. Then compare the two.

3. Expand the lifestyle assessments to the family. Encourage students to take the assessment home and have other family members complete it. They can then evaluate their family lifestyle and make decisions as a family.

Activity 2 Fueling Up!

Objectives

- To provide students with information to help them develop healthy eating habits.
- To encourage students to be aware of the calories they consume and where the calories come from.

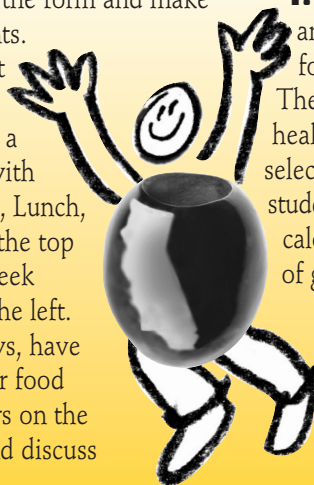
Introduce the activity by asking students how many of them check the nutrition labels on foods they eat. Explain that today they are going to examine a nutrition label to help them better understand how to read one and what they can learn from it.

Answer Key

1. 20 calories; 2. monounsaturated or “good” fat; 3. four calories; 4. Yes, it is low in calories and contains the good kind of fat.

Follow-Up Activities

1. Give students practice in comparing and selecting snacks. Copy the following chart on the chalkboard. Then ask students to point out the healthiest snacks and explain why they selected the ones they did. Remind students that they should note the calories per serving and the number of grams of fat per serving.



Snack	Serving Size	Calories per Serving	Fat per Serving
California Black Ripe Olives	4 large	25	2.5 grams
Large Apple	1	120	0 grams
Cheddar Cheese	1 oz.	115	9 grams
Tortilla Chips	20 chips	180	10 grams
Microwave Butter Pop Corn	2 cups	70	4 grams

2. Divide the class into three groups to research and report on proteins, carbohydrates, and fats. Each group should share with classmates:

- why we need these nutrients.
- the different kinds proteins (animal-plant), carbohydrates (simple-complex), and fats (saturated-unsaturated).
- the foods they come from.

3. Often students have a difficult time visualizing serving sizes. Have them create a reference chart to help them remember. Dictate or place on the chalkboard the following sizes and comparisons for students to write down. Encourage students to also come up with their own comparison sizes. To get them started, ask students what item might be used in place of a baseball.

Baseball = 1/2 cup ice-cream, frozen yogurt, medium piece of fruit.

Golf ball/large egg = 1/4 cup dried fruit such as raisins.

Deck of cards/cassette tape = 3 oz. meat or poultry.

Rounded handful = 1 oz. of snack food.

Nine volt battery = 1 1/2 oz. cheese.

Four dice = 1 oz. cheese.

Computer mouse = medium potato

Ping-Pong ball = 2 tablespoons peanut butter.

Tennis ball = 1 cup pasta or 1 cup chopped raw veggies or fruit.

CD = 1 pancake.

Man's handful = 1 serving of chips.

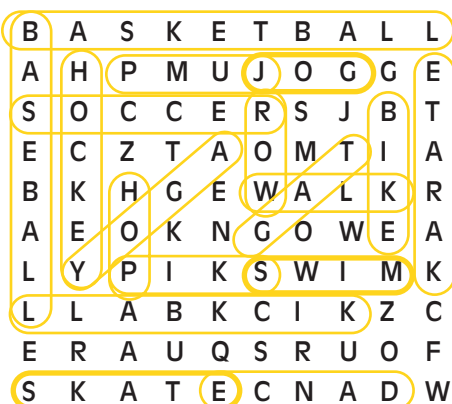
Activity 3 Keep on Moving!

Objectives:

- To encourage students to participate in physical activity.
- To help students realize that physical activity is not limited to playing on sports teams or doing strenuous exercise.

Prepare students for this activity by asking all those who did some form of exercise/physical activity yesterday to raise their hands. Encourage students to share the types of activity they did. Then explain that today they are going to take a new look at exercise as they complete the activities on the worksheet.

Answer Key



Follow-Up Activities

1. To show students the connection between exercise and burning calories, have an exercise marathon. Assign students to an activity in the marathon such as shooting hoops, Frisbee toss, jumping rope or running. Take the class to the gym or outside and group students according to their assigned activity. Begin the marathon by blowing a whistle. After five minutes, blow the whistle again and have groups advance to the next activity. Repeat until all groups have completed all the activities. Then have students check the number of calories they burned by going to the California Olive Industry web site at www.CalOlive.org/calculator.
2. Help students who tend to be less active at recess. Be sure to have equipment for several activities available such as balls, jump ropes, Frisbees, etc. Also give students time to organize teams

and plans for group play before recess so they have more time to actually play. For students who tend to be less active, you might suggest that they estimate the time it takes them to walk from the cafeteria to the playground or how long it takes them to walk around the perimeter of the playground. Again, students can check the calories burned during these activities at the California Olive Industry calculator at www.CalOlive.org/calculator.

3. Divide the class into groups to create posters that depict novel ways to keep physically active. They can begin with the activities they created in Part 2 of the worksheet. Then you can display the posters throughout the school as an incentive for other students to be more active.

Activity 4 On the Right Path!

Objective

- To encourage students to set goals for following a healthy lifestyle.

This activity encourages students to use the information they have learned in this program to set themselves goals that lead to a healthy lifestyle. Even small changes in diet and exercise can make a difference. Suggest to students that they start small and gradually incorporate more healthy foods into their diet and add more exercise.

Follow-Up Activities

1. Post a class list near the classroom door where students can track their lifestyle improvements. Each day individual students place a check next to their names if they have eaten at least one healthy snack or meal, and another check if they have done some form of exercise.
2. Students can pair up so they have goal buddies. The students then check on each other to encourage them to keep to their goals and share thoughts about what they ate or how they exercised.
3. At the end of the week encourage students to bring their charts back to school to share their accomplishments with classmates and to help each other in making new action plans to keep on the right path.



Check out the Educator section of the California Olive Industry web site.