

Groovy Pyramid

Obesity Prevention
Physical Activity Promotion
&
Nutrition Literacy

CONVERSATION
Curriculum Outline
Draft version

Program Elements

Pre-Groovy Pyramid Assessment *(optional)*

Classroom Presentations

- Integrated into School Wellness Program
- Conducted By Instructor/Teacher
- Groovy Pyramid Student Toolkit Distribution
- Groovy Pyramid Conversation Curriculum
 - Homework – Read Program Primer
 - Student Handout Materials
 - Groovy Pyramid CD Sampler
 - Student Quizzes & Exams
 - Instructor Scripts & Teaching Guides
 - Classroom Lecture
 - Assessment Activity
 - *In-Class Music Preview*
 - *Class Rap Assignment*
 - *In-Class Dance Presentation*
 - *Class Physical Activity Assignment*
 - *Class Spelling/Vocabulary/Term Definition*
 - *Essay Writing Assignment*
 - *Class Essay Writing Assignment*
 - *Class Arts & Craft Assignment*
 - *Class Math Assignment*
 - *Classroom Lecture*
 - *Assessment Activity*
 - *Classroom Projects*
 - Video Game Design Project (*The Law of Debits and Credits*)
 - Talk Show Project ("*What Do You Know About That*")
 - Web-based Research Project (*The Internet Detective*)
 - Advanced Writing Project (*Be A Nutritional Times Journal Reporter*)
 - Web Page Development Project (*OURSPACE Class Nutrition Page*)
 - Music Video Production Project (*Student MTV*)
 - Video Documentary Production Project (*The CELLPHONE MATRIX*)

Groovy Pyramid Intensive Classroom Presentation

- 30 minutes, Musical
- Conducted By Groovy Pyramid Performer
 - Wellness/Motivational Presentation
 - Pre-Concert Performance Audience Participation Rehearsal
- Groovy Pyramid CD Sampler Distribution

Groovy Pyramid In-School/After-School Concert Performance

Post-Groovy Pyramid Assessment

■ Module 2 – The Groovy Pyramid - Healthy Lifestyle

Module Major Purpose

- To Introduce the Concept of a Balanced Diet?
- Define USDA Food Pyramid & US Dietary Guidelines
- To Introduce the Benefits of Physical Activity
- To Introduce the Benefits of Adequate Rest

Module Major Questions

- Do Students Know the Elements of A Balance Diet?
- Do Students Know About the Food Pyramid?
- Do Students Know the Major Food Groups?
- Do Students Know the Specifics of the Dietary Guidelines?

Module Learning Objectives

- Increase Student's Knowledge of the Benefits of a Balanced Diet.
 - Fruits, Grains & Vegetables, Meats, Nuts & Beans, Milk, Fats & Oils, Water
 - Rest, Exercise,
 - Discretionary Calories
- Increase Student's Knowledge of the Benefits of Increased Physical Activity
- Increase Student's Knowledge of the Benefits of Adequate Rest
- Increase Student's Identification & Specific Benefit Knowledge of the USDA Food Pyramid and the U.S. Dietary Guidelines

Module Motivational Project

Video Game Design Project – The Law of Debits and Credits

Theme: Advanced Knowledge of Life Expectancy

Description: Students are given a challenge to design a video game that simulates the effects of positive and negative health behavior. Game participants can be awarded credits for positive behavior that can help extend life expectancy by protecting against illness, chronic disease, injury and awarded debits for negative behavior that can help reduce life expectancy by increasing your chance of incurring illness, chronic disease and injury.

- Students can utilize their **Arts and Crafts** skills to sketch or paint designs of the game (snapshot pages). This component prompts them to visualize and interpret positive and negative elements related to diet nutrition and fitness. Instructors can have each student draw a different segment of the game to put together a "wellness-theme" storyboard that illustrates the path to better health.
- Students can also utilize their **Mathematical Reasoning** skills when they determine the various game advancement levels, victory criteria, and the positive and negative point or credit system. Instructors can direct the students to consider the relative benefit or harm a behavior action might provide on a five, ten point or 100 point scale. In designing player advancement rules, students can exercise each of the core math elements of **addition, subtraction, multiplication** and **division** (i.e. Positive points move the player forward, and negative points move the player backward.)
- Instructors can introduce students to **Business Skills** such as **marketing** and **advertisement**. Students can be divided into workgroups to produce a **marketing profile essay** that describes how they would **develop a social marketing campaign** to promote a wellness video game to their peers.

Talk Show Project – What Do You Know About That? –Peer-to-Peer Students Conversations

Theme: Wellness and Health Literacy

Description: Students are given a challenge to produce mini-talk show. The Instructor is the show producer, but all other roles are assigned to the students such as: Student Announcer, Student Host, Student Knowledge Guest, Student Edutainment Guest, Student Joke Writers, Student Camerapersons, Student Director, Student Floor Director, and Student Live Action Product and Promotional Commercials.

