

Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards:
<http://www.cdc.gov/healthyschools/sher/standards/index.htm>



Grades 6 to 8 • Health Problems Series Obesity

We live in a world filled with screen time and fast food, so it's no surprise that one-third of kids and teens are overweight or obese. The following activities will help your students learn more about how to be fit and healthy.

Related KidsHealth Links

Articles for Kids:

What Being Overweight Means

KidsHealth.org/en/kids/overweight.html

What's the Right Weight for Me?

KidsHealth.org/en/kids/fat-thin.html

Is Dieting OK for Kids?

KidsHealth.org/en/kids/diet.html

Be a Fit Kid

KidsHealth.org/en/kids/fit-kid.html

Go, Slow, and Whoa! A Kid's Guide to Eating Right

KidsHealth.org/en/kids/go-slow-whoa.html

Why Exercise is Cool

KidsHealth.org/en/kids/work-it-out.html

Articles for Teens:

When Being Overweight Is a Health Problem

TeensHealth.org/en/teens/obesity.html

What's the Right Weight for My Height?

TeensHealth.org/en/teens/weight-height.html

The Deal With Diets

TeensHealth.org/en/teens/dieting.html

Why Exercise Is Wise

TeensHealth.org/en/teens/exercise-wise.html

Resource for Teachers:

Obesity Special Needs Factsheet

KidsHealth.org/en/parents/obesity-factsheet.html

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. Lots of people believe that too much screen time can get in the way of a healthy lifestyle. Do you agree?
2. What are some ways to incorporate exercise into your day that don't involve joining a sports team?
3. What factors do you consider when you choose foods and drinks? How do food decisions affect your health?



Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

Dr. Quackenscam's Diet Plan

Objectives:

Students will:

- Learn about healthy and unhealthy behaviors related to nutrition and fitness

Materials:

- Computer with Internet access
- Dr. Quackenscam's Diet Plan" handout
- Pen and paper or word processing program

Class Time:

45 minutes

Activity:

After looking into Dr. Quackenscam's hot new diet plan, you realize it's a bunch of baloney. To keep your friends and classmates from falling for Quackenscam's crazy advice, write an essay that debunks the diet plan. Make sure your essay covers:

- The health risks of following Dr. Quackenscam's Diet Plan
- Healthy alternatives to Dr. Quackenscam's ridiculous tips

Extension:

After assessing Dr. Quackenscam's Diet Plan, analyze some real-life diets and weight-loss products. Choose one diet plan or product, and write an essay on why it does or does not offer healthy advice related to nutrition and fitness.



Lunch Menu Upgrade

Objectives:

Students will:

- Learn about the components of a healthy diet
- Analyze the nutritional value of the school cafeteria menu
- Advocate for healthy food choices

Materials:

- Computer with Internet access
- School cafeteria menu
- Pen and paper or word processing program

Class Time:

45 minutes

Activity:

Take a good look at the school cafeteria menu. Does it include any food or drink choices that aren't too healthy? Write down the not-so-healthy choices. Then write down some healthier substitutions, like oven-baked fries (rather than French fries cooked in oil). Or fresh fruit rather than fruits in sugary syrup, or low-fat milk instead of chocolate milk. Or whole-grain breads and pastas. As a class, write up a menu improvement petition and take it around the school to get students and faculty to sign it. Then take it to the principal and see if nutritional upgrades can be made.

Extension:

It's hard to think about healthy food choices when you're so busy with homework, extracurricular activities, and hanging out with friends. But what you eat makes a big difference in how you feel. Write down all the foods and drinks you have for all meals and snacks for 1 week. Then assess if you've been making healthy choices. If not, make some nutritional upgrades and promise yourself that you'll stick with the healthier choices.

Reproducible Materials

Handout: Quackenscam's Diet Plan

KidsHealth.org/classroom/6to8/problems/conditions/obesity_handout1.pdf

Quiz: Obesity

KidsHealth.org/classroom/6to8/problems/conditions/obesity_quiz.pdf

Answer Key: Obesity

KidsHealth.org/classroom/6to8/problems/conditions/obesity_quiz_answers.pdf



KidsHealth.org is devoted to providing the latest children's health information. The site, which is widely recommended by educators, libraries, and school associations, has received the "Teachers' Choice Award for the Family" and the prestigious Pirelli Award for "Best Educational Media for Students." KidsHealth comes from the nonprofit Nemours Foundation. Check out www.KidsHealth.org to see the latest additions!



