

## Week One

### Lesson – Complete Exercise Assignment 1 & Learn About Water & Carbohydrates

- Begin Assignment 1 (Workbook pg. 23)
- Watch Intro to Assignment 1 – "Regular Exercise" DVD – Discuss the FITT
- Exercise 3 days per week – Complete Exercise Assignment 1 – **"6 minutes"** ("Regular Exercise" DVD)
- Review water and carbs – "KNOW Your Nutrients" DVD and/or see pg. 8 in workbook
- Review How to find the nutrients - "Know Your Nutrients" DVD (click on Basics, Know Your Nutrients, How To Find Them)

#### Key Points

- Proper exercise form.
- Proper stretching.
- How to find Carbohydrates (sugar, starch & fiber) on a Nutrition Facts label.

#### Know Your Nutrients

- What is the shortened name for carbohydrates? Carbs.
- What do Carbs do for you? Carbs give you energy.
- Name the three different types of Carbs. Sugar, starch and fiber.
- How do you find starch? Subtract fiber and sugar from total carbs = starch.
- What does water do for you? Water is responsible for moving nutrients into cells and for the removal of waste from cells.

#### All weekly lessons meet these National Standards

##### National Math Standards:

##### Data Analysis and Probability:

- Collect data using observations, surveys, and experiments;

##### NCTE Standards for the English Language Arts:

- Students read a wide range of print and non-print texts to build an understanding of texts, of themselves, and of the cultures of the United States and the world; to acquire new information; to respond to the needs and demands of society and the workplace; and for personal fulfillment. Among these texts are fiction and nonfiction, classic and contemporary works.
- Students apply a wide range of strategies to comprehend, interpret, evaluate, and appreciate texts. They draw on their prior experience, their interactions with other readers and writers, their knowledge of word meaning and of other texts, their word identification strategies, and their understanding of textual features (e.g., sound-letter correspondence, sentence structure, context, graphics).
- Students adjust their use of spoken, written, and visual language (e.g., conventions, style, vocabulary) to communicate effectively with a variety of audiences and for different purposes.

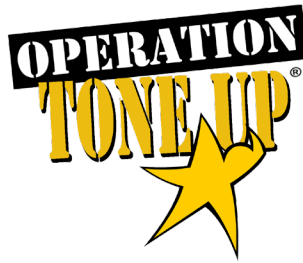
##### National Health Education Standards:

- HES 1- Students will comprehend concepts related to health promotion and disease prevention to enhance health. Performance indicators: grades 3-5 - 1.5.1, 1.5.2, 1.5.3, 1.5.4
- HES 3 – Students will demonstrate the ability to access valid information and products and services to enhance health. - P.I. 3.5.1, 3.5.2
- HES 5 – Students will demonstrate the ability to use decision-making skills to enhance health. P.I. 5.5.1-5.5.6
- HES 7- Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. - P.I.7.5.1-7.5.3

##### NATIONAL STANDARDS FOR PHYSICAL EDUCATION K-12:

##### National PE Standards

- The National Content Standards publications define what a student should know and be able to do as result of a quality physical education program. States and local school districts across the country use the National Standards to develop or revise existing standards, frameworks and curricula.
- Standard 1 - The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
  - Standard 2 - The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
  - Standard 3 - The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
  - Standard 4 - The physically literate individual exhibits responsible personal and social behavior that respects self and others.
  - Standard 5 - The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.



## Week Two

### Lesson – Continue Exercise Assignment 1 & Learning About Water & Carbs

- Exercise 3 days per week – Complete Exercise Assignment 1 – “6 minutes” (“Regular Exercise” DVD)
- Discuss the students experience in drinking more water and eating more carbs and the effect it has on how they feel. (Students should experience having more energy)
- Review water and carbs – (“Know Your Nutrients” DVD and/or see pg. 8 in workbook)
- Review How to find the nutrients (“Know Your Nutrients” DVD and/or workbook pg. 12)
- Review Not–So–Good–Guys (“Know Your Nutrients” DVD and/or workbook pg. 10)
- Review Metabolism (“Know Your Nutrients” DVD and/or workbook pgs. 14-15)

#### Key Points

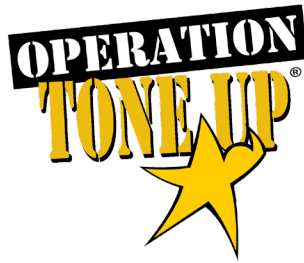
- Proper exercise form.
- Proper stretching.
- How to find Carbohydrates (sugar, starch & fiber) on a Nutrition Facts label.

