

**BECAUSE KEEPING ACTIVE AND EATING SMART
GIVE STUDENTS A BETTER START**



**INTERACTIVE, CROSS-CURRICULAR LESSONS FOR HIGH SCHOOL
TEACHERS, SCHOOL NUTRITION STAFF, AND YOUTH LEADERS**





Produced by California Project LEAN, California Department of Health Services, and the Nutrition Education and Training Section, California Department of Education, in collaboration with The Greater Los Angeles and Western Affiliates, American Heart Association, and the Public Health Institute



THIS KIT MAY BE REPRODUCED FOR EDUCATIONAL PURPOSES.

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PRINTED COPIES OF JUMP START TEENS ARE AVAILABLE FOR PURCHASE AND ARE DOWNLOADABLE FROM:

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Jump Start Teens...

**because keeping active and eating smart
give students a better start!**

Healthy eating and physical activity affect a student's ability to learn and perform to his/her full potential. The typical student not only skips breakfast but also eats a less-than-nutritious lunch. Combine that with physical inactivity and you have students with shorter attention spans who can't properly focus on classwork.

Knowing how much you care about student performance, the team behind California Project LEAN (Leaders Encouraging Activity and Nutrition), a program of the California Department of Health Services, and the Nutrition Education and Training Section of the California Department of Education created *Jump Start Teens*.

Jump Start's cross-curricular lessons encourage students to **eat healthy, keep moving, and become smart consumers and involved citizens!**

Jump Start reinforces your curriculum/program with:

- Creative, stand-alone lessons that integrate physical activity, nutrition, and mass media with community service, language arts, math, science, social studies, and more.
- Lessons that support team building among teachers, coaches, and nutrition staff as well as parents, local businesses, and the greater community.
- Optional extension activities that link to various parts of the curriculum.

Jump Start covers relevant, real-life, topics, such as:

- **The ABCs of Healthy Eating:** Students use MyPyramid Guide to compare what they eat with healthy eating recommendations. Includes Spanish-language handouts.
- **Let's Get Physical:** Students experience the benefits of incorporating physical activity into their daily lives while assessing their personal level of physical activity. Includes Spanish-language handouts.
- **Teens Making a Difference:** Students explore the importance and impact of their opinions and actions, then identify a project they want to work on to make a positive difference in their school or community.
- **Advertising's Hidden Messages:** Students critically examine advertisements so they can become smarter, savvier shoppers and then develop their own advertising campaign.
- **It's in the Label—The Food Label:** Students compare fat content of similar foods by learning to read the "Nutrition Facts" on food labels.
- **Have It Your Way Fast Food:** Students plan how to eat a healthier fast food meal after learning ways to cut the fat in their fast food.
- **Eating to Win:** Student athletes learn how to keep the competitive edge during sporting events by focusing on healthy pre-game meals and adequate fluid intake.
- **Making News—A Primer on the News Media:** Students write a news story after learning about the media's impact and their ability to use the media as a resource for showcasing students' community service work and other positive actions.

Who Should Use Jump Start?

Create a team! We hope that you will act as champion, or lead teacher, of *Jump Start's* activities by using a team approach to teaching. Each lesson suggests curriculum links that make it easy to involve teachers from a variety of subject areas. Don't overlook business or social studies teachers; there are lessons suited perfectly to their subjects. School nutrition directors, science resource teachers, student government, youth leadership instructors, and coaches would also be great partners to teach some of *Jump Start's* lessons. In fact, there is one lesson—**Eating to Win**—developed specifically for coaches and student athletes.

A *Jump Start* team might consist of you—the Champion—and a language arts teacher, a health education or physical education teacher, a coach, and the school nutrition director. Your team can strengthen *Jump Start's* messages across the curriculum, forge schoolwide health partnerships, build on existing district and school systems, and access resources that will enhance the activities. If your school has a health academy, it would be an ideal headquarters for *Jump Start*-related activities.

