

Why was this curriculum developed?

The issue of overweight and obesity is a national concern. The number of overweight youth has increased dramatically in the last few decades. Fast food restaurants, convenience foods, and vending machines are a way of life for many families. The increasing number of parents working outside the home and of single-parent families influence the nutrition and health practices of children and create an even greater need for nutrition education. Children have become more involved in food selection and preparation.

To make wise choices, children need accurate, current information that stresses the importance of and relationship between overall health, diet, and physical activity.

The curriculum is designed to encourage the development of life skills, those skills that enhance an individual's ability to live a productive and rewarding life. For example, the experiential learning model process used in **Healthy Choices for Healthy Bodies** involves the youth in doing the activities, sharing the experiences, and applying them to other real-life situations.

Who can teach the curriculum?

Paraprofessional nutrition educators, classroom teachers, and volunteers can adapt and use this curriculum in formal classroom settings, after-school enrichment programs, or day camps. Each grade level includes six lessons that focus on the following:

- the importance of making healthy food choices,
- physical activity as a part of daily life,
- and food safety practices.

For more information about the **Healthy Choices for Healthy Bodies** curriculum, contact your local ISU Extension office.

This material is funded by the Expanded Food and Nutrition Education Program, USDA's Food Stamp Program, and Iowa State University Extension. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious food for a better diet. To find out more, contact your local Department of Human Services office or call toll-free 1-877-YES-FOOD.

... and justice for all

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Healthy Choices for Healthy Bodies

A nutrition education curriculum for students in Kindergarten - Grade 6

IOWA STATE UNIVERSITY
University Extension

Healthy Choices for Healthy Bodies:

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How can this curriculum help youth?

Healthy Choices for Healthy Bodies

promotes healthy eating behaviors, physical activity, and food safety practices. The curriculum emphasizes the positive, appealing aspects of healthy eating and physical activity as it involves youth in hands-on learning activities.

The prevalence of overweight among youth is a national epidemic. The purpose of this curriculum is to help youth develop lifelong healthy habits by making good choices related to diet and activity.

Youth who participate in **Healthy Choices for Healthy Bodies** learn to select healthier foods and be physically active using MyPyramid.



What lessons does the curriculum include?

Grades K-1

- Lesson 1: Eat a Variety of Foods
- Lesson 2: Where Does Our Food Come From?
- Lesson 3: Introducing MyPyramid
- Lesson 4: Breaking the Fast with Breakfast
- Lesson 5: Be Active and Healthy
- Lesson 6: Hand Washing

Grade 2

- Lesson 1: MyPyramid
- Lesson 2: Variety is Important
- Lesson 3: Healthy Food Choices
- Lesson 4: Healthy Snacks
- Lesson 5: Physical Activity
- Lesson 6: Safe Food to Eat

Grade 3

- Lesson 1: MyPyramid Choices
- Lesson 2: Basic Nutrients
- Lesson 3: Get Your Calcium-Rich Foods
- Lesson 4: Off to a Good Start
- Lesson 5: Let's Move
- Lesson 6: Store it Right, Store it Safe

Grade 4

- Lesson 1: Key Nutrients
- Lesson 2: Vitamins and Minerals
- Lesson 3: Read a Label
- Lesson 4: Healthy Snacking
- Lesson 5: Let's Move
- Lesson 6: Safety First

Grade 5

- Lesson 1: Read Any Great Labels Lately?
- Lesson 2: Guidelines for a Healthier You
- Lesson 3: The Power of Advertisements
- Lesson 4: Eating Out: Making Healthy Choices
- Lesson 5: Keep Moving
- Lesson 6: The Danger Zone

Grade 6

- Lesson 1: You Are What You Eat
- Lesson 2: Cooking for Healthy Eating
- Lesson 3: Shaping My Food Environment
- Lesson 4: Move It!
- Lesson 5: Every Body is Okay
- Lesson 6: Uninvited Guests