#### Know Your Nutrients

- Which carb gives you quick acting short–term energy? Sugar.
- Which carb has NO energy? Fiber.
- Which carb gives you slow releasing long–term energy? Starch.
- What do carbs do for you? Give you energy.
- Name the three different types of carbs?
- How do you find starch? Subtract fiber and sugar from total carbs = starch.
- What does water do for you? Water is responsible for moving nutrients into cells and for the removal of waste from cells.

#### Review

- What is metabolism? The process by which your body breaks down food to supply your body with energy.
- What is a comfortable eater, an over eater and an under eater? Comfortable eater– Stop eating when you feel comfortable. Over eater – Eating more food than your body can metabolize. Under eater – Does not eat enough and this puts your body into starvation mode which breaks down muscle tissue instead of food for energy.



## Week Three

### Lesson – Complete Exercise Assignment 2 & Learn About Protein & Fat

- Read Assignment 2 (workbook pg. 33)
- Discuss exercise pacing (Workbook pg. 33)  
Have a student demonstrate by completing one circuit of Assignment 1 (Workbook pg. 23)
- Watch the Intro to Assignment 2 ("Regular Exercise" DVD - Discuss the FITT)
- Exercise 3 days per week – Complete Exercise Assignment 2 – **"12 minutes"** ("Regular Exercise" DVD)
- Review protein and fat – "Know Your Nutrients" DVD and/or see page 9 in workbook

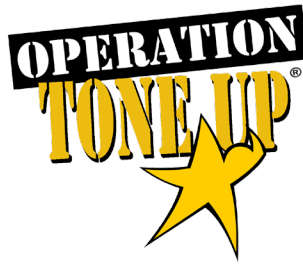
*\*\*Students will not have as much energy when they increase their Protein and Fat consumption. This is a good time to work on pacing.*

#### Key Points

- What is pacing? Pacing is slowing down the exercises so that you can complete the entire exercise assignment. Slowing down will create stronger muscles.
- What is the FITT? FITT stands for Frequency, Intensity, Time and Type. The FITT is used to increase an exercise program to help your body to continue to improve.
- How to find Protein and Fat on a Nutrition Facts label.

#### Know Your Nutrients

- What does protein do for you? Protein is needed for growth and maintenance of muscles, blood, skin, internal organs hair and nails.
- What does fat do for you? Fat is used as reserve energy, acts like a cushion to protect internal organs and keeps body heat in.
- Is fat good or bad? Fat is good. Your body needs fat to function properly.
- How much fat do you need daily to be healthy? You need between 15% and 30% of your total daily calories from fat to be healthy. If you take in 2000 calories a day, then your fat consumption should be between 30 and 60 grams.
- How do you find starch? Subtract sugar & fiber from total carbs = starch.
- What do Carbs do for you? Carbs give you energy.
- Name the three different types of Carbs. Sugar, starch and fiber.
- What does water do for you? Water is responsible for moving nutrients into cells and for the removal of waste from cells.



## Week Four

### Lesson – Continue Exercise Assignment 2 & Learning About Protein & Fat

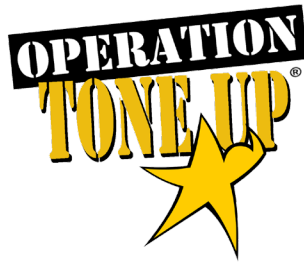
- Exercise 3 days per week – Complete Exercise Assignment 2 – “**12 minutes**” (“Regular Exercise” DVD) Continue to emphasize pacing and proper form
- Discuss the students experience in eating more Protein & Fat and the effect it has on how they feel (Students should experience having less energy)
- Review How to find the nutrients (“Know Your Nutrients” DVD and/or workbook pgs. 12-13)
- Have students read the food labels of six of their favorite foods

#### Key Points

- What is pacing? Pacing is slowing down the exercises so that you can complete the entire exercise assignment. Slowing down will create stronger muscles.
- What is the FITT? FITT stands for Frequency, Intensity, Time and Type. The FITT is used to increase an exercise program to help your body to continue to improve.
- How to find Protein and Fat on a Nutrition Facts label.
- What is a comfortable eater, an over eater and an under eater? Comfortable - stops eating when you feel comfortable. Over eater - eating more food than your body can metabolize.

