



Hip Hop Healthy Heart Program for Children

Module 3: Eat Good Food Dude!/ Introduction

Congratulations! You are about to learn how you can positively influence each of your students for the rest of their lives by teaching them how good nutrition benefits heart health.

Module Features:

- ♥ **No Brainer Teaching!** - To make this complex topic a no-brainer, we have done the organization for you with seven, easy-to-teach, 20-30 minute lessons designed to fit into a week and a half lesson plan.
- ♥ **USDA Pyramid Power** - This module features graphics from *MyPyramid for Kids* developed specifically for elementary students by the U.S. Department of Agriculture (USDA).
- ♥ **Two Versions** - We offer modules for:
 - **K-3rd Grade Teachers**
 - **4-6th Grade Teachers**
- ♥ **Presentation Style** - The effects of good nutrition and healthy eating are presented with a positive approach designed to give all students self-confidence.

Teacher Benefits

Each of the 7 Lessons -

- ♥ Communicate nutrition concepts through age-appropriate, fun activities and hip-hop style rhymes.
- ♥ Offer activities and handouts that incorporate a variety of interdisciplinary skills including math, reading comprehension, writing, critical thinking, information analysis, organization, comparison, and synthesis.
- ♥ Offer a variety of ways to teach the subject for busy teachers.
- ♥ Contain student handouts that may be duplicated.
- ♥ Provide activity handouts to send home for parent involvement.

Nutrition Education Benefits

Each of the 7 Lessons -

- ♥ Focus on a specific food group.
- ♥ Help students understand how the foods they choose to eat effects their heart health as well as their overall health.
- ♥ Make eating fun by highlighting variety, color, texture and flavor.
- ♥ Teach portion control, mindful snacking and creative meal planning.

Interdisciplinary Benefits

Each of the 7 Lessons -

- ♥ Integrate teaching nutrition with teaching one or more of the following subjects: science, math, health, language arts, music and physical education.
- ♥ Offer activities and handouts that promote reading comprehension, writing, critical thinking, information analysis, organization, comparison, and synthesis.

National Educational Health Standard Benefits

Each of the 7 Lessons -

- ♥ Satisfy the following Health Standards:
 - **Health: Standard 1:** Students comprehend concepts related to health promotion and disease prevention.
 - **Health: Standard 2** Students demonstrate the ability to access accurate health information.
 - **Health Standard 3:** Student will demonstrate the ability to practice positive health behaviors and reduce healthy risks.
 - **Health: Standard 6:** Students demonstrate the ability to use goal setting and decision-making skills to enhance health.
 - **Benchmark: 3-M-1:** Identify personal health needs and develop long-term goals for a healthy lifestyle.

Objectives for the Entire Module:

♥ When students complete this module, they will be able to:

- Identify different each food group and classify foods accordingly.
- Explain health benefit basics of each food group.
- Identify healthy snacks and understand why some snack choices are better than others.
- Define key words related to nutrition such as carbohydrates, protein, fats, calcium, fiber, vitamins and minerals.
- Organize foods into color groups and understand their nutritional basics.
- Track their eating habits to boost intake of healthy food choices.
- Understand the balance between food and exercise.
- Identify the key points on a nutrition label. (4-6th Graders)

How to Teach this Module:

♥ **Make it Your Own:** This module is designed as a guide to make teaching key nutrition information fun. But, it is not written in stone. We urge you to personalize all the lessons in the module to accommodate your teaching style.

♥ **Match it to your Grade Level and Class:** This lesson covers 4 grade levels. In addition, each individual class is unique. Please feel free to adjust the information and materials we have provided to suit your student's abilities.

♥ **The Long and Short of It:** Use as much or as little as suits the abilities of your students. The minimum amount of time to allocate for each lesson is 20 minutes. They can be expanded, though, to over an hour if you wish. You can also choose to expand each lesson if your schedule allows it, and teach any one of them over 2 days.

♥ **Organization:** We offer four activities in this lesson, each organized in a logical teaching order. Each activity includes a variety of teaching aids to help you focus your lesson including explanations, discussion questions, written exercises and rhymes, games, handouts and much more. Use them all, or pick and choose. Get inspired and create some of your own!

♥ **Please Take a Positive Approach:** We are supplying the tools for you educate your students about leading a healthier lifestyle. Our goal is to give all children participating in the Hip Hop Healthy Heart Program motivation, excitement, encouragement and confidence so that they can successfully incorporate what they learn into their daily lives.

Vocabulary/Spelling Words:

♥ Each lesson offers a variety of new terms that you can add to your weekly vocabulary/spelling lists:

- Throughout the lesson you will see terms highlighted in bold orange italics, for example: *symbol*
- The words will also appear in a Glossary section at the end of each lesson.