- Students can utilize their **Dramatic Arts** and **Language** skills in delivering the program material to a school or classroom. Instructors can direct students to **prepare written dialog questions** for the show hosts, **jokes**, and **wellness product commercial scripts** for the program. Answers and dialog provided by the guests are not to be scripted because this element is designed to generate spontaneous opinions and responses based on the guests own individual perspectives.
- Students can use their **Arts and Crafts** in set design.
- Students can utilize basic math skills in scheduling the program segments for the show formats (15 or 30 minute) formats.

Web-based Research Project (The Internet Detective)

Theme: Solve the Crimes Related to Diet, Nutrition & Fitness

Description: Somebody, some company or something is threatening to shorten your lifespan. Students go online to discover wellness resources and learn more about wellness assets, wellness allies, anti-wellness products and the marketing perpetrators. As students are encouraged to research data regarding nutrition independently, the nutritional information that they have previously learned is corroborated.

- Students can utilize their **Web-based Research** skills. Instructors can direct the students to look up articles on: the national obesity epidemic that is occurring amongst the youth, the “five a day” campaign and the health benefits they can receive from eating five to nine servings of fruits and vegetables per day, the benefits of eating fiber, the benefits of drinking eight glasses of water per day, the connection between diet and illness and/or any other pertinent articles they can find regarding health and nutrition.
- The students can exercise their **Language Arts** skills by drafting a summary of their **internet research findings**.
- Students can also practice their **Speaking and Presentation** skills by reading their summary to the class.
- Students can exercise their **Computer** skills by utilizing the **PowerPoint** software program to present their findings to the class. The Instructor should brief overview of the **software** and highlight how it can be used to enhance presentations

Advanced Writing Project (Be A Nutritional Times Journal Reporter)

Theme: You are the story. Document your wellness profile

Description: Students will be given a journal for period of time (one week to three months) to use as a wellness diary. Each day the students will write down what they ate individually for breakfast, lunch, snacks, dinner, dessert, and beverages. The students will also be asked to track the amount of physical activity they participate in and the amount of rest they get each day. The students will also note the calories for each food they ate and wait a half and hour to an hour to record how they felt after they ate their individual meals.

- Students will develop their **Diet** and **Fitness Planning and** other **Wellness** skills by analyzing the daily behavior patterns. Students will be encouraged to make the connection between foods, energy levels, illness, and emotional moods. Hopefully once students begin to become more aware of the impact that foods can have on their energy levels, health, and emotions, their own personal research results will encourage them to make better food choices.

OURSPACE Class Nutrition Page – Web Page Development

Theme: Students publish wellness stories online. (MYSFACE PAGE or other WEB POSTING)

Description: Students will be given the opportunity to create a “MySpace” class page that will present facts about nutrition and health and personal editorials about their own dietary lifestyles. This project enables students to utilize one of their favorite cyber bonding tools to communicate the necessity for nutrition to their own peers in their own language.

- Students can utilize their **Language** skills in drafting articles about their favorite health fact and/or wellness routine. The Instructor can direct the student to focus submissions on weight loss through balanced dieting and increased physical activity. Highlight articles can feature school breakfast, lunch, and sports programs. Students can also report online using their own personal blogs (subject: the role of diet in good health).
- Students can use both their **Computer** skills and their **Arts and Crafts** in web page and website design. Instructors can have the students split into **Content Groups** who draft articles using **Microsoft Word** and **Design Groups** who create and publish web pages using **Microsoft FrontPage** and the **MySpace Interface**. Large class can have the students further divided into **Research Groups** that are responsible for finding and sorting out strong research facts to support the information within the articles.

Music Video Production Project (Student MTV)

Theme: Music Video with a Positive Twist

Description: Students are given the opportunity to create a highly positive, educational and entertaining nutritional music video for their peers. Students will devise a song in the form of a Rap, Rock, Pop or Latin Song. The video can be filmed in the classroom or at another location. This project can help students visualize that notion of living a healthy life and also demonstrates how media can be used to communicate positive messages. Students will learn that making music can be a very fun, positive, and an educational experience.

Video Documentary Production Project (The CELLPHONE MATRIX)

Theme: Video Documentation of TEXTING Network (Goal, count the wellness text messaging)

Description: Students publish wellness stories online. Students produce a video documentary about how cell phones can be utilized to communicate wellness on a *Peer-To-Peer* basis. Students follow their peers and record them as they send and receive wellness messages on their cell phones. The purpose of this video documentary is to profile the use of text-based messaging among youth and the role of cell phones in youth communication systems.

- Students can utilize their **Dramatic Arts** and **Language** skills in developing a creative script for the video project.
- Students can increase their level of **Physical Activity** through dancing and other physical activities related to the video production. Students can also utilize their creative **Choreography** skills in dance design.
- Students can use their **Arts and Crafts** in wardrobe and set design.
- Students can learn **Video Production** skills such as **filming** and **editing**...

