



Lesson #20

Fit4Kidz Review, Quiz & Graduation Ceremony

Time Table

Total Time: 30 minutes

- 10** Minutes: PowerPoint Presentation (Review Session)
- 10** Minutes: Activity: *Fit4Kidz Quiz*
- 10** Minutes: Distribute *Fit4Kidz Folders* and *Certificates of Completion*

Goal: Review the material students learned through the *Fit4Kidz* program and congratulate them on completing the program by distributing graduation certificates.

Objectives:

Students will:

- Briefly review important material.
- Take a quiz to assess their nutrition knowledge.
- Receive *Certificates of Completion* and *Fit4Kidz Folders*.

Materials:

- Fit4Kidz Completed Folders
- Activity: *Fit4Kidz Quiz*
 - a. *Fit4Kidz Quiz* worksheet
 - b. *Fit4Kidz Quiz* instructor's answer key
 - c. Pens or pencils
- Certificates of Completion

Instructions:

1. Begin the lesson by congratulating students on completing the *Fit4Kidz* program. Tell students that today's lesson will begin with a review of some of the important material they have learned over the past few months. Distribute the students' personal *Fit4Kidz Folders* that contain all the activities and take home assignments that they have completed over the past few months.
2. **Lesson #1 - Fit4Kidz Guide to the Food Groups:** display USDA's *MyPlate* diagram as a reference.
 - A balanced diet includes healthy food choices from all of the food groups. Eating everything in moderation is key to a healthy diet.
 - The food groups are: grains, vegetables, fruits, dairy, and meat & beans.
 - USDA recently changed their food group diagram from MyPyramid to MyPlate because it helps individuals determine the size of each food group they need to consume per meal.

Lesson #2 - Healthy Weight and Breakfast

- Calories are found in food and give you energy to do things like run, jump and ride a bike.
- A healthy breakfast includes foods from at least three food groups on the food guide pyramid.

Lesson #3 - Track Your Food Intake: Have students flip to the Food Frequency Questionnaire (FFQ) worksheets they filled out. Ask students to look at their old FFQ worksheets and assess whether or not they still follow the same eating patterns or if it has changed at all over the past few months.

- Food Frequency Questionnaires and food records are meant to track your food intake and help distinguish your food patterns over a few days, a few weeks, a few months or even a year.

Ask students to check their Scorecard for nutrition to determine if their food patterns have changed and whether they have increased their amounts of fruits and vegetables over the past few weeks and months.

Lesson #4 - Carbohydrates and Grains

- The six nutrients in food are carbohydrates, proteins, fats, water, vitamins and minerals.
- Carbohydrates are the main energy source for your body. There are simple carbohydrates, such as monosaccharides and disaccharides and complex carbohydrates.
- Some good sources of grains are whole grain bread, whole grain crackers, whole wheat pasta, and brown rice.

Lesson #5 - Full of Fiber

- Fiber is found in many types of foods such as fruits, vegetables, grains, beans and oats.
- There are two types of fiber: insoluble and soluble. Insoluble fiber does not get digested in the body and it helps move large contents through the intestines. Soluble fiber combines with liquids and fat to create a slow moving gel, which slows down the rate of sugar being released into the blood.
- Fiber makes us feel full and helps us fight against certain cancers.

Lesson #6 - The Power of Protein

- Protein is an important part of your diet that helps in growth and keeps your muscles strong.
- Protein is found in many foods, including meat, fish, eggs, dairy products and beans.
- It is important we consume complete proteins in our diet. Complete proteins contain all of the amino acids needed to make a "whole" protein.

Lesson #7 - Dairy, Calcium and Vitamin D

- Milk and dairy are important because they contain calcium and vitamin D, which helps you build and maintain strong bones and teeth.
- It is important to consume 3 servings of dairy per day. One serving of dairy can count as 1 cup of milk, 1 cup of yogurt, or 1 slice of cheese.
- Remember to consume low-fat or non-fat dairy products to keep your body healthy and slim.