Some lessons suggest involvement by parents, administrators, school board members, business leaders, and other community representatives. Other appropriate groups to involve include school clubs, peer-to-peer educator groups, and nutrition advisory councils.

So give teens a *Jump Start*...because keeping active and eating smart give students a better start!

Playing the Policy Game: A Companion to Jump Start Teens

To become active members of their community, teens must feel comfortable using multiple skills ranging from research to public speaking. *Playing the Policy Game: Preparing teen leaders to take action on healthy eating and physical activity* teaches high school students valuable leadership skills through hands-on experiences. It guides teens on how to positively impact their school campus by enhancing opportunities for healthy eating and physical activity. Participation in a policy game project allows teens to discover the value of their opinions and how their opinions can improve their school and community.

Playing the Policy Game is designed for use by a group of teens with adult assistance. This booklet is appropriate for use in classrooms, as an after-school or extracurricular activity, or as an activity for a community youth club. The booklet can be used as part of a health education or physical education class, or as part of a civics lesson. Activity worksheets accompany the text to facilitate hands-on learning and practice.

To order your copy of the *Playing the Policy Game* booklet, either call (916) 552-9907 or write California Project LEAN, MS-7211, P.O. Box 997413, Sacramento, CA 95899-7413 and ask for your copy of California Project LEAN's materials order form. *Playing the Policy Game* can also be downloaded from www.CaliforniaProjectLEAN.org

For More Information

California Department of Health Services Programs:

California Project LEAN

P.O. Box 997413, MS-7211
Sacramento, CA 95899-7413
916/552-9907
www.californiaprojectlean.org

California Heart Disease and Stroke Prevention Program

P.O. Box 997413, MS 7212
Sacramento, CA 95899-7413
916/552-9870
www.dhs.ca.gov/chdsp

California Center for Physical Activity

PO Box 997413, MS 7211
Sacramento, CA 95899-7413
916/552-9874
www.caphysicalactivity.org

California Obesity Prevention Initiative

PO Box 997413, MS 7211
Sacramento, CA 95899-7413
916/552-9889
www.dhs.ca.gov/obesityprevention

School Health Connections

PO Box 997413, MS 7211
Sacramento, CA 95899-7213
916/552-9889
www.dhs.ca.gov/schoolhealth

California Diabetes Program

PO Box 997413, MS 7211
Sacramento, CA 95899-7413
916/552-9888
www.caldiabetes.org

Children's 5 a Day and Latino 5 a Day campaigns

P.O. Box 997413, MS-7204
Sacramento, CA 95899-7413
888/328-3483
www.dhs.ca.gov/CPNS/ca5aday

Other Resources:

American Cancer Society, California Division Office

1710 Webster Street,
Suite 210
Oakland, CA 94612
Call your local affiliate or
510/893-7900
<http://www.cancer.org>

American College of Sports Medicine

P.O. Box 1440
Indianapolis, IN
46206-1440
317/637-9200
www.acsm.org

American Council on Exercise

4851 Paramount Drive
San Diego, CA 92123
800/825-3636
www.acefitness.org

American Dietetic Association

120 South Riverside Plaza
Suite 2000
Chicago, IL 60606-6995
800/366-1655
www.eatright.org

American Heart Association Western States Affiliate

1710 Gilbreth Road, Suite 100
Burlingame, CA 94010
Call your local affiliate or
800/242-8721
www.amhrt.org

California Adolescent Nutrition and Fitness Program

2140 Shattuck Avenue
Suite 610
Berkeley, CA 94704
510/644-1533
www.canfit.org

California Center for Public Health Advocacy

PO Box 2309
Davis, CA 95617
530/297-6000
www.publichealthadvocacy.org

California Department of Education

Nutrition Services Division
560 J Street, #270
Sacramento, CA 95814
916/445-0850
www.cde.ca.gov

California Expanded Food and Nutrition Education Program (EFNEP)

