

## Dear Educator:

Thank you very much for selecting the **It's Up 2 U** program to help teach your fourth grade students about nutrition and physical activity.

We care deeply about the health of children and their families, and we are grateful to you for inviting us to share with you this essential lesson about making healthy choices in our lives. We welcome your questions and comments.

Sincerely,



Beth Jones  
It's Up 2 U School Program, Procter & Gamble

## Learning Objectives

It's Up 2 U includes teacher-tested and -approved materials to help fourth graders learn the importance of making healthy nutrition and exercise choices. The program's objectives are to help students learn:

- The impact of nutrition and physical activity on their health.
- Basic principles of nutrition.
- Appropriate portion sizes for various foods.
- The need for daily activity.
- The relationship between nutrition and activity.

## Materials

Developed with the input of teachers and health professionals, **It's Up 2 U** program materials include:

- **Instructor's Guide with Classroom Resources:** Basic information about nutrition and activity, as well as suggested classroom activities, are included in this guide. Downloadable, printable worksheets and tests are available at [www.pgschoolprograms.com](http://www.pgschoolprograms.com).
- **Classroom Poster:** The colorful poster can help you illustrate your classroom lesson and serve as an everyday reminder of the program's key nutrition and activity messages.
- **Take-Home Information for Students and Parents:** Your students can share classroom learnings at home with the take-home pamphlet. It also includes information for parents – to help you maintain school/family communication and help parents encourage healthy choices at home.

# Nutrition, Exercise and Health

## for Fourth Graders

The U.S. Centers for Disease Control and Prevention report that more than 15% of our children are overweight. So it's more important than ever for 4th grade students to understand the importance of **good nutrition** and **daily physical activity** – and the ways nutrition and activity interact to affect their health.

Children need a balanced diet to provide the nutrients their bodies need to help keep them healthy and growing strong, and they need daily activity to put those nutrients to use effectively.

It's equally important for each child to take responsibility for his or her diet and exercise. Teachers and parents can provide the right foods and activities, and we can encourage good choices. But, it's up to each child to accept and use that encouragement.



## Nutrition science

– made simple

The foods we eat provide a variety of nutrients, each with its own role in our health:

- **Carbohydrates** provide energy the body needs every day, including energy for the brain. Complex carbohydrates – found in fruits, vegetables and whole grains – have more nutritional value than simple carbohydrates – found in refined sugar, white flour, cookies, cakes and white bread.
- **Protein** – from foods such as meat and fish, dairy products, eggs, legumes (beans, peas, lentils, etc.) and nuts – is necessary for proper growth and development. Our bodies neither produce nor store protein, so it's an important part of what we eat every day.
- **Fats** – including saturated fats from animals (meat, dairy products, eggs) and unsaturated fats from plants (oils from nuts, corn, safflower, sunflower seeds, olives) – provide energy, too. And they help the body use carbohydrates and protein efficiently.
- **Vitamins and minerals** (such as A, B, C, D and E vitamins, and minerals such as calcium and iron) from all food groups help the body use other nutrients. Vitamins and minerals are necessary to help the body function, grow and repair (heal) itself. All the vitamins and minerals a person needs can be obtained from a well-balanced diet of carbohydrates, proteins and fats.
- **Water** keeps your body hydrated and is necessary to maintain all our body's functions. We lose about two quarts of water every day, just through breathing, perspiration and waste removal; and we must replace that water daily.

The energy in food is measured in calories. One calorie is the amount of heat energy it takes to raise the temperature of one gram of water one degree Celsius. (A paper clip weighs about 1 gram, and 1° Celsius = 1.82° Fahrenheit.) Different foods provide different amounts of calories, and different activities use calories at different rates. (See "The Calories I Eat" and "The Calories I Burn" worksheets at [pgschoolprograms.com](http://pgschoolprograms.com).)

## Classroom Activities

Choose from these activities to help you make your nutrition and exercise lessons and reminders fun and effective.

Activity	Learning Objective	Materials	Preparation/Activity Time	Group Size	Notes
Pre-Test	Measures students' knowledge of, and attitudes toward, nutrition and physical activity.	Downloadable "Pre-Test/Post-Test" at pgschoolprograms.com.	About 15 minutes to download and print tests. About 15 minutes to administer test.	Entire class.	Student responses to the pre-test questions will help you determine the best ways to conduct your nutrition and exercise lessons.
Reading Food Labels	Students will learn to read and compare the nutrition information on food labels.	Downloadable "Food Labels" worksheet at pgschoolprograms.com. "Nutrition Facts" from labels on a variety of food packages.	15 minutes to download and print the worksheet; a few minutes at home to gather a variety of food packages. About 30 minutes to discuss the labels and/or complete the questions on the worksheet.	Entire class or small groups of 3-5 students.	You can use the worksheet to familiarize students with food label information, then use actual (empty) packages to compare other foods.
The Calories I Eat	Students will learn the nutrient content of common foods and the calories they consume in a day.	Downloadable "Energy in Food" and "The Calories I Eat" worksheets at pgschoolprograms.com.	15 minutes to download and print the worksheets. About 30 minutes to complete the questions on the worksheets and discuss their answers.	Entire class.	Students can refer to the "Energy in Food" chart as they complete "The Calories I Eat" worksheet.
The Calories I Burn	Students will learn the approximate number of calories they burn during an average day.	Downloadable "The Calories I Burn" worksheet at pgschoolprograms.com.	15 minutes to download and print the worksheet. About 30 minutes to complete the questions on the worksheet and discuss their answers.	Entire class.	Students can use the table at the top of the worksheet to answer the questions below. Then, they can compare their total to "The Calories I Eat."
Plan a Menu	Students will use what they have learned in their nutrition lessons to plan a balanced menu for a family meal or class outing.	No special materials.	About 30 minutes to work in small groups to plan the menus, and then present and discuss them with the class.	Small groups of 3-5 students.	Using what they have learned about good nutrition, instruct each group to plan the menu for a family meal, for a field trip, for an overnight camping trip, etc.
Online challenges at Kidnetic.com	Students will learn more about nutrition and activity through the information and "challenges" at www.Kidnetic.com.	Personal computer(s) with Internet access.	About 30 minutes to familiarize yourself with the activities available at Kidnetic.com.  Individual online time will vary for each student.	Individual students.	Kidnetic.com is full of information, games and "challenges" for kids and their parents. For example, students can complete a "Time Challenge," then record and compare their times.
Post-Test	Measures students' progress in their knowledge of, and attitudes toward, nutrition and activity.	Downloadable "Pre-Test/Post-Test" at pgschoolprograms.com.	About 15 minutes to download and print tests. About 15 minutes to administer test.	Entire class.	Repeating the test at the end of your nutrition and exercise lessons will help you measure your students' progress.