#### Know Your Nutrients

- What does protein do for you? Protein is needed for growth and maintenance of muscles, blood, skin, internal organs hair and nails.
- What does fat do for you? Fat is used as reserve energy, acts like a cushion to protect internal organs and keeps body heat in.
- What does water do for you? Water is responsible for moving nutrients into cells and for the removal of waste from cells.
- What do carbs do for you? Carbs give you energy.
- How do you find starch? Subtract sugar & fiber from total carbs = starch.



## Week Five

### Lesson – Complete Exercise Assignment 3 & Learn About Minerals & Vitamins

- Read Assignment 3 (Workbook pg. 43)
- Watch the Intro to Assignment 3 ("Regular Exercise DVD")
- Exercise 3 days per week – Complete Exercise Assignment 3 – **"18 minutes"** ("Regular Exercise" DVD)
- Review Minerals & Vitamins ("Know Your Nutrients DVD" and/or see page 9 in workbook)
- Discuss the need to Pick-Up the pace and relate it to the FITT
- Have students read the food labels of six of their favorite foods

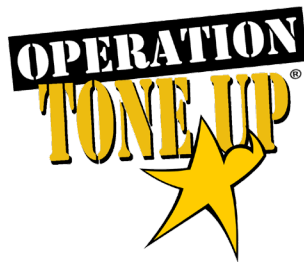
*\*\*This week students should notice an increase in their endurance, strength and energy. Discuss with students the need to Pick Up The Pace. That is, increase the speed at which you are doing an exercise, while using proper form. By picking up the pace, students will continue to build their endurance levels, strength, energy and burn off body fat even faster.*

#### Key Points

- Pick Up The Pace.
- How to find Minerals and Vitamins on a Nutrition Facts label.
- How to find the Not-So-Good-Guys on a Nutrition Facts label.
- Eat like a Comfortable eater.

#### Know Your Nutrients

- What do vitamins do for you? Vitamins are needed for bone growth, healthy skin, strong teeth and to help you see better in the dark.
- What do minerals do for you? Minerals help with the formation of bones and tissue, turn food into energy and help your nerves and muscles.
- How many serving of fruits and vegetables should you have each day? You should eat 5 to 9 servings of fruits and vegetable each day.
- What types of food contain vitamins and minerals? You can find vitamins in fruit and vegetables. Minerals can be found in fruits, vegetables and protein foods.
- What does water do for you? Water is responsible for moving nutrients into cells and for the removal of waste from cells.
- What do Carbs do for you? Carbs give you energy.
- What does protein do for you? Protein is needed for the growth and maintenance of muscles, blood, skin, internal organs, hair and nails.
- What does fat do for you? Fat is used as reserve energy, acts like a cushion to protect internal organs and keeps body heat in.



## Week Six

### Lesson – Continue Exercise Assignment 3 & Learning About Minerals & Vitamins

- Exercise 3 days per week – Complete Exercise Assignment 3 – **“18 minutes”** (“Regular Exercise” DVD)
- Discuss how students feel when they eat more Minerals & Vitamins. (They should feel like they have more energy, feel healthier and slimmer)
- Review how to find the nutrients (“Know Your Nutrients” DVD and/or see page 12 in workbook)
- Discuss natural sugar vs. processed sugar (workbook pgs. 50–51)

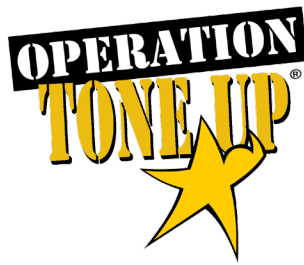
*\*\*Students will notice an increase in their endurance, strength and energy. Continue to Pick Up The Pace. That is, increase the speed at which you are doing an exercise, while using proper form. By picking up the pace, students will continue to build their endurance levels, strength, energy and burn off body fat even faster.*

#### Key Points

- Pick Up The Pace.
- How to find Minerals and Vitamins on a Nutrition Facts label.
- How to find the Not-So-Good-Guys on a Nutrition Facts label.
- Eat like a Comfortable eater.

#### Know Your Nutrients

- What do vitamins do for you? Vitamins are needed for bone growth, healthy skin, strong teeth and to help you see better in the dark.
- Why is it a good idea to eat a variety of fruits and vegetables? No one food contains every vitamin.
- What do minerals do for you? Minerals help with the formation of bones and tissue, turn food into energy and help your nerves and muscles.
- What is considered one serving of fruits or vegetables? One serving is equal to a 1/2 cup or a medium size fruit.
- How many serving of fruits and vegetables should you have each day? You should eat 5 to 9 servings of fruits and vegetable each day.
- What types of food contain vitamins and minerals? You can find vitamins in fruit and vegetables. Minerals can be found in fruits vegetables and protein foods.