Module Background Information:

♥ **Why teach children nutrition in elementary school?** If kids learn to make healthy food choices at an early age, nutrition becomes one of the easiest heart health risk factors to control. Studies have shown that health education programs in schools effectively reduce the prevalence of health risk factors that lead to the onset of adult chronic disease. The CDC¹ and the USDA² both report that school-based health education programs that address prevention of unhealthy behaviors are the most effective method of combating cardiovascular illnesses and can reduce the prevalence of obesity by 50% among elementary school children. In addition a healthy diet may also help prevent:

- ♥ High blood pressure
- ♥ Type 2 diabetes
- ♥ High cholesterol

¹ <http://childstats.gov/americaschildren/index.asp>

² http://www.fda.gov/fdac/features/2005/405_children.html

- **What is a "Healthy Diet"?** The USDA³, American Heart Association, American Dietetic Association, the American Cancer Society, the American College of Sports Medicine all define a healthy diet as one that:
 - ♥ Emphasizes that there are no healthy or unhealthy foods.
 - ♥ Emphasizes balance, variety, and moderation.
 - ♥ Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk products
 - ♥ Includes lean meats; skinless, white meat poultry; fish, beans, eggs, and nuts
 - ♥ Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars
- **Why is a healthy diet paramount to heart health?**⁴ It can help reduce blood cholesterol and LDL Cholesterol (the "bad" cholesterol), risk of coronary artery disease, lower blood pressure, lower blood sugars, reduce body weight, reduce the risk of sudden cardiac death.

Exploring Where Our Food Originates:

Why include this? If asked where their food comes from, most children will answer, “the grocery store”. This is why we have included activities, photos and/or video links in each lesson that enlighten our children about food origin and production both in the US and worldwide.

Understanding the basics of food production, engenders curiosity, inspires learning, and promotes understanding of:

- ♥ Stewardship and the relationship of food to the planet's ecosystem
- ♥ Farming and local gardening
- ♥ Animal husbandry
- ♥ Biological diversity
- ♥ Food chains
- ♥ The lifecycle
- ♥ How food is grown in developed and emerging nations

This Module Focuses on Counting Servings and Portion Control:

- **Why focus on serving size and number of servings rather than calories?** Calorie-counting is an accurate and proven way of keeping track of a diet for weight management and health. But it can be time-consuming and confusing, especially for children. When kids are taught to count the number of servings they should eat for each food group and learn appropriate portion sizes, they tend to have more success managing their eating habits.
- **Eyeball It!** Each lesson about a food group in this module offers teachers the tools to easily and effectively teach serving number and portion size. An “Eyeball It!” handout is offered with each food group lesson and activities are built around it. Versions of the charts are available in the lesson handouts as a reference for the children and to send home to parents to get them on-board with the concept.

Recipes:

- **Kid-tested recipes are available for 6 of the 7 lessons:** Some of the recipes are formatted for students to make with an adult; some are formatted for them to make by themselves. We have also included handouts for students to learn to create their own recipes.
- **Why teach children cooking elementary school?** Encourage children to cook and you’ll introduce them to a world of adventure that teaches valuable life skills.
 - ♥ **Teaches Creativity, Self-Esteem and Self-Confidence:** Cooking teaches kids to discover, invent, and imagine. Whether they are as young as two, or well into their teens, kids who cook learn to have the

³ <http://www.mypyramid.gov>

⁴ <http://www.americanheart.org>

courage to experiment and the determination to try again if a recipe doesn't come out the way they expected. What better way for your students to build self-esteem and self-confidence than creating their own recipe for a homemade dish they can share at home with their family?

- ♥ **Expands Worldview:** Cooking expands a child's worldview and makes them bolder eaters. Acquainting them with new regional and international cuisines awakens and educates their taste buds, involves learning geography, exploring the foods specific to different cultures, and understanding the food traditions of unfamiliar religions. Food is a common language that links people of all nations. Once kids are familiarized with cooking different international cuisines, they can talk about food with just about anyone.
- ♥ **Improves the 3 R's:** Reading, writing, and math skills improve when children learn to interpret a recipe. Once they get hooked on cooking, they soon discover that success lies in reading a recipe carefully, measuring accurately and following directions precisely.
- ♥ **Teaches Safety and Hygiene:** When kids are taught that the kitchen can be a dangerous place, they take safety and hygiene seriously. Kids who cook tend to be more respectful of sharp kitchen tools, and, when taught about the dangers of food poisoning, are more responsible about hygiene and cleanup.
- ♥ **Insulates against Junk Food:** Young cooks who learn to prepare fresh ingredients are better insulated from junk foods and tend to have healthier diets. Once their taste buds get used to "real food" like whole fruits and vegetables, kids are more apt to pass up junk food for healthier, tastier alternatives.
- ♥ **A Survival Skill:** Lastly, cooking is one of the most important survival skills working parents can teach their children. Latchkey kids who know how to put a meal together will never go hungry. If mom or dad is running late from work, kids with kitchen smarts can be relied upon to help make healthy snacks and nutritious dinners for themselves.

Encourage Students to Keep a Hip Hop Healthy Heart Binder:

- This program is comprehensive and the material offered in the handouts can be used as reference for the future. Please encourage your students to keep the pages they receive and their assignments in a Hip Hop Healthy Heart Binder. Students can continue to add related materials to the binder and use it for reference after they complete the program.