

• Eat 5 Fruits and Vegetables Every Day

HIGH 5



Fourth Grade Curriculum

Introduction



5-a-Day Power Plus Project

Background

Extensive research shows that eating patterns play a critical role in the development of several chronic diseases including heart disease, cancer, and stroke, and that changing eating patterns can help reduce these risks. People who eat four or more servings of fruits and vegetables a day have half the risk of developing cancer than do people who eat one or fewer servings daily. Because of this evidence, the National Cancer Institute has developed the 5-a-Day for Better Health Program, which bring the 5-a-Day message to Americans through the media, grocery stores, schools, worksites, and health programs.

The **5-a-Day Power Plus Project** is funded by a grant from the National Cancer Institute to the Minnesota Department of Health and the Division of Epidemiology at the University of Minnesota. The goal of this research project is to implement a school-based intervention for promoting increased consumption of fruits and vegetables among multi-cultural, urban elementary school children in order to reduce their risk of cancer. Twenty-four elementary schools from within one urban school district in St. Paul, Minnesota have been randomly assigned to intervention and reference conditions. The project will be implemented during the 1994 – 1996 school years. The intervention consists of four components: food service environmental changes, behavioral health curricula, family involvement, and industry support. The 5-a-Day Power Plus Project is designed to give fourth and fifth grade students the opportunity to practice eating more fruits and vegetables every day at school lunch and by food preparation and taste testing activities in the classroom.

HIGH 5 – Fourth Grade Curriculum Overview

The **HIGH 5** curriculum introduces a team of cartoon characters who help fourth graders learn about the importance and fun of eating fruits and vegetables. By reading weekly comics highlighting the adventures of these HIGH 5 Flyers and their coach, and through active participation in classroom activities including snack preparations and taste testing, students are encouraged to eat five fruits and vegetables every day.

HIGH 5

Flyers



COACH GROW JACKSON, THE COACH OF THE HIGH FIVE FLYERS TALKS TO THE TEAM...

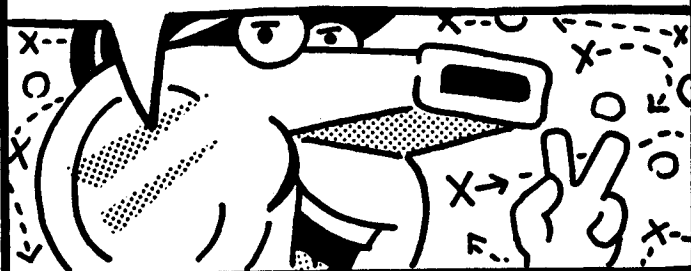
HEY LISTEN UP, NOW LISTEN HERE!
WE'VE GOT TO GET READY
FOR THE GAME OF THE YEAR!
WE'VE GOT TO BE FIT, WE'VE GOT TO BE FINE.
GOT TO SHOOT FROM INSIDE,
GOT TO SHOOT FROM THE LINE...



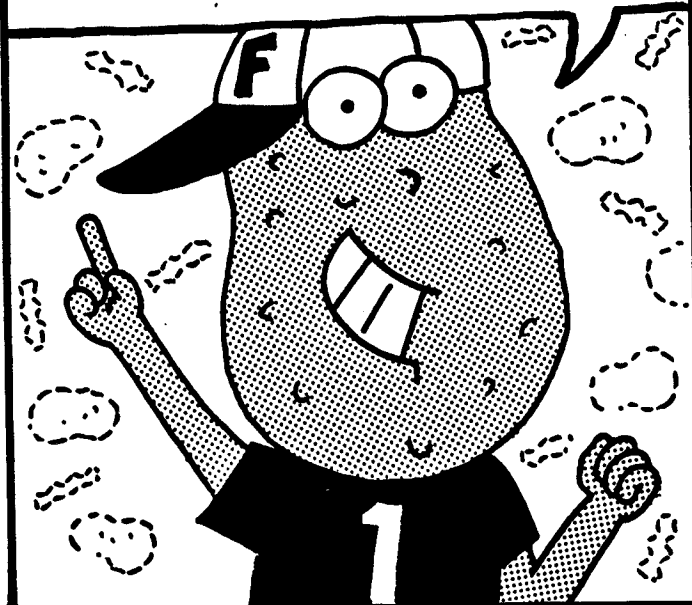
...GOT TO PLAY REAL HARD,
GOT TO FEEL REAL GOOD,
GOT TO EAT FRUITS AND VEGGIES
LIKE WE KNOW WE SHOULD.



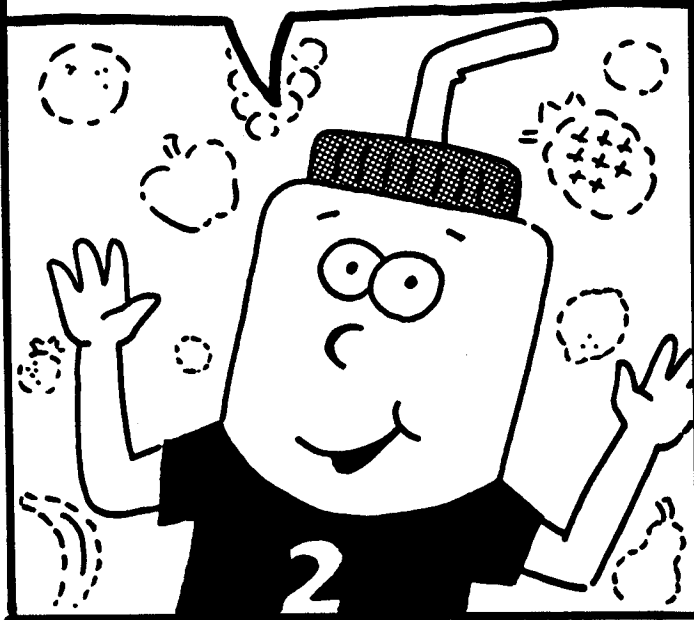
NOW LET'S COUNT OFF - LET'S PLAN THE PLAY.
LET'S EAT FIVE FRUITS AND VEGGIES EVERY DAY!



I'M NUMBER ONE I'M THE GREATER TATER!
I EAT BAKED POTATOES NOW AND
OVEN FRIES LATER!



I'M NUMBER TWO, THE JUICESTER, THAT'S ME!
I DRINK LOTS OF FRUIT JUICE AS YOU CAN SEE!





Scoreboard



Points	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Goal	Players Total Points
1 _____										
2 _____										
3 _____										
4 _____										

Players

1 _____

2 _____

3 _____

4 _____

Totals:

Team's Weekly Average Score
 Team Points ÷ Number of Players

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

BONUS Points

TEAM 1

GRAND TOTAL SCORE