## Week Seven

### Lesson – Complete Exercise Assignment 4 & Know Your Nutrients

- Watch the Intro to Assignment 4 ("Regular Exercise DVD")
- Exercise 3 days per week – Complete Exercise Assignment 4 – **"20 minutes"** ("Regular Exercise" DVD)
- Discuss Maximizer Eating Schedule (workbook pg. 54)
- Review comfortable eater, over eater and under eater ("Know Your Nutrients" DVD and/or workbook pg. 14)
- Discuss the importance of habits
- Review How To Find the Not-So-Good-Guys ("Know Your Nutrients" DVD)
- To help students remember the nutrients song, hand out or post the lyrics to the Know Your Nutrients song played in Assignment 4. (Teachers Guide under OTU Lyrics/Music)

*\*\*Students will notice an increase in their endurance, strength and energy. Continue to Pick Up The Pace. Assignment 4 will include double time running in place, as well as an additional amount of time for each exercise. Since Assignment 4 dramatically increases the intensity, it is imperative that students cool down and let their heart rates return to normal. Students should walk for 5 minutes after the assignment, not sit and stretch immediately after the exercise.*

*\*\*By picking up the pace, students will continue to build their endurance levels, strength, energy and burn off body fat even faster.*

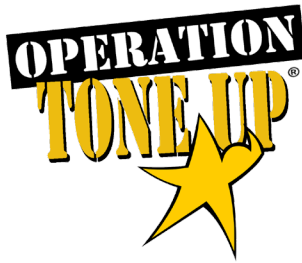
#### Key Points

- What is the most important meal of the day and why? Breakfast is the most important meal of the day because in the morning your stomach is empty and needs fuel (nutrients).
- Why is knowledge powerful? Knowledge helps you make smart choices.
- What are good snack food choices and why? Fruits and vegetables are excellent snack food choices because they are packed with vitamins and minerals to keep you healthy and fight off disease.
- Review Study Sheets: Know Your Nutrients, Not-So-Good-Guys and Exercise Rules (last two pages of the Lesson Plan).

#### Know Your Nutrients

- What do Vitamins do for you? Vitamins are needed for bone growth, healthy skin, strong teeth and to help you see better in the dark.
- What do Minerals do for you? Minerals help with the formation of bones and tissue, turn food into energy and help your nerves and muscles.
- What does Protein do for you? Protein is needed for the growth and maintenance of muscles, blood, skin, internal organs, hair and nails.
- What does Fat do for you? Fat is used as reserve energy, acts like a cushion to protect internal organs and keeps body heat in.
- What do Carbs do for you? Carbs give you energy.
- What does water do for you? Water is responsible for moving nutrients into cells and for the removal of waste from cells.





## Week Eight

### Lesson – Continue Exercise Assignment 4 & Know Your Nutrients

- Exercise 3 days per week – Complete Exercise Assignment 4 – **“20 minutes”** (“Regular Exercise” DVD)
- Discuss with the students their experience with eating a variety of the top 6 nutrients and exercise (Students should notice an increase in their endurance, strength and energy. Many of the students may report a loss in weight)
- Review Study Sheets: Know Your Nutrients, Not-So-Good-Guys and Exercise Rules (last two pages of the Lesson Plan)
- To help students remember the nutrients song, hand out or post the lyrics to the Know Your Nutrients song played in Assignment 4. (Teachers Guide under OTU Lyrics/Music)

*\*\*Since Assignment 4 dramatically increases the intensity, it is imperative that students cool down and let their heart rates return to normal. Students should walk for 5 minutes after the assignment, not sit and stretch immediately after the exercise.*

*\*\*By picking up the pace, students will continue to build their endurance levels, strength, energy and burn off body fat even faster.*

#### Key Points

- What is the most important meal of the day and why? Breakfast is the most important meal of the day because in the morning your stomach is empty and needs fuel (nutrients).
- What are good snack food choices and why? Fruits and vegetables are excellent snack food choices because they are packed with vitamins and minerals to give you quick acting energy and fight off disease.
- Name the top six nutrients. Water, Carbohydrates, Protein, Fat, Minerals & Vitamins.