Module Fun Premise

Music is Used to Break the Ice & Present Health Concepts in a Melodic Way

Listening to Music In Class is Fun For Children

Dancing In Class is Fun for Children

Rapping is Fun For Children

Producing a Video is Fun for Children

Module Materials

Print Materials

Groovy Pyramid Lyric Snippet Breakdown Sheets
Activity Sheets
PRE-Module ASSESSMENT
Activity Sheets – RAP ASSIGNMENT
Activity Sheets - CLASSROOM INTERNET RESEARCH
Activity Sheets - CLASSROOM LAB
Activity Sheets - IN-CLASS DANCE PRESENTATION
Activity Sheets– ESSAY/POEM ASSIGNMENT
Activity Sheets – PHYSICAL ACTIVITY ASSIGNMENT
Activity Sheets – ART & CRAFTS ASSIGNMENT
Activity Sheets – MATH ASSIGNMENT
Project Profile & Instructions Sheets:
 Video Game Designer (The Law of Debits and Credits)
Project Profile & Instructions Sheets:
 Fictitious Talk Show Pilot "What You Know About That?"
ASSESSMENT Quizzes & Exams
Instructor Presentation Scripts

Music Media Materials

Groovy Pyramid Conversation Version
Groovy Pyramid Snippets Version
Groovy Pyramid Instrumental Version
Groovy Pyramid School Theater Version

Module Schedule of Instructor Presentations and Student Activities

SECTION 4 – FROM THE GROUND - FRUITS, GRAINS & VEGETABLES

Classroom Lecture

Instructor Presentation 4A - From The Ground - Fruits, Grains & Vegetables

Assessment Activity

Activity 4A –PRE SECTION ASSESSMENT – From The Ground - Fruits, Grains & Vegetables

In-Class Music Preview

Activity 4B– Snippet Breakdown

I Can Eat A Rainbow - Blue, Purple, Green, White
I Can Eat A Rainbow - Fruits and Vegetables, that's what I need
I Can Eat A Rainbow - The sun reflects through the color prism of your mind
I Can Eat A Rainbow - Even with your food, you need diversity
I Can Eat A Rainbow - From time to time
Turn - The Super Nutrient Mix
I Can Eat A Rainbow - Phytochemical Rap - Phytochemicals stuff you get from plants
Bridge - Yo I hate to be a downer

From the Ground Up - Never get enough
From the Ground Up - In the morning, the best time to eat
From the Ground Up - From The Ground Up
From the Ground Up - Fruits and vegetables help in many ways
From the Ground Up - With a healthy diet as part of your life
From the Ground Up - So take it from me You should be watching what you eat
From the Ground Up - Tomatoes from the ground
Intro - One two three four-five
At Least 5 - Say hey! - Did you get word?
At Least 5 - At Least Five Times
At Least 5 - The research in done
At Least 5 - Message to Mom
At Least 5 - Yo I hate to be a downer
At Least 5 - To Help You Grow - To Fight Disease
More Matters – Intro So, I guess it's time for a change
More Matters – Fruits and Veggies
More Matters – So, here we are flowing with a beat
More Matters – Fruits and Veggies – Eat More
More Matters – A healthy diet
More Matters – Learn how many cups you need each day
More Matters – FRUIT QUANTITY Breakdown
More Matters – VEGGIES QUANTITY Breakdown
More Matters – EATING SCHEDULE Breakdown
More Matters – That's right

Class Rap Assignment

Activity 4C – CREATE-A-RAP

Theme: Fruits, Grains & Vegetables

In-Class Dance Presentation

Activity 4D – From The Ground FreeStyle I - Fruits

Class Physical Activity Assignment

Activity 4E – YOUR-TURN-TO-DANCE (Create Version of From The Ground)

Class Spelling/Vocabulary/Term Definition Essay Writing Assignment

Activity 4F – WELLNESS VOCABULARY

Health Literacy Vocabulary: /Hip Hop/Slang Vocabulary:

Class Essay Writing Assignment

Activity 4G – ESSAY - From The Ground - Fruits, Grains & Vegetables

Theme: Why I Need Fruits & Vegetables in My Diet?

Theme: Why I Eat Enough Fruits & Vegetables?

Theme: Why I Don't Eat Enough Fruits, Grains & Vegetables?

Theme: Why I Should Eat Enough Fruits, Grains & Vegetables?

Theme: Why Now Is The Time To Eat More Fruits, Grains & Vegetables?

Theme: How I Can Eat More Fruits, Grains & Vegetables?

Class Arts & Craft Assignment

Activity 4H –Artwork Essay - From The Ground - Fruits, Grains & Vegetables

Theme: Why I Need Fruits & Vegetables in My Diet?

Theme: Why I Eat Enough Fruits, Grains & Vegetables?

Theme: Why I Don't Eat Enough Fruits, Grains & Vegetables?

Theme: Why I Should Eat Enough Fruits, Grains & Vegetables?

Theme: Why Now Is The Time To Eat More Fruits, Grains & Vegetables?

