



## Nutrition & Physical Activity Education Resources

### Lesson Plans for Middle & High School Students

#### HS 3.4

- Factors Influencing Teen Food Choices Lesson targeted to 7th – 9th grade students. [www.portal.state.pa.us](http://www.portal.state.pa.us)

#### MS 3.7 --- HS 3.5

- Activity 4: An Ounce of Exercise Keeps the Doctor Away, from Healthy Body Image Lesson for Middle Schoolers. [www.extension.purdue.edu/extmedia/CFS/CFS-736-W.pdf](http://www.extension.purdue.edu/extmedia/CFS/CFS-736-W.pdf)

#### MS 3.1, 3.2 --- HS 3.1, 3.2

- MyPyramid Menu Planner assesses meal items you input according to MyPyramid food group recommendations. [www.mypyramidtracker.gov/planner/launchPage.aspx](http://www.mypyramidtracker.gov/planner/launchPage.aspx)
- MyPyramid Tracker allows creation of a profile to keep track of food intake and physical activity over time; also performs dietary analysis and physical activity analysis reports. [www.mypyramidtracker.gov](http://www.mypyramidtracker.gov)
- MyPyramid Personalized Plan gives MyPyramid food group recommendations based on estimated calorie needs. [www.mypyramid.gov/mypyramid/index.aspx](http://www.mypyramid.gov/mypyramid/index.aspx)

#### MS 3.4, 3.6 --- HS 3.3

- The Power of Choice: Helping Youth Make Healthy Eating and Fitness Decisions website. [www.fns.usda.gov/tn/resources/power\\_of\\_choice.html](http://www.fns.usda.gov/tn/resources/power_of_choice.html)
- Topic 4: Are You Label Able? from 10 Topics and Activities. [www.fns.usda.gov/tn/resources/POC\\_topics-activities.pdf](http://www.fns.usda.gov/tn/resources/POC_topics-activities.pdf)
- Nutrition Facts Cards may be cut out (and laminated) for use with above activity. [www.fns.usda.gov/tn/resources/POC\\_topic6.pdf](http://www.fns.usda.gov/tn/resources/POC_topic6.pdf)

#### HS 3.4

- Media-Smart Youth: Eat, Think, and Be Active! an interactive after-school education program for young people ages 11 to 13 designed to help teach them about the complex media world around them, and how it can affect their health--especially in the areas of nutrition and physical activity. [www.nichd.nih.gov/msy/](http://www.nichd.nih.gov/msy/)



**MS 3.1, 3.2, 3.5, 3.6, 3.7 --- HS 3.1, 3.2, 3.3, 3.5**

- Empowering Youth is a manual for use in after school programs and classrooms with youth 11-18 years old. It contains current nutrition and physical activity information to enhance leader knowledge; fun, hands-on activities that teach nutrition concepts; ideas to include nutrition education and physical activity into youth programs and events; resources to help youth develop a nutrition or physical activity related community project; tips, worksheets, handouts, discussion prompters and more!  
[www.teamnutrition.usda.gov/Resources/empoweringyouth.html](http://www.teamnutrition.usda.gov/Resources/empoweringyouth.html)
- Chapter 6 contains activities on nutrition, physical activity, food labels, and healthy snacks, among other topics.  
[www.teamnutrition.usda.gov/Resources/EmpYouth\\_ch6.pdf](http://www.teamnutrition.usda.gov/Resources/EmpYouth_ch6.pdf)

**MS 3.5 --- HS 3.1**

- Go, Slow, and Whoa foods list to help students differentiate between foods and their nutritional values.  
[www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/go-slow-whoa.pdf](http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/go-slow-whoa.pdf)
  - A more child friend version is also available:  
[www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/urwhateat.pdf](http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/urwhateat.pdf)

**MS 3.1 --- HS 3.2**

- Portion Sizes and School Age Children, see "Serving Sizes are in Your Hand."  
[www.fns.usda.gov/tn/Healthy/NC\\_portions.html](http://www.fns.usda.gov/tn/Healthy/NC_portions.html)
- Seven ways to size up your portions Handout.  
[www.drinkmainemilk.org/downloads/SevenWays.pdf](http://www.drinkmainemilk.org/downloads/SevenWays.pdf)