

# Balance My Day™ Grades 6-8



## Contents

## Page

<b>Introduction</b> .....	5
Classroom Curriculum .....	5
Classroom Resources .....	9
School Nutrition Services .....	10
Physical Education.....	10
Key Nutrition Education Concepts and Background.....	11
Academic Stars.....	15
HECAT Standards .....	16
Classroom Curriculum.....	16
School Nutrition Services .....	20
Grades 6-8 Curriculum Glossary.....	21
<b>Classroom Curriculum</b>	
<b>Balance Basics</b> .....	23
<i>MyPlate: Variety, Moderation and Balance</i> .....	25
Nutrients .....	29
Explore Labels.....	33
<b>Eating and Weight Influences</b> .....	39
Media.....	41
Family, Friends, and More.....	45
Personal Values .....	49
<b>Fruits and Veggies</b> .....	55
Wellness & Meal Appeal.....	59
Getting to 5 and More .....	65
Challenge Solutions.....	69
<i>Taste and Learn Activities</i> .....	76
<i>Parent Tips</i> .....	78
<b>Snack Attack</b> .....	81
Why Start a <i>Snack Attack</i> .....	85
<i>Wrapper Snack Attack</i> .....	89
<i>Snack Attack Solutions</i> .....	93
<i>Taste and Learn Activities</i> .....	99
<i>Parent Tips</i> .....	101
<b>Breakfast GO Power</b> .....	103
Top 10 for <i>Breakfast GO Power</i> .....	107
Applying Solutions to Plan GO Power.....	111
Nutrients Rule .....	115
<i>Taste and Learn Activities</i> .....	121
<i>Parent Tips</i> .....	123

<b>Contents</b>	<b>Page</b>
<b>Smart Servings</b> .....	125
<i>Smart Servings on MyPlate</i> .....	129
Hunger is a Smart Guide .....	133
Portion Distortion .....	137
<i>Taste and Learn Activities</i> .....	143
<i>Parent Tips</i> .....	145
<b>Drink Think</b> .....	147
What is in Your Glass? .....	151
Sugar Leak .....	155
Strategize .....	159
<i>Taste and Learn Activities</i> .....	165
<i>Parent Tips</i> .....	167
<b>Active Play</b> .....	169
Enjoy Balance .....	173
How Do Healthy Habits Stack Up? .....	177
Win with Variety .....	181
<i>Taste and Learn Activities</i> .....	187
<i>Parent Tips</i> .....	189
<b>Healthy vs. Harmful Choices</b> .....	191
Supplements .....	193
Risky Weight Loss .....	197
Eating Disorders .....	201
<b>Ready, Set, Go Healthy</b> .....	207
Food Safe .....	209
<i>Balance My Day™</i> .....	213
Choices to Build Habits .....	217
<b>School Nutrition Services</b> .....	224
Introduction .....	224
Fun Facts, Puns, and Trivia .....	226
Exploring Science and Math with Food .....	229
Experiment as You Take a “Walk” around <i>MyPlate!</i> .....	237
Farm to School Ideas and Fruits & Veggies Activities .....	245
Student Worksheets .....	249
<b>Physical Education</b> .....	259
<b>SPARK™ Activities</b> .....	259
<b>Appendix</b>	
Food Cards .....	271
Resources .....	301
References .....	305

# Balance My Day™ - School Nutrition Services



## Contents

## Page

<b>Introduction</b> .....	224
A la Cart™ Setup.....	224
<b>Fun Facts, Puns, and Trivia</b> .....	226
<b>Exploring Science and Math with Food</b> .....	229
How to Build a Baking Soda Volcano.....	230
I Spy – How to Extract DNA from a Kiwi-Fruit.....	231
Dancing Raisins.....	232
How Much Water Does Popcorn Contain?.....	233
A Walk through the Digestive Tract.....	234
Finding the Speed of Light with Marshmallows.....	236
<b>Experiment as You Take a “Walk” around MyPlate!</b> .....	237
Static Electricity with Cereal!.....	238
Effects of pH on the Browning of Cut Apples.....	239
Make a Natural pH Indicator.....	240
Homemade Glue from Milk.....	241
How To Make A Folding Egg!.....	243
<b>Farm to School Ideas and Fruits &amp; Veggies Activities</b> .....	245
Fruit and Veggie Festival or Health Fair.....	246
Fruit and Veggie Market Fundraiser.....	247
Classroom (or Youth Advisory Council) Project.....	248
An Access and Feasibility Project with Local Produce.....	248
School Garden Idea.....	248
<b>Reproducible Student Worksheets</b> .....	249
<i>Snack Attack</i> .....	249
<i>Smart Servings</i> .....	250
Fast Food “FITS” for Fitness.....	251
<i>Drink Think</i> .....	252
<i>Breakfast GO Power</i> .....	253
Fruits and Veggies add Zip.....	254
<i>Active Play</i> .....	255
<b>Resources</b> .....	256
<b>References</b> .....	257