

# University of California Agriculture and Natural Resources

Making a Difference for California

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## NUTRITION NEWS

UC CalFresh Nutrition Education Program

UNIVERSITY OF CALIFORNIA  
cal  fresh Nutrition Education

### MAKING HEALTHY CHOICES THE EASY CHOICES



**S**tate Superintendent of Public Instruction, Tom Torlakson, initiated the **Team California for Healthy Kids Campaign** to promote good eating habits and physical activity throughout the day, every day, in schools, in before and after school programs, in childcare programs, and in communities. The campaign is focused on making healthy choices the easy choices.

#### Healthy students are:

- More successful in school
- Miss fewer days of school
- Are more attentive and well-behaved
- Are more likely to graduate from high school and go to college

#### Importance of Physical Activity

Research shows that regular physical activity (PA) combined with good nutrition contributes to health outcomes such as preventing obesity and reducing chronic health conditions such as diabetes, coronary heart disease and

hypertension. PA has also been linked to improved educational outcomes such as attentiveness, concentration and academic performance.



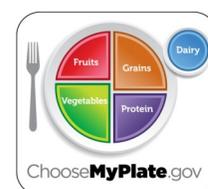
#### Make it Happen

It takes everyone in a child's life to promote physically active lifestyles. Teachers, administrators, parents and local advocates all have a role in making PA a part of a sound education and a healthy life.

### Spring 2017

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#### More Resources

Visit our website -  
Let's Eat Healthy:

[http://  
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## CREATING A PHYSICALLY ACTIVE CLASSROOM ATMOSPHERE

### Schools Role:

- Maintain and support strong physical education programs, which are a child's primary opportunity to build the essential skills and knowledge to be active for life.
- Incorporate PA daily in instruction beyond PE classes, both during school and in after school programs.
- Implement PA breaks for students and adults and active play for young children.
- Staff PE and PA programs with qualified and well-trained teachers.

### **“PHYSICAL ACTIVITY MAKES STUDENTS READY TO LEARN.”**

Here are some helpful hints to use to create a physically active environment:

1. Create a positive atmosphere that enhances the self-esteem for all students. Each student should feel respected and valued. We do not all move alike or at the same speed. Value each child based on individual abilities. Modify activities when needed.
2. Have a signal or sign that can refocus students quickly, so that they can “freeze” and listen to you when you need to speak or end the activity.
3. Share appropriate personal information with your students. Students respond favorably to the instructor who shares personal anecdotes or participates with them actively.
4. Be Fair. Make certain each student understands the teacher's expectations prior to the start of the activity.
5. Expect Success! Assume all students can, and want, to be active—including those with special needs.
6. Model enthusiasm for physical activity. Be aware that students (at first) may seem apathetic or silly. These are common expressions of being self-conscious about trying something new in front of their peers. With practice, this discomfort can be minimized and students will be more relaxed and willing to participate.
7. Give instructions before and after arranging the room to get ready for participation. Remind students of the rules for the activity and the “freeze” signals.
8. Take time to make sure that objects are out of the way for safe movement.
9. Set a time limit for the activity before beginning movement. Be sure to share with students.
10. Compliment groups or individuals so that all groups or individuals feel as though their participation was valued.

Source: *North Carolina Energizers*

## BREAK TIME...KEEP MOVING!

**P**hysical activity breaks are associated with improvements in cognitive skills and attitudes (e.g., attention, concentration, memory, or mood).

**Here are two activities to try:**

### Front/Back/Right/Left:

I will say “Front”, you repeat it and take a step in that direction while walking in place! Start by walking in place and saying:

- Front: everyone says “Front” and steps forward
- Back: everyone says “Back” and steps back
- Right: everyone says “Right” and steps right
- Left: everyone says “Left” and steps left

Now I will say it, you say it and do the opposite action:

- Leader says “Front”, students say “Front”, students step back
- Leader says “Back”, students say “Back”, students step front
- Now I will say it, you say the opposite and do the opposite
- Now I will say it, you say it and then do the opposite

*Physically Active Classrooms Institute - February 8, 2012*

### Stop and Scribble

Equipment: Piece of paper and pencil for every two students

Formation: Standing at desks with partners

Directions:

1. Teacher calls out physical activity: jumping, twisting, jogging, jumping jacks, hopping knee lifts, marching.
2. Students begin activity and continue until the teacher calls out a spelling word.
3. Students freeze and partners work together to try to spell the word correctly on a piece of paper.
4. After 10 –15 seconds, teacher calls out new activity.
5. Continue until all spelling words are used.
6. As students cool down, teacher will write correct spelling on board and students will check their work.



*Source: Energizers from East Carolina University*

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## Happy Healthy Me...Moving, Munching & Reading Around MyPlate for 4 to 6 Years Olds

Combines stories and literacy with nutrition education.

## Eating Healthy from Farm to Fork...Promoting School Wellness

A nutrition education curriculum that makes the connection between local food systems, garden-based learning, school food service, and the establishment of healthy habits. (K-2nd Grade)

## My Amazing Body - 1st Grade

## Good for Me and You - 2nd Grade

## It's My Choice...Eat Right! Be Active! - 3rd Grade

These curricula promote healthy eating and physical activity. Children will gain skills to practice appropriate healthy behaviors.

## Nutrition to Grow On

A garden-enhanced nutrition education curriculum. Objectives: 1) Teach the importance of making healthful food choices; and 2) improve children's preference for fruits and vegetables by giving them an opportunity to work with the land and grow their own produce. (4th-6th Grade)

## Eatfit

A computer-based highly interactive nutrition and fitness program for middle and high school adolescents.

## Jump Start

These cross-curricular lessons encourage high school students to eat healthy, keep moving and take action in their community.

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County Director

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