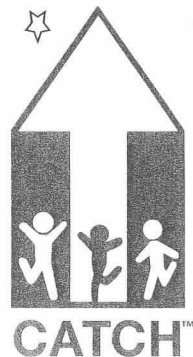


# BREAKING THROUGH BARRIERS



## 5TH GRADE CURRICULUM





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## CATCH Intervention Programs

The CATCH Program includes four components: food service (Eat Smart), physical education, classroom, and family. It is highly recommended that all of the components be implemented together in a school since they were developed to complement and be integrated with each other in a coordinated approach to child health. The CATCH materials are available from:

FlagHouse, Inc.  
601 FlagHouse Drive  
Hasbrouck Heights, NJ 07604  
800.793.7900  
FlagHouse.com

### **Eat Smart School Meal Program**

A manual for food service directors and cooks on ways to lower total fat, saturated fat, and sodium in school meals. (It includes methods to plan menus; purchase vendor products; prepare foods with less total fat, saturated fat, and sodium; and promote the school lunch program in school.) The manual also includes a section on training food service staff. Recipes are included and are ready to be laminated for a recipe box.

### **Guidebook and PE Activity Box (Grades K-2)**

A guidebook for elementary school physical education specialists or classroom teachers to help them increase the amount of moderate-to-vigorous physical activity of students in grades K-2. It includes lesson plans, instruction and class management techniques, and information on safety and equipment. (Also included is an activity box with hundreds of easy-to-teach activities, each on its own 5" x 10" card.) This curriculum was not part of the CATCH field trial; however, it was developed based on the principles of the nationally tested CATCH 3-5 physical education curriculum with adaptations for younger children. This CATCH K-2 PE curriculum has been pilot tested in California for developmental appropriateness.

### **Guidebook and PE Activity Box (Grades 3-5)**

A guidebook for elementary school physical education specialists or classroom teachers to help them increase the amount of moderate-to-vigorous physical activity of their students. It includes lessons plans, instruction and class management techniques, and information on safety and equipment. Also included is an activity box with hundreds of easy-to-teach activities, each activity on its own 5" x 10" card.



## **Videotapes**

**Two videotapes, Benchin' It (38 minutes), and More Benchin' It (76 minutes) - that were produced in CATCH for this age group.** These videos include warm-up activities, aerobics, activities for building strength, and cool-down activities. The first video includes aerobic dance, and the second and third focus on bench aerobics.

## **Hearty Heart & Friends**

A 15-session, 5-week classroom curriculum for third grade students, focusing on healthy eating patterns. Each session is approximately 40 minutes in length. Nine episodes of **The Adventures of Hearty Heart Friends** are included on a videotape. These adventure episodes provide role models - Hearty Heart, Dynamite Diet, Salt Sleuth, and Flash Fitness - and knowledge for children. Five activity booklets, **Hearty Heart Home Team**, are also included in the curriculum as homework to encourage family involvement.

## **Taking Off**

A 24-session, 12-week curriculum for fourth grade students, focusing on nutrition and physical activity. Each session is approximately 45 minutes in length. The curriculum introduces GO, SLOW, and WHOA foods and activities, so children learn to make healthier choices. Six activity booklets, **Stowaway to Planet Strongheart**, are included in the curriculum as homework to encourage family involvement.

## **Breaking through Barriers**

A 16-session, 8-week curriculum for fifth grade students, focusing on nutrition and physical activity. Each session is approximately 45 minutes in length. The curriculum introduces the need for variety in dietary patterns, the Food Guide Pyramid, and problem-solving around barriers to healthy eating and physical activity. Four activity newsletters, **Health Trek . . . the Journey Continues**, are included in the curriculum as homework to encourage family involvement.

## **F.A.C.T.S.: Facts & Activities about Chewing Tobacco & Smoking**

A 4-session, 4-week curriculum for fifth grade students, focusing on smoking prevention. Each session is approximately 40-50 minutes in length. The curriculum introduces the consequences of smoking, methods to resist influences to smoke, the economics of smoking, and the effects of passive smoking.

## **Putting A Stop To (P.A.S.T.) Diabetes**

A 4-session supplement for fourth grade students, focusing on introductory information about diabetes, with a focus on Type 2 diabetes. Each session is approximately 30-40 minutes in length. The lesson introduces the two main types of diabetes, risk factors associated with the disease, and ways to prevent or treat the disease.