#### Know Your Nutrients

- What do vitamins do for you? Vitamins are needed for bone growth, healthy skin, strong teeth and to help you see better in the dark.
- What do minerals do for you? Minerals help with the formation of bones and tissue, turn food into energy and help your nerves and muscles.
- What does protein do for you? Protein is needed for the growth and maintenance of muscles, blood, skin, internal organs, hair and nails.
- What does fat do for you? Fat protects internal organs, keeps body heat in and is reserve energy.
- What do Carbs do for you? Carbs give you energy.
- What does water do for you? Water is responsible for moving nutrients into cells and for the removal of waste from cells.



# KNOW YOUR NUTRIENTS

6 2B FIT



## “Ice Water™”

### Water

- Moves nutrients into the cells
- Moves waste from cells
- Drink 6–8 glasses of water daily
- Also found in fruits and vegetables



## “Flex Protein™”

### Protein

Needed for growth and maintenance of:

- Muscle, Blood, Skin
- Hair, Nails, Internal Organs
- Best time to eat protein is after exercise or physical activity
- Found in chicken, dairy, eggs, fish & red meat



## “Vita Vitamin™”

### Vitamins

Vitamins are needed for:

- Bone Growth, Healthy Skin, Strong Teeth
- Helps you see better in the dark
- No one food contains every Vitamin
- Found in fruits and vegetables



## “Chargie Carb™”

### Carbohydrates

- Sugar = Fast-acting energy.  
Found in fruit, juice, white bread, cereal
- Starch = long term energy.  
Found in whole grains, vegetables, beans
- Fiber = Regulates bowels.  
Found in fruits, beans, cereal
- Total Carbs – Fiber – Sugar = Starch



## “Precious Minerals™”

### Minerals

- Helps with the formation of bones and tissues
- Turns food into energy
- Helps your nerves and muscles
- Found in fruits, vegetables and protein foods



## “Fester Fat Cell™”

### Fat

- Protects tissue and internal organs
- Keeps body heat in
- Is a source of reserve energy
- Found in chicken, dairy, eggs, fish & red meat

# KNOW 6 STAR FIT 2B YOUR NUTRIENTS

## Metabolism

- The process by which your body breaks down food to supply your body with energy.
- Whenever you eat, your metabolism comes on faster for a pre-set period of time.
- When your metabolism slows down to a regular pace, any food not broken down is stored as fat.

**Comfortable Eater** – Stop eating when you feel comfortable

**Over Eater** – Eats more food than their metabolism can break down. The food is then stored as Fat and you gain weight.

**Under Eater** – Does not eat enough, and this puts your body into starvation mode. Your body breaks down muscle instead of food for energy.

## Exercise Rules

- 1. Warm Up** – Walk/jog for 5 minutes to loosen up muscles so you can stretch your muscles without injury.
- 2. Stretch Out** – Reduces risk of injury by improving flexibility.  
*No bouncing.*  
*Hold stretch for at least 10 seconds.*
- 3. Breathing** – You need to breathe to get blood and oxygen to your muscles.  
*Exhale when exerting energy.*  
*Inhale when not exerting energy.*
- 4. Proper Form** – Speed and strength come from doing the exercises correctly.
- 5. Cool Down** – After exercise, walk/jog to allow your body temperature and heart rate to return to normal gradually. If you just stop after rigorous exercise, your blood pressure may drop and you may feel dizzy.

**Muscle Soreness** – Is a normal response when the muscles have a higher workload. Micro tears in the muscles allow the muscles to rebuild and get stronger.

**FITT** – FITT stands for Frequency, Intensity, Time and Type. The FITT is used to increase an exercise program to help your body to continue to improve.

## Exercise Benefits

- Fights against disease
- Builds muscle
- Builds heart and lungs
- Decreases stress level
- Decreases body fat
- Increases athletic ability
- Increases energy level
- Increases self-confidence
- Boosts the Brain

## Not-So-Good-Guys



### “Sly Sodium™” Sodium

- Makes foods taste better
- Need 500 milligrams a day
- Too much salt makes you sick
- Most fast, canned or frozen foods are high in salt
- Sodium hides in all types of food



### “Sugar Sweets™” Sugar™

- Processed Sugars (man-made sugar) has NO nutritional value
- Too much processed sugar makes you fat
- Leads to tooth decay, gum disease and obesity
- Sugar hides in all types of foods