Theme: How I Can Eat More Fruits, Grains & Vegetables?

Class Math Assignment

Activity 4I –Video Game Designer Debit/Credit Worksheet

Addition: Count the FTG (From The Ground - Fruits, Grains & Vegetables) Servings, Calories and Nutrient

ADDITION BONUS POINTS: Phytochemicals

Subtraction: Difference Between FTG Snacks and Junk Food Snacks

Multiplication: Multiply Calories Times FTG Servings Consumed

Division: Calculate Average Daily Calories Consumed from FTG

Classroom Lecture

Instructor Presentation 4C – Section Review

Assessment Activity

Activity 4J –POST SECTION QUIZ - From The Ground - Fruits, Grains & Vegetables

Classroom Project

Activity 4K – Section Project– Talk Show: What Do You Know About That? - From The Ground, Fruits, Grains & Vegetables

SECTION 5 – SECRET AGENT H2O – WATER CONSUMPTION

Classroom Lecture

Instructor Presentation 5A - Secret Agent H2O – Water Consumption

Assessment Activity

Activity 5A –PRE SECTION ASSESSMENT – Secret Agent H2O – Water Consumption

In-Class Music Preview

Activity 5B– Snippet Breakdown

Secret Agent H 2 O - Knock, knock, who there'

Secret Agent H 2 O - So here you are

Secret Agent H 2 O - Secret Agent H 2 O

Secret Agent H 2 O - So, this the part where I tell you why

Secret Agent H 2 O - Can you - hear your – Body Calling

Class Rap Assignment

Activity 5C – CREATE-A-RAP

Theme: Water Consumption

In-Class Dance Presentation

Activity 5D – H 2 O Flow

Class Physical Activity Assignment

Activity 5E – YOUR-TURN-TO-DANCE (Create Version of H 2 O Boogie)

Class Spelling/Vocabulary/Term Definition Essay Writing Assignment

Activity 5F – WELLNESS VOCABULARY

Health Literacy Vocabulary/Hip Hop/Slang Vocabulary:

Class Essay Writing Assignment

Activity 5G – ESSAY - Secret Agent H2O – Water Consumption

Theme: Why I Need Water in My Diet?

Theme: Why I Drink Enough Water?

Theme: Why I Don't Drink Enough Water?

Theme: Why I Should Drink Enough Water?

Theme: Why Now Is The Time To Drink Enough Water?

Theme: How I Can Drink More Water?

Class Arts & Craft Assignment

Activity 5H –Artwork Essay - Secret Agent H2O – Water Consumption

Theme: Why I Need Water in My Diet?

Theme: Why I Drink Enough Water?

Theme: Why I Don't Drink Enough Water?

Theme: Why I Should Drink Enough Water?

Theme: Why Now Is The Time To Drink Enough Water?

Theme: How I Can Drink More Water?

Class Math Assignment

Activity 5I –Video Game Designer Debit/Credit Worksheet

Addition: Count the Ounces of Water Consumed

Subtraction: Caloric Difference Between Water Refreshment and Soda

Multiplication: Multiply Ounces Times Container Consumed

Division: Calculate Average Daily Consumption of Water

Classroom Lecture

Instructor Presentation 5C – Section Review

Assessment Activity

Activity 5J –POST SECTION QUIZ –Water Consumption

Classroom Project

Activity 5K – Section Project– Talk Show: What Do You Know About That? - Water Consumption

SECTION 6 – LET'S GET IT STARTED – PHYSICAL ACTIVITY

Classroom Lecture

Instructor Presentation 6A - LET'S GET IT STARTED – PHYSICAL ACTIVITY

Assessment Activity

Activity 6A –PRE SECTION ASSESSMENT LET'S GET IT STARTED – PHYSICAL ACTIVITY

In-Class Music Preview

Activity 6B– Snippet Breakdown

Let's Get It Started - Okay, it's me and you

Let's Get It Started - There are times in your life when you become lackadaisical

Chorus - Let's Get Started Now

Let's Get It Started - Don't you worry we're starting real slow

Let's Get It Started - So you want to know what the connection is

Let's Get It Started - Move you body more

Class Rap Assignment

Activity 6C – CREATE-A-RAP

Theme: Physical Activity

In-Class Dance Presentation

Activity 6D – The Hype HOP, The Calorie Skip

Class Physical Activity Assignment

Activity 6E – YOUR-TURN-TO-DANCE (Create Version of the Hype)

Class Spelling/Vocabulary/Term Definition Essay Writing Assignment

Activity 6F – WELLNESS VOCABULARY

Health Literacy Vocabulary/Hip Hop/Slang Vocabulary:

Class Essay Writing Assignment

Activity 6G – ESSAY - Let's Get It Started – Physical Activity

Theme: Why I Need Daily Physical Activity?

Theme: How Does Physical Activity Relate to Diet?

Theme: Why I Get Enough Physical Activity?

