

# Nutrition/Health Information

EXAMPLE

# Youth Fit For Life

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Week	Health Topic	Resources/Materials
<b>1</b>  Session 1 Session 2 Session 3	<b>Prepare for Physical Activity</b>  Drinking Water Breathing Awareness Review	Water Tips poster Lung poster None
<b>2</b>  Session 1 Session 2 Session 3	<b>Body Cues</b>  Body Cues Body Cues – 2 Review	None None None
<b>3</b>  Session 1 Session 2 Session 3	<b>Nutrition</b>  Water Works Best Sweetened Drinks Drink Water	Water Tips poster None None
<b>4</b>  Session 1 Session 2 Session 3	<b>Fuel for Fitness</b>  My Pyramid for Kids Breakfast Review	My Pyramid for Kids poster My Pyramid for Kids poster My Pyramid for Kids poster
<b>5</b>  Session 1 Session 2 Session 3	<b>Heart Health</b>  Heart Health Heart Health & Physical Activity Heart Healthy Snacks	Circulatory System poster Circulatory System poster My Pyramid for Kids poster
<b>6</b>  Session 1 Session 2 Session 3	<b>Healthy Lungs</b>  Healthy Lungs Healthy Lungs – 2 How Tobacco Harms Your Body	Respiratory System poster Respiratory System poster Lung poster

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Week	Health Topic	Resources/Materials
<b>7</b>	<b>Fruits and Vegetables</b>	
Session 1	Take 5 to 9 A Day	My Pyramid for Kids poster
Session 2	Colorful Choices	My Pyramid for Kids poster
Session 3	Fruits and Vegetables Review	My Pyramid for Kids poster
<b>8</b>	<b>Skeletal Muscles</b>	
Session 1	Support and Movement	Muscles poster
Session 2	Keeping Muscles Fit & Flexible	Muscles poster
Session 3	Keeping Muscles Fit	Muscles poster
<b>9</b>	<b>Fuel for Fitness</b>	
Session 1	Fiber	My Pyramid for Kids poster
Session 2	Fiber and Food Labels	My Pyramid for Kids poster
Session 3	Fuel for Fitness	My Pyramid for Kids poster
<b>10</b>	<b>Fast Foods.</b>	
Session 1	Fast Foods	None
Session 2	Healthier Choices	None
Session 3	Fast Food – Healthier Choices	None
<b>11</b>	<b>Eating Cues</b>	
Session 1	Eating Cues	None
Session 2	Eating Cues - 2	None
Session 3	Eating Cues - Review	None
<b>12</b>	<b>Physical Activity at Home</b>	
Session 1	Physical Activity at Home	None
Session 2	Physical Activity at Home – 2	None
Session 3	Physical Activity at Home - Review	None