

**LS-HHMI Outreach Summer Curriculum Project Classroom Resource Information Form**

<b>Title</b>	<ul style="list-style-type: none"> <li>▪ BMI WebQuest.doc,</li> <li>▪ Worksheet for BMI.doc,</li> <li>▪ Healthy Eating.ppt</li> <li>▪ Fruits and Vegetables.doc</li> </ul>		
<b>Resource Type</b>	Lesson Plan <input type="checkbox"/> Activity <input checked="" type="checkbox"/> Lab Activity <input type="checkbox"/> Homework Assignment <input type="checkbox"/> Correlations <input type="checkbox"/> Other <input checked="" type="checkbox"/> <ul style="list-style-type: none"> <li>▪ Webquest and</li> <li>▪ Worksheet,</li> <li>▪ Interactive student Powerpoint</li> <li>▪ Worksheet for Powerpoint</li> </ul>		
<b>Description</b>	Web and Powerpoint based activities to introduce and reinforce the ability to make informed choices leading to a healthy lifestyle. BMI materials related to body mass index and related categories (underweight, normal, overweight, obese), as well as body image. The Healthy Eating materials focus on comparing fruits and vegetables in terms of calories, sodium content and fiber amount. For middle-high school girls.		
<b>Author(s)</b>	Catherine B. Erickson		
<b>Author Institution(s)</b>	Chelsea High School, Chelsea, MA 02150		
<b>Objective</b>	The Webquest and worksheet introduce the concept of BMI and Body Image The Healthy Choices Powerpoint provides nutrition information about fruits and vegetables and the 5-2-1-0 approach to Healthy Choices to prevent obesity in children.		
<b>Key Concepts</b>	Body weight can be changed through diet and exercise. Fruits and Vegetables are an important part of a healthy diet.		
<b>Student Prep</b>	Some knowledge of moving within a website.		
<b>Materials</b>	No other materials necessary		
<b>Grade Level(s)</b>	Middle/High School		
<b>Teacher Prep Time</b>	Preview materials and objectives for 10-15 minutes.	<b>Class Time</b>	30-45 minutes
<b>National Standards</b>	<To which National Science Education Standards does the resource correlate?>		
<b>State Standards</b>	Massachusetts Comprehensive Health Curriculum Frameworks: 3.9 Describe a healthy diet and adequate physical activity during the adolescent growth spurt 3.15 Explain the relationships among dietary intake (including nutritional supplements), eating behaviors, physical activity, and emotional health 3.21 Identify how social and cultural messages about food and eating influence nutrition choices 3.13 Identify the behaviors and avenues of support for young people with disordered eating behaviors or eating disorders		
<b>Sources</b>	<i>Stay in Shape</i> Curriculum, MGH Community Health Associates, 300 Ocean Avenue, 5 <sup>th</sup> Floor, Revere, MA 02151 <a href="http://www2.massgeneral.org/CHA/cha_stayinshape_description.htm">http://www2.massgeneral.org/CHA/cha_stayinshape_description.htm</a>		

<b>References</b>	<p>“Stay In Shape” Curriculum, MGH Community Health Associates, 300 Ocean Ave., 5<sup>th</sup> Floor, Revere, MA, <a href="mailto:stayinshape@partners.org">stayinshape@partners.org</a> author: Ming Sun <a href="mailto:msun@partners.org">msun@partners.org</a></p> <p>Ped_Obesity_Flip_Chart_Final, Joan Orr, CHES Maine Center for Public Health, Maine Center for Public Health and the Maine Chapter of the American Academy of Pediatrics.</p> <p>Greenwood-Robinson, Maggie. <u>Foods That Combat Diabetes</u>. HarperCollins Publishers. 2008.</p>
<b>Assessment</b>	<p>Completion of the worksheet and participation in small group discussions.</p>