Theme: Why I Don't Get Enough Physical Activity?

Theme: Why I Should Get Enough Physical Activity?

Theme: Why Now Is The Time To Get Enough Physical Activity?

Theme: How I Can Get Enough Physical Activity?

Class Arts & Craft Assignment

Activity 6H –Artwork Essay - Let's Get It Started – Physical Activity

Theme: Why I Need Daily Physical Activity?

Theme: How Does Physical Activity Relate to Diet?

Theme: Why I Get Enough Physical Activity?

Theme: Why I Don't Get Enough Physical Activity?

Theme: Why I Should Drink Get Enough Physical Activity?

Theme: Why Now Is The Time To Drink Enough Water?

Theme: How I Can Get Enough Physical Activity?

Class Math Assignment

Activity 6I –Video Game Designer Debit/Credit Worksheet

Addition: Count the Number of Physical Activity Opportunities, Count the Number of Physical Activity

Subtraction: Subtract Calories Burned from Calories Consumed

Multiplication: Multiply Calories Burned Through Physical Activity

Division: Calculate Average Daily Physical Activity Opportunities, and Average Daily Physical Activity

Classroom Lecture

Instructor Presentation 6C – Section Review

Assessment Activity

Activity 6J –POST SECTION QUIZ – Physical Activity

Classroom Project

Activity 6K – Section Project– Talk Show: What Do You Know About That? - Physical Activity

SECTION 7 – MEAN PROTEIN – MEATS, NUTS & BEANS

Classroom Lecture

Instructor Presentation 7A - Mean Protein – Meats, Nuts & Beans

Assessment Activity

Activity 7A – PRE SECTION ASSESSMENT –Mean Protein – Meats, Nuts & Beans

In-Class Music Preview

Activity 7B– Snippet Breakdown

Mean Protein - UmmmUh, sure smells good

Mean Protein - Everyday of your life

Mean Protein - To get your Mean Protein

Mean Protein - How many times

Mean Protein - Your diet can provide some proteins

Class Rap Assignment

Activity 7C – CREATE-A-RAP

Theme: Physical Activity

In-Class Dance Presentation

Activity 7D – The Mean And Lean

Class Physical Activity Assignment

Activity 7E – YOUR-TURN-TO-DANCE (Create Version of the Mean And Lean)

Class Spelling/Vocabulary/Term Definition Essay Writing Assignment

Activity 7F – WELLNESS VOCABULARY

Health Literacy Vocabulary/Hip Hop/Slang Vocabulary:

Class Essay Writing Assignment

Activity 7G – ESSAY - Mean Protein – Meats, Nuts & Beans

Theme: Why I Need Lean Meats, Nuts and Beans in My Diet?

Theme: Why I Get Enough Lean Meats, Nuts and Beans?

Theme: Why I Don't Get Enough Lean Meats, Nuts and Beans?

Theme: Why I Should Get Enough Lean Meats, Nuts and Beans?

Theme: Why Now Is The Time To Get Enough Lean Meats, Nuts and Beans?

Theme: How I Can Get Enough Get Enough Lean Meats, Nuts and Beans?

Class Arts & Craft Assignment

Activity 7H –Artwork Essay - Mean Protein – Meats, Nuts & Beans

Theme: Why I Need Lean Meats, Nuts and Beans in My Diet?

Theme: Why I Get Enough Lean Meats, Nuts and Beans?

Theme: Why I Don't Get Enough Lean Meats, Nuts and Beans?

Theme: Why I Should Get Enough Lean Meats, Nuts and Beans?

Theme: Why Now Is The Time To Get Enough Lean Meats, Nuts and Beans?

Theme: How I Can Get Enough Get Enough Lean Meats, Nuts and Beans?

Class Math Assignment

Activity 7I – Video Game Designer Debit/Credit Worksheet

Addition: Count the LMNB (Mean Protein (Lean Meats, Nuts and Beans) Servings, Calories and Nutrient

ADDITION BONUS POINTS: Low Fat Meat Choices

Subtraction: Fat Savings for Lean Protein Sources vs Non-Lean Protein Sources, Difference Between Normal Servings and Recommended Servings Allowances

Multiplication: Multiply Calories Times LMNB Servings Consumed

Division: Calculate Average Daily Calories Consumed from LMNB

Classroom Lecture

Instructor Presentation 7C – Section Review

Assessment Activity

Activity 7J – POST SECTION QUIZ– Lean Meats, Nuts and Beans

Classroom Project

Activity 7K – Section Project– Talk Show: What Do You Know About That?