Name: _____

Date: _____

Instructions: Write an essay that explains the health risks of following Dr. Quackenscam's Diet Plan, and offers healthy alternatives to his ridiculous tips.

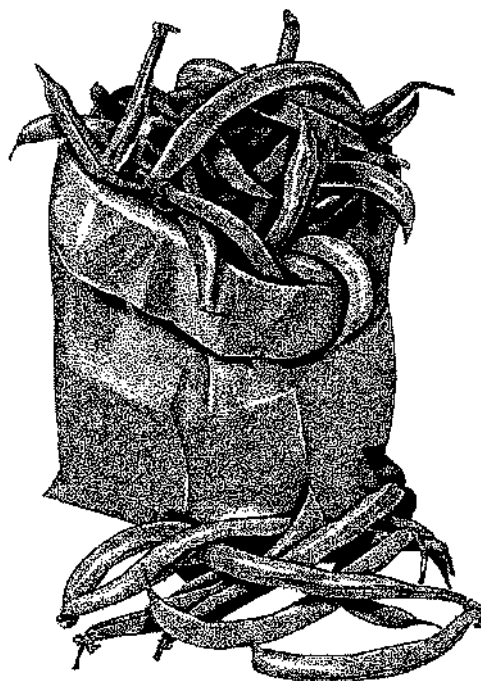
Dr. Quackenscam's Diet Plan

Dr. Quackenscam says, "Follow my diet plan, and you'll be buff and healthy."

1. "Green beans are good for you! So eat green beans (and only green beans) at every meal, every day. Want a snack? Have more green beans!"
2. "Drink fruit juice whenever you're thirsty. You should have at least 8 glasses of fruit juice a day. Forget about drinking water. More than half of the weight of your body is water, so you don't need any more of it."
3. "Conserve your energy by moving as little as possible throughout the day. Don't exercise more than 10 minutes daily, so your muscles have the rest of the day to grow. You'll have couch-pack abs in no time!"
4. "Watching TV, using a computer, and playing video games as much as possible are good for your health because they strengthen your brain muscles. These activities also help you conserve energy (see tip 3)."

When assessing Dr. Quackenscam's Diet Plan, keep these questions in mind:

- Is it good to eat only one kind of food, even if it is a healthy food? If your doctor is concerned about your weight, what's the best way to diet?
- Do you need to drink water, even though your body is made up of a lot of water? What could be wrong with drinking a lot of fruit juice, since eating fruits is good for you?
- What can happen if people don't get enough exercise?
- How can sitting in front of a TV, computer, smartphone, or video game screen affect your health?





Name: _____

Date: _____

Quiz

1. Fill in the blank: Kids and teens should exercise at least _____ minutes a day.
2. True or false: Kids and teens who spend lots of time sitting in front of TV, video, and computer screens and using their smartphones or are more likely to be overweight.
3. True or false: Eating food on a smaller plate can help with portion control.
4. Underline three health problems that can be caused by being overweight:
 - a) High blood pressure
 - b) Scurvy
 - c) Diabetes
 - d) Schistosomiasis
 - e) Depression
 - f) Scoliosis
5. Name three things kids and teens can do to reach and maintain a healthy weight:



Quiz Answer Key

1. Fill in the blank: Kids and teens should exercise at least 60 minutes a day.
2. True or false: Kids and teens who spend lots of time sitting in front of TV, video, and computer screens and using their smartphones or are more likely to be overweight.
3. True or false: Eating food on a smaller plate can help with portion control.
4. Underline three health problems that can be caused by being overweight:
 - a) High blood pressure
 - b) Scurvy
 - c) Diabetes
 - d) Schistosomiasis
 - e) Depression
 - f) Scoliosis
5. Name three things kids and teens can do to reach and maintain a healthy weight:
Any three of the following: exercise or be active, reduce screen time, use portion control, eat a variety of foods, eat breakfast, limit sugary beverages