



# QUICK-START GUIDE

## EXERCISE YOUR OPTIONS



### STEP 1. Confirm that you have all materials

*Teacher materials* include a Teacher Guide with lesson plans and an *Exercise Your Options* DVD, that contains eight video segments introducing the key issues of each lesson, teacher PowerPoint presentation and additional resources.

*Student materials* include a Student Workbook.

### STEP 2. Review each lesson plan

Inside the Teacher Guide you will find six lesson plans and a pre and post-assessment (see chart below). Review each lesson plan prior to teaching the lesson. The Expanded Opportunities/Making Connection activities are available on the Dairy Council of California’s website at [HealthyEating.org](http://HealthyEating.org) under the Schools section. The Expanded Opportunities/Making Connection activities provide opportunities to meet the needs of multiple learning styles and they reinforce concepts taught in the core lesson.

Title	Focus
<b>Options ... Choices ... Decisions</b>	Some of the common myths about food and activity choices. Students also look at their own choices by completing personal health appraisals.
<b>Food Group Experts (requires two sessions)</b>	The major food groups and main nutrients. Students conduct their own research and presentation on the food groups.
<b>Lunch at the Mall ... What Are My Options?</b>	Serving and portion sizes. Students practice making healthy lunch choices at the mall.
<b>Power up for Breakfast</b>	The importance of breakfast.
<b>Food Records (requires two sessions)</b>	Students complete, analyze and discuss personal food records.
<b>Keep Moving, Keep Fit</b>	The benefits of physical activity. Students also complete and analyze activity records.
<b>Overcoming Obstacles</b>	Developing sound decision-making and goal-setting skills related to healthy eating and physical activity, which encompasses anticipating roadblocks and having an alternate plan.
<b>A Brand New Day</b>	Students assessing their progress (knowledge and goals) since the program began and setting goals for how they plan to eat healthy and be physically active now and in the future.

## STEP 3. Review additional resources

Additional resources located on the DVD and Dairy Council of California's website include:

- Answers to common questions teachers ask about adolescent health and nutrition issues, including USDA's Dietary Guidelines and food guidance system; how much adolescents need of each major food group; special nutritional needs; dieting; and much more.
- Student handouts about strong bones, healthy eating for athletes and eating disorders.

## STEP 4. Teach the lessons

When the *Exercise Your Options* 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 improvements in students' attention, attendance and classroom behavior.

Therefore, we encourage you to:

- teach all of the six lessons and the pre and post-assessment provided in their entirety
- teach the activities in the order they appear in the Teacher Guide
- use the materials provided, including the Teacher Guide, the *Exercise Your Options* DVD which includes the PowerPoint presentation with embedded video segments and the Student Workbooks.



### Teacher Tips

Teachers who have used *Exercise Your Options* in their classrooms have the following suggestions for other teachers:

- Plan for 40 minutes of class time for all lessons, except two (see chart). Preparation time for this program is minimal.
- Encourage your students to share their personal or home experiences with food, eating and physical activities whenever possible. It will help them 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.
- Adolescents may skip breakfast. Reinforce the importance of coming to school fed when completing the food records.
- Talk with other teachers at your school who use the program for other ideas.