

QUICK-START GUIDE

Shaping Up My Choices

STEP 1. Confirm that you have all materials

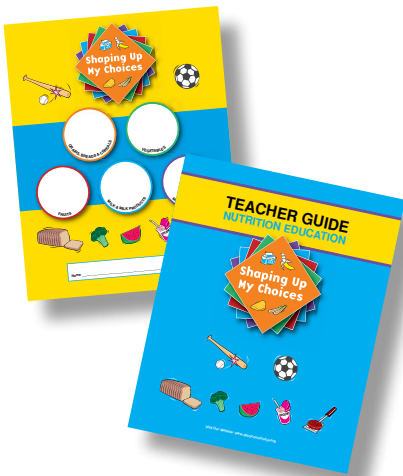
Teacher materials include:

- A Teacher Guide,
- Color master documents,
- Dairy Council of California’s website containing all resource materials (Curriculum Connections, vocabulary cards, color master documents and color food photos.)

Student materials include Student Workbooks in both English and Spanish which contains a family letter and family homework.

STEP 2. Review each lesson plan

Inside the *Shaping Up My Choices* Teacher Guide you will find ten lesson plans (see chart below). Review each lesson plan prior to teaching. Curriculum Connections can be obtained by visiting Dairy Council of California’s website at HealthyEating.org under the Schools Tab. The Curriculum Connections provide opportunities to meet the needs of multiple learning styles, and they reinforce concepts taught in the core lesson.



Title	Focus
Food Group Fun	Introduces students to a basic food grouping system that can be used as a tool to help classify foods into food groups and encourage physical activity.
Food Group Find	Students will learn to classify foods into the appropriate food groups.
Nutrient Power	Introduces students to the main nutrient provided by foods in each of the five food groups.
Sizing Up Your Servings	Introduces students to the concept of the right serving sizes of foods and learn to compare serving sizes to hand symbols.
Breakfast Blast	Introduces the importance of eating a balanced breakfast every morning using the “3 out of 5 model.”
Snack Time	Students learn that snacks are important to their overall nutrient intake each day and how to trade snacks that are “extras” for snacks from the five food groups.
Get Ready, Get Set, Get Moving	Students will learn the importance of physical activity as one of the healthy habits they should practice and the benefits of being physically active.
Label Language	Students will learn to use the Nutrition Facts food label as a tool to help make healthy food choices, with a focus on added sugars.
Test Your Beverage Choice	Students will learn about healthier beverage choices that they can make after physical activity or with any meal/snack.
Lunchtime Launch	Students will learn how to plan a balanced lunch by making sure that a food from all five food groups is represented.

STEP 3. Review the additional resources in the Teacher Guide

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

- Common questions teachers ask about USDA’s Dietary Guidelines and food grouping system; the benefits of teaching students the food grouping system; commonly miscategorized foods.
- Information about the importance of breakfast and achievement.
- Common questions teachers ask about nutrition and health issues for children.

STEP 4. Teach the lessons

When the *Shaping Up My Choices* program is implemented as it was intended, students are more likely to eat healthier foods and be more physically active, and you are more likely to see improvement in students’ attention, attendance and classroom behavior.

Therefore, we encourage you to:

- use the pre-assessment and post-assessment
- teach all of the lessons provided in their entirety
- teach the lessons in the order that they appear in the Teacher Guide
- use the materials provided, including the Teacher Guide, color master documents and Student Workbooks.



Teacher Tips

Teachers who have used *Shaping Up My Choices* in their classrooms have the following suggestions for other teachers:

- Plan for 45 to 60 minutes of class time for each lesson. Preparation time for each lesson ranges from 15 to 30 minutes.
- Use the family letter on the first day you teach the program and the family homework included in several of the lessons. Involving parents reinforces what is being taught in the classroom and may encourage parents to become classroom volunteers.
- Strike a balance between whole group and individual work. Most of the lessons could certainly be done as a whole-group activity. However, individual work will provide a better assessment of each student’s true knowledge gains and behavior changes.
- Model the workbook activities for your students before they begin to work on their own. In most activities, an example of the task to be performed has been modeled in the workbook.
- Encourage your students to share their personal or home experiences with food, eating and physical activities whenever possible. It will help children relate to one another and personalize the activities.
- 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.
- Talk with other teachers at your school who use the program for other ideas.