Lean Meats, Nuts and Beans

SECTION 8 – THREE TIMES A DAY – LOW FAT DAIRY

Classroom Lecture

Instructor Presentation 8A - Three Times A Day – Low Fat Dairy

Assessment Activity

Activity 8A – PRE SECTION ASSESSMENT – Three Times A Day – Low Fat Dairy

In-Class Music Preview

Activity 8B– Snippet Breakdown

Three Times A Day - Ah yeah - Milk does a body good

Three Times A Day - Oooh ooohThrees Times a Day

Three Times A Day - Everyday your body needs nutrition

Three Times A Day - Well, if you want to grow

Three Times A Day - Oooh oooh Threes Times a Day

Three Times A Day - With so many ways that you can get it

Three Times A Day - Vitamin A, Vitamin B-12

Class Rap Assignment

Activity 8C – CREATE-A-RAP

Theme: Low Fat Dairy

In-Class Dance Presentation

Activity 8D – The Wiggle Three

Class Physical Activity Assignment

Activity 8E – YOUR-TURN-TO-DANCE (Create Version of the Wiggle Three)

Class Spelling/Vocabulary/Term Definition Essay Writing Assignment

Activity 8F – WELLNESS VOCABULARY

Health Literacy Vocabulary/Hip Hop/Slang Vocabulary

Class Essay Writing Assignment

Activity 8G – ESSAY - Three Times A Day – Low Fat Dairy

Theme: Why is calcium important?

Theme: What are food sources for calcium?

Theme: Why is it important to consume low-fat dairy products?

Theme: How much calcium do we need per day? How much calcium is in a glass of milk?

Theme: What is osteoporosis?

Theme: Other than calcium what are other nutrients in milk, and why do we need them?

Theme: How does Vitamin D help the body's absorption of calcium?

Theme: Why do most people not consume enough calcium?

Theme: Why now is the time to get enough low fat dairy?

Theme: How does the song "Three Times A Day" help in your understanding of the dairy food group?

Theme: Why I Need Low Fat Dairy in My Diet?

Theme: Why I Get Enough Low Fat Dairy?

Theme: Why I Don't Get Enough Low Fat Dairy?

Theme: Why I Should Get Enough Low Fat Dairy?

Theme: Why Now Is The Time To Get Enough Low Fat Dairy?

Theme: How I Can Get Enough Get Enough Low Fat Dairy?

Class Arts & Craft Assignment

Activity 8H –Artwork Essay ESSAY - Three Times A Day – Low Fat Dairy

Artwork Themes

Theme: Why I Need Low Fat Dairy in My Diet?

Theme: Why I Get Enough Low Fat Dairy?

Theme: Why I Don't Get Enough Low Fat Dairy?

Theme: Why I Should Get Enough Low Fat Dairy?

Theme: Why Now Is The Time To Get Enough Low Fat Dairy?

Theme: How I Can Get Enough Get Enough Low Fat Dairy?

Theme: Where Does Milk Come From?

Theme: Milk Containers Collage

Class Math Assignment

Activity 8I –Video Game Designer Debit/Credit Worksheet

Addition: Count the Low Fat Dairy Servings, Calories and Nutrient

ADDITION BONUS POINTS: Low Fat Dairy Choices

Subtraction: Fat Savings for Low Fat Dairy vs Non-High Fat Dairy Sources, Difference Between Normal Servings and Recommended Servings Allowances

Multiplication: Multiply Calories Times Servings Consumed

Division: Calculate Average Daily Calories Consumed from Low Fat Dairy Sources

Classroom Lecture

Instructor Presentation 8C – Section Review

Assessment Activity

Activity 8J –POST SECTION QUIZ– Low Fat Dairy

Classroom Project/Exercises/Labs

Activity 8L – Section Lab Project– Bones in A Bowl

Activity 8K – Section Project– Talk Show: What Do You Know About That?

Low Fat Dairy

SECTION 9 – STAY LOW – FATS & OILS

Classroom Lecture

Instructor Presentation 9A - Stay Low – Fats & Oils

Assessment Activity

Activity 9A – PRE SECTION ASSESSMENT – Stay Low – Fats & Oils

In-Class Music Preview

Activity 9B– Snippet Breakdown

Stay Low - Dad, you're always eating the big sandwich

Stay Low - Contrary to popular opinion

Stay Low - The first step to controlling fat

Danger Zone - Started as an innocent craving

Danger Zone - I'm in the zone

Danger Zone - Heavy breakfast

Danger Zone - No one told me

Danger Zone - Starting to cut fat

Class Rap Assignment

Activity 9C – CREATE-A-RAP

Theme: Fats & Oils

Theme: Flavor Can Kill

In-Class Dance Presentation

Activity 9D – The Low-Low

Class Physical Activity Assignment

Activity 9E – YOUR-TURN-TO-DANCE (Create Version of the Low-Low)

Class Spelling/Vocabulary/Term Definition Essay Writing Assignment

Activity 9F – WELLNESS VOCABULARY

Health Literacy Vocabulary/Hip Hop/Slang Vocabulary:

Class Essay Writing Assignment

Activity 9G – ESSAY - Stay Low – Fats & Oils

Theme: Why I Need Fats & Oils in My Diet?

Theme: Why I Get Enough Fats & Oils?

Theme: Why I Consume Too Much Fats & Oils?

