



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 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>

Although there's no "perfect" weight, being overweight can have serious health consequences. The following activities will help your students understand why they need to make healthy choices and how they can be fit kids.

Related KidsHealth Links

Articles for Kids:

What Being Overweight Means

KidsHealth.org/en/kids/overweight.html

Body Mass Index (BMI)

KidsHealth.org/en/kids/bmi.html

What Kids Say About: Weight

KidsHealth.org/en/kids/poll-weight.html

What's the Right Weight for Me?

KidsHealth.org/en/kids/fat-thin.html

How Can I Feel Better About My Body?

KidsHealth.org/en/kids/feel-better-about-body.html

Be a Fit Kid

KidsHealth.org/en/kids/weight/fit-kid.html

Is Dieting OK for Kids?

KidsHealth.org/en/kids/diet.html

MyPlate Food Guide

KidsHealth.org/en/kids/pyramid.html

Resources for Teachers:

Classroom Exercise Breaks for Elementary Students

KidsHealth.org/en/parents/elementary-exercises.html

Obesity Special Needs Factsheet

KidsHealth.org/en/parents/obesity-factsheet.html

Discussion Questions

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

1. What are some examples of healthy foods and drinks? Why is it important to choose these?
2. What does it mean if someone is overweight? What kinds of health problems can being overweight cause?
3. Is there a perfect weight for kids? Do you think it's OK for kids to go on diets?
4. What does being fit mean?



Activities for Students

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

Sharing Fitness Tips

Objectives:

Students will:

- Identify and describe healthy nutrition and fitness choices for kids
- Use various media to help kids make healthy choices

Materials:

- Computer with Internet access
- "Sharing Fitness Tips" handout
- Poster board or construction paper, and art supplies, such as pens, markers, or crayons
- Audio and/or video recording equipment

Class Time:

45 minutes to read the KidsHealth.org articles and fill out the "Sharing Fitness Tips" handout, plus 45 minutes to make posters, audio recordings, or videos.

Activity:

[Note to teacher: You can choose or have your students vote on whether your class will be making one, two, or all of these media options - **posters** (for classrooms, hallways, the cafeteria and gym, etc.), **audio messages** (for podcasts or over the school PA system), or **videos** (for school assemblies, the school website, or social media).]

To help everyone in our school learn how to make healthy choices about eating and being active, we're going to create nutrition and fitness messages for kids. First, we'll read the KidsHealth.org articles and take some notes using the "Sharing Fitness Tips" handout. Then we'll get into small groups and choose three important facts kids should know about choosing healthy foods and drinks, and being active, exercising, or playing sports every day. Finally, we'll create our message and share it around the school.

Extension:

If your class used two or three of the media, have your class conduct a brief anonymous survey of other students to assess how many students were reached with the health messages, which type of media was preferred, and if students remembered and followed the fitness tips.



Media Alert!

Objectives:

Students will:

- Identify healthy and unhealthy foods
- Discuss how advertisers try to influence what people buy to eat and drink

Materials:

- Computer with Internet access
- Grocery store circulars
- Access to TV (at home) or a 1-hour recording of programming on a TV channel geared toward children
- "Media Alert!" handout

Class Time:

45 minutes

Activity:

Every day, kids hear messages about what to eat and drink. Lots of times, those messages don't help kids make healthy choices. How is food represented in store ads and TV commercials? First, review some KidsHealth.org articles to learn about food and nutrition. Next, look through a grocery store circular. Keep track of the number of healthy and not-so-healthy foods that appear on each page. Make notes of which foods' pictures are bigger or more noticeable than others. Then, either at home or in class, check out the commercials that are shown during 1 hour of TV. How many are about foods and drinks? Do you think the foods and drinks are healthy? Finally, discuss your findings in class.

Reproducible Materials

Handout: Sharing Fitness Tips

KidsHealth.org/classroom/3to5/problems/conditions/obesity_handout1.pdf

Handout: Media Alert!

KidsHealth.org/classroom/3to5/problems/conditions/obesity_handout2.pdf

Quiz: Obesity

KidsHealth.org/classroom/3to5/problems/conditions/obesity_quiz.pdf

Answer Key: Obesity

KidsHealth.org/classroom/3to5/problems/conditions/obesity_quiz_answers.pdf



Health Problems Series

Obesity

Name:

Date:

Sharing Fitness Tips

Instructions: Write notes from the KidsHealth.org articles to help you choose three important facts kids should know about choosing healthy foods and drinks, and being active, exercising, or playing sports every day.

Notes:

Fitness Tip 1:

Fitness Tip 2:

Fitness Tip 3:



Name: _____

Date: _____

Quiz

1. True or false: Kids who spend lots of time in front of TV, video, and computer screens are more likely to be overweight.
2. True or false: Eating things like chips, cookies, and ice cream instead of fruits and vegetables every day is OK as long as you don't eat too much.
3. Underline the things kids can do to stay at a healthy weight.
 - a) be active, exercise, or play sports every day
 - b) drink lots of fruit-flavored soda
 - c) walk or bike to school
 - d) watch an exercise DVD
 - e) eat a healthy diet every day
 - f) play sports video games
 - g) spend less time with TVs, computers, and video games
4. Body mass index (BMI) uses a person's height and weight to estimate:
 - a) reading level
 - b) body fat
 - c) pants size
 - d) intelligence
5. True or false: People come in all different shapes and sizes, and the best weight for you is one that is right for your individual body type and size.



Quiz Answer Key

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