



UP4it Activity Book

Level 1 Objectives

Activity	Obesity Objective (behavior)	Skill/ Attitude/ Knowledge objective. As a result of this lesson, students will:
1	Increase Physical Activity Decrease Screen time Increase sleep duration	<ul style="list-style-type: none"> Identify how weight is gained through an energy imbalance. Identify ways to be physically active at recess. Identify ways to be physically active at home. Understand the relative concept of calories, and which types of habits and activities burn more than others. Be aware of the number of hours of sleep they should get nightly.
2	Increase physical activity Decrease screen time	<ul style="list-style-type: none"> Change their attitude/motivation to reduce screen usage. Change their attitude/motivation to increase their level of physical activity. Evaluate current screen usage and set a goal to decrease time.
3	Increase physical activity	<ul style="list-style-type: none"> Be able to create physically active games on their own. Change their attitude/motivation to increase their level of physical activity.
4	Increase fruit and vegetable consumption	<ul style="list-style-type: none"> Change their attitude/motivation to consume more fruits and vegetables. Identify a variety of fruits and vegetables. Improve their ability to identify a healthy plate, with half fruits and vegetables.
5	Decrease sugar sweetened beverages/ increase water intake	<ul style="list-style-type: none"> Be motivated to increase water intake based on social norms. Identify habits and strategies to increase water intake. Set as goal to increase their water intake with a specific new habit.
6	Increase fruit and vegetable consumption.	<ul style="list-style-type: none"> Be able to identify what fruits and vegetables look like in prepared form. Be able to ask for fruits and vegetables in their prepared meals. Increase their willingness to try fruits and vegetables in different forms.



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7	Increase sleep duration	<ul style="list-style-type: none"> • Implement a bedtime routine at home. • Increase their motivation to sleep more.
8	Decrease sugar sweetened beverages/ increase water	<ul style="list-style-type: none"> • Increase their motivation to drink healthier beverages. • Know that water is the healthiest beverage.
9A	Decrease fast food consumption Increase fruit and vegetable consumption Decrease sugar sweetened beverages/ increase water consumption	<ul style="list-style-type: none"> • Be motivated to prepare meals at home. • Improve their skills to be able to prepare meals at home that contain fruits and vegetables. • Put water on the table at mealtime. • Eat as a family unit.
9B	Decrease fast food consumption Increase fruit and vegetable consumption Decrease sugar sweetened beverages/ increase water consumption	<ul style="list-style-type: none"> • Be able to sort foods into MyPlate food groups. • Identify a balanced plate and make adjustments. • Be motivated to include water at every meal.
9C	Decrease fast food consumption Increase fruit and vegetable consumption	<ul style="list-style-type: none"> • Be able to write a shopping list from a recipe. • Prepare a healthy recipe. • Adapt a recipe to family preferences and availability. • Be motivated to cook. • Identify other resources to learn to cook.
10	Increase consumption of a healthy and balanced breakfast	<ul style="list-style-type: none"> • Be motivated to eat a healthy breakfast. • Be able to sort foods into MyPlate food groups. • Identify a healthy and balanced breakfast. • Plan and prepare a healthy and balanced breakfast.



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11	Decrease sugar sweetened beverage consumption/ increase water consumption	<ul style="list-style-type: none"> • Be able to identify two healthy beverage options at home. • Read a label on a beverage to identify if it contains: <ul style="list-style-type: none"> • added sugar • Artificial sweetener • Percentage juice • Percentage fat in milk • Know that water is the healthiest beverage option.
12	Decrease screen time	<ul style="list-style-type: none"> • Increase awareness of opportunities for entertainment besides screens. • Increase family motivation to entertain with something other than a screen.
13	Decrease sugar sweetened beverage consumption/ increase water consumption	<ul style="list-style-type: none"> • Be more aware of marketing techniques for beverage sales. • Motivate others to increase water consumption. • Improve their school environment to promote water.
14	Decrease fast food consumption Decrease sugar sweetened beverage consumption/ increase water consumption Increase physical activity Increase consumption of a healthy and balanced breakfast Increase sleep duration Decrease screen time Increase fruit and vegetable consumption	<ul style="list-style-type: none"> • Be motivated to cook at home. • Be motivated to eat a balanced meal with half fruits and vegetables. • Know that water is the healthiest beverage. • Know that screen time should be limited. • Know that you should be active for 60 minutes a day. • Know that you should sleep for 10 hours a night. • Be motivated to continue with a bedtime routine.