



[KidsHealth.org/classroom](http://KidsHealth.org/classroom)

## Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

## Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards:  
<http://www.cdc.gov/healthyschools/sher/standards/index.htm>

One in three kids and teens ages 2 to 19 are overweight, and being overweight can have serious health consequences. Even at a young age, kids can learn about eating nutritious foods and staying active. The following activities will help your students understand why they need to make healthy choices so they can be fit kids who grow into fit adults.

## Related KidsHealth Links

### Articles for Kids:

#### What Being Overweight Means

[KidsHealth.org/en/kids/overweight.html](http://KidsHealth.org/en/kids/overweight.html)

#### It's Time to Play

[KidsHealth.org/en/kids/what-time.html](http://KidsHealth.org/en/kids/what-time.html)

#### Go, Slow, and Whoa! A Kid's Guide to Eating Right

[KidsHealth.org/en/kids/go-slow-whoa.html](http://KidsHealth.org/en/kids/go-slow-whoa.html)

#### MyPlate Food Guide

[KidsHealth.org/en/kids/pyramid.html](http://KidsHealth.org/en/kids/pyramid.html)

#### Why Exercise Is Cool

[KidsHealth.org/en/kids/work-it-out.html](http://KidsHealth.org/en/kids/work-it-out.html)

#### Is Dieting OK for Kids?

[KidsHealth.org/en/kids/diet.html](http://KidsHealth.org/en/kids/diet.html)

#### Be a Fit Kid

[KidsHealth.org/en/kids/fit-kid.html](http://KidsHealth.org/en/kids/fit-kid.html)

### Resources for Teachers:

#### Classroom Exercise Breaks for Elementary Students

[KidsHealth.org/en/parents/elementary-exercises.html](http://KidsHealth.org/en/parents/elementary-exercises.html)

#### Obesity Special Needs Factsheet

[KidsHealth.org/en/parents/obesity-factsheet.html](http://KidsHealth.org/en/parents/obesity-factsheet.html)

## Discussion Questions

*Note: The following questions are written in language appropriate for sharing with your students.*

1. How do people become overweight?
2. Can your weight hurt your health?
3. What foods can you eat to stay healthy?
4. What kinds of activities can you do to stay healthy?



## Activities for Students

*Note: The following activities are written in language appropriate for sharing with your students.*

### Keep Moving (Away From That Screen)

#### Objectives:

Students will:

- Identify and play games and activities that can help keep them healthy
- Develop a list of 10 activities they can do to keep moving and replace screen time (TV, computer, video games)

#### Materials:

- “Keep Moving (Away From That Screen)” handout
- Station equipment (see below)
- Chart paper
- Markers

#### Class Time:

1 hour

#### Activities:

- Did you know that playing can help make you healthy? Today, we’re going to play active games at different stations around the room. You also can do some of these at home with your families and friends to stay healthy and keep moving. So let’s divide into groups and we’ll switch stations every 5 minutes until everyone gets to visit each station once. [Teacher’s note: Stations can include jumping rope, hopscotch on large chart paper, dancing, jumping jacks, hopping, hula hoop, walking the perimeter of the room. Students can design their own stations, too. Playing upbeat music can make it even more fun.]
- Lots of kids spend too much time sitting in front of computer screens, watching TV, or playing video games. Let’s make a list on a handout of 10 things you can do instead of spending time in front of a screen. Then, you can bring the list home to share with your family. [Teacher’s note: Brainstorm ideas with your students and guide them to these types of activities: dancing, jumping rope, climbing stairs, playing with a hula hoop, hopscotch, going for walks, playing tag or hide and seek, and playing sports such as soccer, basketball, baseball.]

#### Extensions:

1. Help students plan weekly family exercise routines to promote a healthy lifestyle at home.
2. Encourage students to schedule their TV time and to turn the TV off when the programs they plan to watch are over.



