

QUICK-START GUIDE

Activity & Eating

For High School Students



STEP 1. Confirm that you have all materials

Teacher Materials include a DVD that contains the *Activity & Eating* PowerPoint presentation and a PDF of the script accompanying each slide.

Student materials include Workbooks available in English or Spanish.

STEP 2. Review the PowerPoint Presentation

On the DVD you will find the *Activity & Eating* PowerPoint presentation. Review each slide and print the PDF script which contains detailed slide information including group discussion points. Can't find the DVD? Visit our website DairyCouncilOfCA.org/ActivityEating to download the presentation and script.



| Key Concepts | Focus |
|--------------------------|--|
| Hunger Cues | Avoid overeating by identifying how hungry you are before and after each meal. |
| Healthy Weight | Small steps to make healthy changes like moving more and tracking food intake. |
| Breakfast | Breakfast eaters have a healthier weight and more energy. |
| Snacking | Packing food-group snacks can be as fast as eating out. |
| Serving Sizes | Using hand symbols to keep serving sizes of foods in mind. |
| Food-group Foods | Categorize foods into food groups and the importance of choosing the recommended number of nutrient-rich food servings from all food groups. |
| Physical Activity | Boost heart rate, build muscle and build bones with 60 minutes of physical activity at least 5 days a week. |
| Healthier Choices | Quick snack options, eating out tips and trading for nutrient-rich foods. |

STEP 3. Review the resources on Dairy Council of California’s website

In addition to the presentation and script, the webpage contains:

Additional PowerPoint presentations:

- Rethink Your Drink
- Portion Sizes

Free Downloadable Tip sheets

- Reach for a Healthy Beverage

Free Interactive Tools

- Teen Beat
- Meals Matter

Additional free resources available at: DairyCouncilOfCA.org/ActivityEating

STEP 4. Teach the lesson

When the Activity & Eating lesson is implemented as it is intended, students are more likely to eat healthier foods and be more physically active, and you are more likely to see improvements in student’s attention, attendance and classroom behavior.

Therefore, we encourage you to:

- Teach the lesson with the PowerPoint presentation and script
- Use the discussion points in the script to foster skill building in food and physical activity decisions



Teacher Tips

Teachers who have used *Activity & Eating* in their classroom have the following suggestions for other teachers:

- Plan for a 50 minute session for this lesson. Preparation time for this program is minimal. If you find a natural breaking point in the lesson, break it up into more than one day.
- Encourage your students to share their personal experiences with food, eating out and physical activity whenever possible. It will help them relate to one another and personalize the discussion points.
- Be a healthy role model. Students closely watch your words and actions. Making healthy food choices and talking about healthy eating outside the classroom will send students the right message and reinforce key concepts in the lesson. It may also encourage healthy eating behaviors and attitudes in your students.
- Teens often skip meals. Reinforce the importance of eating meals that focus on food-group foods for good health.



This program, brought to you by Dairy Council of California, aligns with the 2010 Dietary Guidelines.



For more information on our programs, call 877.324.7901 or visit our website at DairyCouncilOfCa.org.