



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.

Your state's school health policies:
nasbe.org/HealthySchools/States/State_Policy.asp

The topic of weight is a sensitive issue. Although there is no “perfect” weight, being overweight can have serious health consequences. The following discussion questions and 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/kid/stay_healthy/fit/overweight.html

Body Mass Index (BMI)

KidsHealth.org/kid/grow/body_stuff/bmi.html

What Kids Say About: Weight

KidsHealth.org/kid/grow/tough_topics/poll_weight.html

What's the Right Weight for Me?

KidsHealth.org/kid/stay_healthy/fit/fat_thin.html

How Can I Feel Better About My Body?

KidsHealth.org/kid/feeling/emotion/feel_better_about_body.html

Be a Fit Kid

KidsHealth.org/kid/stay_healthy/weight/fit_kid.html

Is Dieting OK for Kids?

KidsHealth.org/kid/nutrition/food/diet.html

The Food Guide Pyramid

KidsHealth.org/kid/nutrition/food/pyramid.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? Why is it important to eat these foods? How can the choices you make about what you eat affect your health and how you feel?
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.

Campaign for Fitness!

Objectives:

Students will:

- Identify and describe healthy choices kids can make to become or stay fit
- Use various means of communication to persuade kids to make healthy choices

Materials:

- Computer with Internet access
- Campaign for Fitness handout (available at: KidsHealth.org/classroom/3to5/problems/conditions/obesity_handout1.pdf)
- Plain, unlined paper
- Poster board or construction paper
- Art supplies (pens, markers, crayons)

Class Time:

45 minutes

Activity:

Your local health department is concerned about kids who are at risk of becoming overweight. Your group is responsible for a major TV advertising campaign to encourage kids to make healthy choices by eating healthy foods and exercising. How will you get kids interested? First, do some research. Check out KidsHealth to find out what being fit means, the health problems that may come with being overweight, and the healthy choices every kid can make. Then brainstorm ideas for how you will inform kids and get them involved. Will you use posters, pamphlets, or advertisements? Will you organize some kind of activity for kids? The Department of Health insists that you have some form of print communication and a scripted commercial. Use the Campaign for Fitness handout to write the script for your commercial. Be sure that your campaign describes healthy food choices kids can make and encourages kids to be active.

Extensions:

1. With one or two partners, discuss how you would respond to a friend who says, "I can't change how much I weigh. Being chubby runs in my family," or "I want to be fit, but I just have too much homework to do," or "If I didn't eat anything, I would lose lots of weight really fast." Share your thoughts with the class.
2. You don't need to be the best athlete in the school to be healthy, and everyone can have a good time while exercising. As a class, design events for a "Fitness Olympics!" Events can range from the traditional (races) to the extreme (anyone up for a doubles water balloon toss?!). Invite other classes to watch and participate.



Media Alert!

Objectives:

Students will:

- Identify and distinguish healthy foods from unhealthy foods
- Analyze how different forms of media (grocery store circulars, TV commercials) present foods to kids

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 (available at: KidsHealth.org/classroom/3to5/problems/conditions/obesity_handout2.pdf)

Class Time:

45 minutes

Activity:

Every day, kids hear messages about what to eat. Sometimes those messages don't support healthy choices. How is food represented in store ads and TV commercials? Do a little media analysis. First, review some KidsHealth 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. Are there some foods that are mentioned in print but not shown in pictures? Then, either at home or in class, check out the commercials that are shown during 1 hour of TV. How many are about food? Do you think the foods are healthy? Why or why not? Finally, discuss your findings in class. Did anything surprise you?

Extensions:

1. Time for BLD - Breakfast, Lunch, and Dinner! Plan a healthy menu for the day. What would you eat for breakfast, lunch, and dinner? Compare your menu to the recommendations from the food guide pyramid. Is there anything you would change?
2. Is dieting OK for kids? Suppose a friend tells you, "I think I need to go on a diet." What would you say? What advice would you give? Discuss.

Reproducible Materials

Handout: Campaign for Fitness

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

Handout: Media Alert!

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


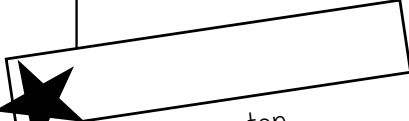



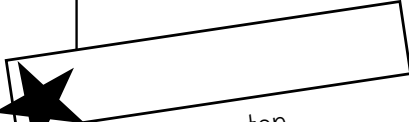
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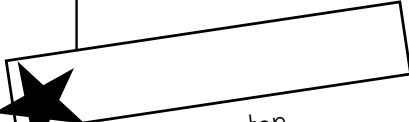
Date: _____

Campaign for Fitness

Instructions: Use this script paper to write your commercial for the Department of Health.

  : _____
Character _____

  : _____
Character _____

  : _____
Character _____

