



Quick-Start Guide

STEP 1. Confirm that you have all materials

Teacher materials include a Teacher Guide with lesson plans and an *Exercise Your Options* DVD, that contains 8 video segments introducing the key issues of each lesson, teacher PowerPoint presentation and additional resources.

Student materials include Student Workbooks.

STEP 2. Review each lesson plan

Inside the teacher guide you will find 6 lesson plans and a pre and post-assessment (see chart below). Review each lesson plan prior to teaching the lesson. The Expanded Opportunities/Making Connection activities are available on the Dairy Council of California's website at HealthyEating.org under the Schools section. The Expanded Opportunities/Making Connection activities provide opportunities to meet the needs of multiple learning styles and they reinforce concepts taught in the core lesson.

Key Concepts	Focus
Options ... Choices ... Decisions	Some of the common myths about food and activity choices. Students also look at their own choices by completing personal health appraisals.
Food Group Experts (requires two sessions)	The major food groups and main nutrients. Students conduct their own research and presentation on the food groups.
Lunch at the Mall ... What Are My Options?	Serving and portion sizes. Students practice making healthy lunch choices at the mall.
Power up for Breakfast	The importance of breakfast.
Food Records (requires two sessions)	Students complete, analyze and discuss personal food records.
Keep Moving, Keep Fit	The benefits of physical activity. Students also complete and analyze activity records.
Overcoming Obstacles	Developing sound decision-making and goal-setting skills related to healthy eating and physical activity, which encompasses anticipating obstacles and having an alternate plan.
A Brand New Day	Students assessing their progress (knowledge and goals) since the program began and setting goals for how they plan to eat healthy and be physically active now and in the future.

