



[KidsHealth.org/classroom](http://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 use goal-setting 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](http://nasbe.org)

One in three kids and teens ages 2 to 19 are overweight, and being overweight can have serious health consequences. Even at a young age, kids can learn about eating nutritious foods and staying active. The following discussion questions and activities will help your students understand why they need to make healthy choices so they can be fit kids who grow into fit adults.

## Related KidsHealth Links

### Articles for Kids:

#### What Being Overweight Means

[KidsHealth.org/en/kids/overweight.html](http://KidsHealth.org/en/kids/overweight.html)

#### It's Time to Play

[KidsHealth.org/en/kids/what-time.html](http://KidsHealth.org/en/kids/what-time.html)

#### Go, Slow, and Whoa! A Kid's Guide to Eating Right

[KidsHealth.org/en/kids/go-slow-whoa.html](http://KidsHealth.org/en/kids/go-slow-whoa.html)

#### MyPlate Food Guide

[KidsHealth.org/en/kids/pyramid.html](http://KidsHealth.org/en/kids/pyramid.html)

#### Why Exercise Is Cool

[KidsHealth.org/en/kids/work-it-out.html](http://KidsHealth.org/en/kids/work-it-out.html)

#### Is Dieting OK for Kids?

[KidsHealth.org/en/kids/diet.html](http://KidsHealth.org/en/kids/diet.html)

#### Be a Fit Kid

[KidsHealth.org/en/kids/fit-kid.html](http://KidsHealth.org/en/kids/fit-kid.html)

## Discussion Questions

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

1. How and why do people become overweight?
2. What happens to your body when you're overweight?
3. What foods can you eat to stay healthy?
4. What kinds of activities can you do to stay healthy?