University of California, Davis
3150-I Meyer Hall
1 Shields Avenue
Davis, CA 95616
916/754-8698
www.efnep.ucdavis.edu

California Governor's Council on Physical Fitness and Sports

www.calfit.ca.gov/

California School Food Service Association

California School Nutrition Association

210 N Glenoaks Blvd., Suite C
Burbank, CA 91502
818/842-3040
www.calsna.org

**Center for Science
in the Public Interest**

1875 Connecticut Ave. N.W.
Suite 300
Washington, DC 20009-5728
202/332-9110
www.cspinet.net

**Division of Adolescent and
School Health (DASH)
National Center for Chronic
Disease Prevention and
Health Promotion
Centers for Disease Control
and Prevention**

4770 Buford Highway, N.E.
Mailstop K40
Atlanta, GA 30341-3717
770/488-5401 (or 770/488-6100)
www.cdc.gov/healthyyouth

**Food and Nutrition
Information Center
National Agricultural Library**

Room 105
10301 Baltimore Ave.
Beltsville, MD 20705-2351
301/504-5719
www.nal.usda.gov/fnic/

**Healthy Kids Resource Center
Alameda County Office of
Education**

313 West Winton Avenue, Rm.176
Hayward, CA 94544
510/670-4583
www.hkresources.org

**National Association of Anorexia
and Associated Disorders**

P.O. Box 7
Highland Park, IL 60035
847/831-3438
www.anad.org

**National Osteoporosis
Foundation**

1232 22nd St. N.W.
Washington, DC 20037-1292
202/223-2226
www.nof.org

**Strategic Alliance
c/o Prevention Institute**

265 29th Street
Oakland, CA 94611
510/444-7738
www.preventioninstitute.org



Jump Start Evaluation Form

Please copy and give us your feedback on each lesson you teach.

Name: _____ Position: _____

School District Agency: _____

1. Please tell us about the students with whom you have used this Kit. (*Check all that apply*)

- High school students in health class.
 High school students in home economics class.
 High school students in community setting.
 High school students in other classes/settings: *Please describe* _____
 Other audience(s): *Please describe* _____

2. Which of the following lessons have you used?

- Lesson 1: The ABC's of Healthy Eating
 Lesson 2: Let's Get Physical
 Lesson 3: Teens Making a Difference
 Lesson 4: Advertising's Hidden Messages
 Lesson 5: It's in the Label!
 Lesson 6: Have It Your Way Fast Food
 Lesson 7: Eating to Win
 Lesson 8: Making News

3. Do the lessons complement the existing school curriculum?

- YES NO N/A

4. Which part(s) of the lessons did you find most useful?

- Objectives (*sidebar*)
 "Getting Ready" (*sidebar*)
 Curriculum Links (*sidebar*)
 Activity Steps
 Extensions
 Teacher Background Information
 References
 Worksheets, transparencies, handouts

5. Generally, what is the student response to the lessons from the *Kit*?

- Students enjoy the lessons very much.
 Students don't care one way or the other.
 Students do not enjoy the lessons.

6. Do you plan to continue using the *Kit* with your *students* in the future?

- YES (*go on to #7*)
 NO—If "no," why not?
 Don't work directly with students.
 Lack of time.
 Lessons too complicated.
 Lessons too time-consuming.
 Kit is not of high quality.
 Lessons not interesting to my students.
 Use it as a reference/resource.
 Other: _____

7. Overall, what is your evaluation of the *Jump Start Teens Kit* in terms of its effectiveness with teen students or your audience?

- Excellent Good Fair Poor

8. Is there anything about the *Jump Start Teens Kit* and/or how you have used it that you would like to share with California Project LEAN staff?

Please return completed evaluation to: **California Project LEAN, California Department of Health Services, P.O. Box 997413, MS 7211, Sacramento, CA 95899-7413 or fax to (916) 552-9909.**