Theme: Why I Should Monitor My Consumption of Fats & Oils?

Theme: Why Now Is The Time To Monitor My Consumption of Fats & Oils?

Theme: How I Can Monitor My Consumption of Fats & Oils?

Class Arts & Craft Assignment

Activity 9H –Artwork Essay ESSAY - Stay Low – Fats & Oils

Theme: Why I Need Fats & Oils in My Diet?

Theme: Why I Get Enough Fats & Oils?

Theme: Why I Consume Too Much Fats & Oils?

Theme: Why I Should Monitor My Consumption of Fats & Oils?

Theme: Why Now Is The Time To Monitor My Consumption of Fats & Oils?

Theme: How I Can Monitor My Consumption of Fats & Oils?

Class Math Assignment

Activity 9I – Video Game Designer Debit/Credit Worksheet

Addition: Count the Fat Consumed in Food Servings, Count Calories From Fat

ADDITION BONUS POINTS: Low Fat Dairy Choices

Subtraction: Fat Savings for Low Fat Dairy vs Non-High Fat Dairy Sources, Difference between Normal Servings and Recommended Servings Allowances

Multiplication: Multiply Calories Per Gram Times Fat Grams Servings Consumed

Division: Calculate Average Daily Fat Grams/Calories Consumed

Classroom Lecture

Instructor Presentation 9C – Section Review

Assessment Activity

Activity 9J – POST SECTION QUIZ– Fats & Oils

Classroom Project

Activity 9K – Section Project– Talk Show: What Do You Know About That?

Fats & Oils

SECTION 10 – CLOSE YOUR EYES & FALL– ADEQUATE REST

Classroom Lecture

Instructor Presentation 10A - Close Your Eyes & Fall– Adequate Rest

Assessment Activity

Activity 10A – PRE SECTION ASSESSMENT – Close Your Eyes – Adequate Rest

In-Class Music Preview

Activity 10B– Snippet Breakdown

Close Your Eyes & Fall - Want to have a good day

Close Your Eyes & Fall - Close your eyes and fall

Close Your Eyes & Fall - It's a twenty four hour

Close Your Eyes & Fall - And when you're a child

Close Your Eyes & Fall - Yes sleep is important

Class Rap Assignment

Activity 10C – CREATE-A-RAP

Theme: Adequate Rest

In-Class Dance Presentation

Activity 10D – The Sleep Dance

Class Physical Activity Assignment

Activity 10E – YOUR-TURN-TO-DANCE (Create Version of the Sleep Dance)

Class Spelling/Vocabulary/Term Definition Essay Writing Assignment

Activity 10F – WELLNESS VOCABULARY

Class Essay Writing Assignment

Activity 10G – ESSAY - Close Your Eyes & Fall– Adequate Rest

Theme: Why I Need Adequate Rest?

Theme: What Are the Stages of Sleep?

Theme: How Does Adequate Rest Relate to Diet?

Theme: Why I Get Enough Adequate Rest?

Theme: Why I Don't Get Enough Adequate Rest?

Theme: Why I Should Get Enough Adequate Rest?

Theme: Why Now Is The Time To Get Enough Adequate Rest?

Theme: How I Know That I Am Getting Enough Rest?

Theme: How I Know That I Am Not Getting Enough Rest?

Class Arts & Craft Assignment

Activity 10H –Artwork Essay- Close Your Eyes & Fall– Adequate Rest

Theme: Why I Need Adequate Rest?

Theme: What Are the Stages of Sleep?

Theme: How Does Adequate Rest Relate to Diet?

Theme: Why I Get Enough Adequate Rest?

Theme: Why I Don't Get Enough Adequate Rest?

Theme: Why I Should Get Enough Adequate Rest?

Theme: Why Now Is The Time To Get Enough Adequate Rest?

Theme: How I Know That I Am Getting Enough Rest?

Theme: How I Know That I Am Not Getting Enough Rest?

Class Math Assignment

Activity 10I –Video Game Designer Debit/Credit Worksheet

Addition: Count the Hours Available to Sleep, Actual Hours of Rest/Sleep

Subtraction: Subtract Sleep Distractions Minutes From Available Sleep

Multiplication: Multiply Number of Hours Times Minutes per Hour to Get Total Minutes of Rest/Sleep

Division: Calculate Average Daily Minutes/Hours

Classroom Lecture

Instructor Presentation 10C – Section Review

Assessment Activity

Activity 10J –POST SECTION QUIZ– Adequate Rest

Classroom Project

Activity 10K – Section Project– Talk Show: What Do You Know About That?