## The Choice Is Yours

### Objectives:

Students will:

- Identify Go, Slow, and Whoa foods to help them make healthy food choices

### Materials:

- “Go, Slow, and Whoa! A Kid’s Guide to Eating Right” article
- Scissors, grocery store advertisement circulars, string (for Go, Slow, and Whoa category columns on a class bulletin board), crayons, markers

### Class Time:

1 hour

### Activity:

Let’s talk about how we can make healthy food choices. Today, you’ll learn the difference between Go, Slow, and Whoa foods. **Go** foods are the healthiest – you can eat them anytime. **Slow** foods are sometimes foods that shouldn’t be eaten every day. **Whoa** foods are once in a while foods; they’re the least healthy and can cause problems if you eat them too often. Let’s name some examples of each. [Teacher’s note: Help students identify several foods in each category.] Now let’s look at ads from some local grocery stores and cut out pictures of different kinds of foods. Then we’ll decide which category the foods go in and attach them to the board. After, you can draw a picture of the foods or write the names of the foods on the handout.

### Extension:

Play this game to identify **Go**, **Slow**, and **Whoa** foods: Have students line up. Then call out a food from the bulletin board. If it’s a **Go** food, students take two steps forward; **Slow** foods, one step; **Whoa** foods, none.

## Reproducible Materials

### Handout: Keep Moving (Away From That Screen)

[KidsHealth.org/classroom/prekto2/problems/conditions/obesity\\_handout1.pdf](http://KidsHealth.org/classroom/prekto2/problems/conditions/obesity_handout1.pdf)

### Handout: The Choice Is Yours

[KidsHealth.org/classroom/prekto2/problems/conditions/obesity\\_handout2.pdf](http://KidsHealth.org/classroom/prekto2/problems/conditions/obesity_handout2.pdf)

### Quiz: Obesity

[KidsHealth.org/classroom/prekto2/problems/conditions/obesity\\_quiz.pdf](http://KidsHealth.org/classroom/prekto2/problems/conditions/obesity_quiz.pdf)

### Answer Key: Obesity

[KidsHealth.org/classroom/prekto2/problems/conditions/obesity\\_quiz\\_answers.pdf](http://KidsHealth.org/classroom/prekto2/problems/conditions/obesity_quiz_answers.pdf)



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Keep Moving (Away From That Screen)

Instructions: Ask a family member to help you list 10 physical activities you can do to keep you moving, instead of spending time in front of a TV, computer, or video game screen. Write or draw pictures of your activities in the feet below, then get moving!

A large outline of a right foot, facing forward. Inside the outline, there are five horizontal lines for writing, each preceded by a number from 1 to 5. The lines are positioned roughly at the heel, midfoot, and forefoot areas.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

A large outline of a left foot, facing forward. Inside the outline, there are five horizontal lines for writing, each preceded by a number from 6 to 10. The lines are positioned roughly at the heel, midfoot, and forefoot areas.

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## The Choice Is Yours

Instructions: Draw pictures, or write the names, of three foods in each category.

**G**  **foods**  
(anytime)

**SLOW**  **foods**  
(sometimes)

**WHOA**  **foods**  
(once in a while)



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Quiz

Instructions: Answer each question (can be oral or written).

1. Name five healthy activities you can do instead of spending time in front of a TV, computer, or video game screen:

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2. Draw a picture or write the name of a **Go** food: \_\_\_\_\_

3. Draw a picture or write the name of a **Whoa** food: \_\_\_\_\_

4. Name two reasons why people can become overweight:

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## Quiz Answer Key

1. Name five healthy activities you can do instead of spending time in front of a TV, computer, or video game screen:  
*Any five of the following: dance, play sports, jump rope, hula hoop, play tag, go for walks, skipping, exercise, etc.*  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. Draw a picture or write the name of a **Go** food: *chicken without skin, tofu, watermelon, apples, oranges, bell peppers, carrots, whole-grain bread, skim and 1% milk, etc.*  
\_\_\_\_\_
3. Draw a picture or write the name of a **Whoa** food: *candy, cookies, chips, soda, hot dogs, bacon, French fries, doughnuts, cream cheese, whole milk, fried chicken, ice cream*  
\_\_\_\_\_
4. Name two reasons why people can become overweight:  
*Eat more calories from food and drinks than they burn up during activities, too much TV or video games, not enough exercise, poor food choices, eat too much food*  
\_\_\_\_\_  
\_\_\_\_\_