Lesson #8 - All About Oils

- Some foods that contain good fats are fish, nuts, avocado, and oils such as olive oil, canola oil and vegetable oil.
- There are two types of fats: unsaturated and saturated. Some foods that contain saturated (bad fats) are regular cheese, whole milk, butter, beef, bacon, sausage, cookies and doughnuts. Because cheese and milk are good sources of calcium, try low-fat versions instead!
- Avoid consuming saturated and trans-fats in your diet because it can cause heart problems.

Lesson #9 – Vivacious Veggies

- Vegetables come in many different colors like purple, green, yellow, orange, red, white and brown.
- We should get 2 ½ cups of vegetables every day.
- According to MyPlate, ¼ of your plate during meals should contain vegetables.

Lesson #10 – Fun Fruits

- Eating a variety of different fruits will help you get the right nutrients and vitamins your body needs to stay healthy.
- We should get 1 ½ cups of fruits every day.
- According to MyPlate, ¼ of your plate during meals should contain fruits.

Lesson #11 – Beverages: Water, Sodas and Juice

- Water keeps the body from getting too hot, converts food into energy, gets rid of wastes though going to the bathroom and sweating, and cushions the organs.
- Fluids are found in sodas, water, juices, milk, and eating fruits or vegetables. However, water and milk are the best ways to provide your body with fluids because soda and juices contain a lot of extra sugar that our bodies do not need.

Lesson #12 – Serving Sizes and Portion Control

- Understanding serving sizes and portion control will help you to eat the right amount of food your body needs.
- Your plate should have ½ fruits and vegetables, ¼ meat and beans, ¼ grains, and a source of dairy, such as a glass of milk.

Lesson #13 – Nutrients the Body Needs

- Vitamins and minerals are considered micronutrients and your body needs them to survive. They are part of the six essential nutrients.
- Vitamin A helps you see at night.
- Vitamin D helps make strong bones.
- Vitamin E protects your skin.
- Vitamin K helps stop bleeding.
- Vitamin C helps fight infections and keeps you from getting sick.

Lesson #14 – Food Label Fun

- Food labels can be found on all packaged/processed foods such as cookies, crackers, frozen meals and cereals.
- Whole, fresh foods such as fruits, vegetables, fish and meats do not have food labels.

Lesson #15 – E is for Exercise

- It is important to get at least 60 minutes of exercise every day.
- Exercise makes your bones, muscles, and heart healthier.
- There are three categories of exercises: flexibility, aerobic, and anaerobic. Try doing all three types to keep all parts of the body fit.

Lesson #16 – Healthy School Lunches

- Eating healthy while at school can be easy and fun. A healthy lunch should include whole grains, protein, fruit and vegetables, and milk or dairy.

Lesson #17 – Healthy Snacks and Easy Recipes

- Snacks are small amounts of food you eat between meals.
- Healthy snacks contain at least two food groups and make you feel full.

Lesson #18 – Grocery Shopping for Kids

- A grocery store is a store that sells mostly food and other related materials.

- Making a shopping list helps you when shopping at the grocery store and should contain at least one food from each group in the *Fit4Kidz Guide to Food Groups and My Plate*.
- To help decrease the amount of unhealthy foods you buy at the store, avoid walking through the middle aisles that contain chips, dip, candies, sodas and frozen meals.

Lesson #19 – Alternative Diets

- Many people need or choose to eat alternative diets to suit their lifestyles. Some examples are vegetarian diets, gluten-free diets and lactose-free diets.

Activity:

Distribute the *Fit4Kidz Quiz* student activity worksheet. Have student use pens or pencils to circle the correct multiple choice answer to each question. Students may require help reading the questions and answers. This activity will test students' knowledge gained over the past few months in the *Fit4Kidz* program.

After students have completed the quiz, go over the correct answers with them. Collect student's quizzes and keep for your own records. You may make a copy of these quizzes so students can take home a copy with them in their *Fit4Kidz Folders* to see how much they have learned.

Take Home:

Distribute *Certificates of Completion*. Make sure that each student's name is written in on the certificate and it is signed and dated.

For further reference, students and families can visit www.fit4kidz.us.