Adequate Rest

SECTION 11 – MY PYRAMID – DIET PLANNING & MANAGEMENT

Classroom Lecture

Instructor Presentation 11A – Diet Metrics

Instructor Presentation 11B - My Pyramid – Diet Planning & Management

Assessment Activity

Activity 11A – PRE SECTION ASSESSMENT – My Pyramid – Diet Metrics

Activity 11B – PRE SECTION ASSESSMENT – My Pyramid – Diet Planning & Management

In-Class Music Preview

Activity 11B– Snippet Breakdown

Seesaw Balance
Seesaw Balance - Seesaw Balance
Seesaw Balance - Have a seat
Seesaw Balance - As we go through life
Seesaw Balance - Now flip the script
Seesaw Balance - Everyone has their target calorie level
Seesaw Balance - If you exercise
Seesaw Balance - Two to Five hundred calories
Seesaw Balance - Make a healthy diet part of your life
My Pyramid - My Pyramid - I found
My Pyramid - At first I didn't care about the foods I ate
My Pyramid - Everybody's unique

Class Rap Assignment

Activity 11C – CREATE-A-RAP

Theme: Diet Planning & Management
Theme: Obstacles to Eating Healthy

In-Class Dance Presentation

Activity 11D – Groovy FreeStyle IV, Seesaw Stretch

Class Physical Activity Assignment

Activity 11E – YOUR-TURN-TO-DANCE (Create Version of Groovy FreeStyle, Seesaw Stretch)

Class Spelling/Vocabulary/Term Definition Essay Writing Assignment

Activity 11F – WELLNESS VOCABULARY

Health Literacy Vocabulary/Hip Hop/Slang Vocabulary

Class Essay Writing Assignment

Activity 11G – ESSAY - My Pyramid – Diet Planning & Management

Theme: Why I Need To Learn to Count Calories?
Theme: What Are Discretionary Calories?
Theme: How Do I Balance, Diet, Physical Activity and Rest?
Theme: Why I Balance, Diet, Physical Activity and Rest?
Theme: Why I Don't Balance, Diet, Physical Activity and Rest?
Theme: Why I Should Balance, Diet, Physical Activity and Rest?
Theme: Why Now Is The Time To Balance, Diet, Physical Activity and Rest?
Theme: How I Know That I Am Balancing, Diet, Physical Activity and Rest?
Theme: How I Know That I Am Not Balance, Diet, Physical Activity and Rest?
Theme: What are Diet Metrics?
Theme: What is a Calorie?

Theme: What are Nutrients?
Theme: How Do I Know the Calories and Nutrients that are in the Food I Eat?
Theme: What Are Recommended Daily Requirements for Nutrients?
Theme: What is a Serving Size?
Theme: Why Should I Learn About the Food Label
Theme: How Close Are You to Having A Better Diet?
Theme: How Close Are You to Being Fit?
Theme: What Do You Need to Do to Improve You Diet
Theme: What Steps Can You Take to Improve Your Diet
Theme: What Do You Need to Do to Improve You Fitness
Theme: What Steps Can You Take to Improve Your Fitness
Theme: How Can You Stay Focused on Food for the Rest of Your Life?

Class Arts & Craft Assignment

Activity 11H –Artwork - My Pyramid – Diet Planning & Management

Theme: Why I Need To Learn to Count Calories?
Theme: What Are Discretionary Calories?
Theme: How Do I Balance, Diet, Physical Activity and Rest?
Theme: Why I Balance, Diet, Physical Activity and Rest?
Theme: Why I Don't Balance, Diet, Physical Activity and Rest?
Theme: Why I Should Balance, Diet, Physical Activity and Rest?
Theme: Why Now Is The Time To Balance, Diet, Physical Activity and Rest?
Theme: How I Know That I Am Balancing, Diet, Physical Activity and Rest?
Theme: How I Know That I Am Not Balance, Diet, Physical Activity and Rest?
Theme: What are Diet Metrics?
Theme: What is a Calorie?
Theme: What are Nutrients?
Theme: How Do I Know the Calories and Nutrients that are in the Food I Eat?
Theme: What Are Recommended Daily Requirements for Nutrients?
Theme: What is a Serving Size?
Theme: Why Should I Learn About the Food Label
Theme: How Close Are You to Having A Better Diet?
Theme: How Close Are You to Being Fit?
Theme: What Do You Need to Do to Improve You Diet
Theme: What Steps Can You Take to Improve Your Diet
Theme: What Do You Need to Do to Improve You Fitness
Theme: What Steps Can You Take to Improve Your Fitness
Theme: How Can You Stay Focused on Food for the Rest of Your Life?
Theme: Help! Where Can You Get Help With Diet Maintenance?

Class Math Assignment

Activity 11I –Video Game Designer Debit/Credit Worksheet

Addition: Summarize Sections (1-10)
Subtraction: Summarize Sections (1-10)
Multiplication: Summarize Sections (1-10)
Division: Summarize Sections (1-10)

Classroom Lecture

Instructor Presentation 11C – Section Review

Instructor Presentation 11D – Module Review

Assessment Activity

Activity 11J –POST SECTION QUIZ– Diet Planning & Management

Activity 11K –POST MODULE EXAM– Diet Planning & Management

Classroom Project

Activity 11K – Section Project– Talk Show: What Do You Know About That?

Diet Planning & Management