



QUICK-START GUIDE

Building a healthy me!

Stacking up choices for good nutrition

STEP 1. Confirm that you have all materials

Teacher materials include:

- A Teacher Guide with lesson plans and newsletter bites for use with students’ families
- Full-color Parent Booklets, called *The Home Connection*, which are available in English and Spanish
- A *Building a Healthy Me!* poster
- A box of multicultural food pictures.

Student materials include Student Workbooks in both English and Spanish.

STEP 2. Review each lesson plan

Inside the *Building a Healthy Me!* Teacher Guide you will find six lesson plans (see chart below). Review each lesson, including the extension activities. The extension activities not only provide opportunities to meet the needs of multiple learning styles, but they reinforce concepts taught in the core lesson.

Title	Focus
Piecing the Pyramid	Introducing USDA’s MyPyramid food guidance system as a tool that can help people make healthy food choices.
All Foods Fit	Identifying foods within each of the food groups of the pyramid.
Off to a Good Start	The importance of eating breakfast.
Professor Clue	Identifying foods that together make up combination (or “mixed”) foods.
Kinder Cooks	Simple recipe preparation.
Smart Shoppers	Choosing food-group foods for meals and snacks while considering personal preferences and cost.



STEP 3. Review the other resources in the Teacher Guide

In addition to the lesson plans, the Teacher Guide contains:

- A quick overview of nutrition, including information about USDA's MyPyramid and the benefits of teaching students to use the food grouping system (p. 3).
- A scope-and-sequence chart that provides information on how *Building a Healthy Me!* lessons are aligned to standards (p. 4).
- A section called "More for Teachers" that includes the anatomy of "MyPyramid: Steps to a Healthier You," frequently asked questions and answers, information about nutrients and their functions and information about how a healthy breakfast contributes to better learning (pp. 29–35).

STEP 4. Teach the lessons

When the *Building a Healthy Me!* program is implemented as it was intended, students are more likely to eat healthier foods and you are more likely to see improvements in students' attention, attendance and classroom behavior.

Therefore, we encourage you to:

- teach all six of the core lessons provided in their entirety
- teach the lessons in the order that they appear in the Teacher Guide
- teach the lessons using the recommended number of minutes
- use the materials provided, including the Teacher Guide, Parent Booklets, the *Building a Healthy Me!* poster, box of multicultural food pictures and Student Workbooks.

Teacher Tips

Teachers who have used *Building a Healthy Me!* in their classrooms have the following suggestions for other teachers:

- Plan for 30 minutes to 60 minutes of class time for each lesson. Preparation time for each lesson ranges from 15 to 30 minutes.
- Use the newsletter bites and *The Home Connection* Parent Booklets. Involving parents not only reinforces what is being taught in the classroom, but may encourage parents to become classroom volunteers.
- 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 classroom lessons. It may also encourage healthy eating behaviors and attitudes in your students.
- Develop a relationship with your school food-service director. Your school food-service director may be able to provide foods for program lessons.
- Talk with other teachers at your school who use the program for other ideas.