

THE GREAT BODY SHOP

Family Bulletin

Brought to you by The Children's Health Market, Inc., P.O. 7294, Wilton, CT 06897 800-782-7077

Lesson One: Building Pyramids

STUDENTS WILL MAKE USE OF THE US DIETARY GUIDELINES AND OTHER RECOGNIZED RESOURCES TO DESCRIBE A HEALTHY DIET, ADEQUATE PHYSICAL ACTIVITY, AND THE AMOUNT OF REST NEEDED DURING ADOLESCENCE.

Lesson Two: F.I.T.T.ness

DURING THIS LESSON, STUDENTS WILL EXPLORE THE PURPOSE AND BENEFITS OF EXERCISE, APPLY THE BASIC PRINCIPLES OF TRAINING (FREQUENCY, INTENSITY, TIME, AND TYPE), AND APPROPRIATE GUIDELINES OF EXERCISE TO MAKE A PERSONAL PLAN TO IMPROVE IMMEDIATE AND LONG-TERM PHYSICAL FITNESS.

Lesson Three: Case Studies

STUDENTS WILL EXAMINE DISEASES/DISORDERS ASSOCIATED WITH POOR LEVELS OF FITNESS AND/OR NUTRITION AND DISCUSS THE ROLE OF HEALTH BEHAVIORS IN CAUSING THESE DISEASES/DISORDERS.

Obesity: A Public Health Concern

Without question, obesity is a public health concern. Being overweight or obese leads to a wide range of health concerns including type 2 diabetes, heart disease, cancer and stroke. The USDA has published Dietary Guidelines which include nutritious foods and physical activity. As a family, explore www.MyPyramid.gov and learn more about portion sizes, nutritious foods, healthy weights, BMI and how to stay physically active.

Books To Consider:

Body Fuel: A Guide To Good Nutrition (Food and Fitness), by Donna Shryer. Marshall Cavendish, 2007. Provides a basic, comprehensive introduction to human nutrition, including information on how nutrients fuel the body, with a review of the food pyramid and how to read labels to make healthy food choices.

Food As Foe: Nutrition And Eating Disorders, Lesli J., Ph.D. Marshall Cavendish Children's Books, 2007. Provides a basic, comprehensive introduc-

tion to eating disorders, including anorexia, bulimia, and binge eating, with a review of where to find help and how to make wise food choices to become healthy.

A Second Look At Family Dinners

Did you know that families who eat dinner together tend to be a healthier weight than those who eat on the go? Rethink your family dinner routine and schedule time to eat dinner together. Not only do food choices tend to be healthier, but eating slower triggers the "full" sensation in the brain and people tend to eat less. As an added bonus, family dinners spark conversations that help kids and parents feel connected.

Try some of these family dinner conversation starters:

1. On a scale of 1-10, rate your day. What was the best part? What was the worst?
2. If you could eat one food (play one game, sing one song, etc.) for a full month, what would it be? Why?
3. If you were an animal, what would you be? Why?
4. What is the best thing about being a kid (adult)?
The worst?
5. Describe your dream vacation (job, day at school, pet).

A Word About Eating Disorders:

According to the National Institute of Mental Health, eating disorders often show up during adolescence. Some reports indicate that they can even develop during childhood. Although females are more likely than males to develop an eating disorder, men and boys account for 5 to 15 percent of patients with anorexia or bulimia and an estimated 35 percent of those with binge-eating disorder. Eating disorders are treatable illnesses, that are complex and have underlying psychological and biological causes. For more information about eating disorders, visit the National Institute of Mental Health at www.nimh.nih.gov

Touching Home

Name: _____

Date: _____ Class: _____

Directions: With a person in your family, complete the following page as you read and discuss it. If you complete this page with family using the computer, attach the E-mail or Instant Message conversation to this page.

1. Brainstorming with a family member. How many different activities can you do as a family to be physically active during the week? List them here.

2. What are some of the favorite foods your family likes to eat? Put a star next to the healthiest food preferences.

3. Ask a family member to name their favorite physical activity. Do you like to participate in this activity?

4. Interview a family member about sleeping habits. How much sleep do they get per day? Do they feel they sleep too much, too little, or just the right amount? How much sleep do you "average" over the course of one week?

Comments or questions you and/or your family wish to share after completing the Touching Home page:

Signature of person who worked with you: _____

Note Taker's Page

Name: _____

Date: _____ Class: _____

Directions: Write the answers to the following questions, on a separate sheet of paper, complete the following page as you read and discuss the Student Issue.

1. Draw the food pyramid and the fitness pyramid. Label each section of both pyramids with examples of food or activities. _____

2. List three health benefits to good nutrition. _____

3. List three health benefits to physical fitness. _____

4. Explain the F.I.T.T. principle. _____

5. List five diseases or disorders that are impacted by food and activity choices.

Summarize the important things you have learned and will use from this unit.