



WIN (Wellness IN) Kids

WIN the Rockies is a four-year health improvement project in Idaho, Montana, and Wyoming. Our mission is to assist communities in educating people to:

- ★ value health
- ★ respect body-size differences
- ★ enjoy the benefits of self-acceptance
- ★ enjoy physically active living
- ★ enjoy healthful and pleasurable eating

WIN (Wellness IN) Kids is a series of 13 lessons designed for classroom teachers and program educators in community settings. The intended target is youth ages 10 to 13 or in the 5th and 6th grades. Possibilities for use include traditional classrooms, home-schools, after-school programs, 4-H clubs, and church groups.



Lesson Features

- 📎 Sessions 30 to 40 minutes in length, 1 or 2 sessions per lesson
- 📎 Learning objectives
- 📎 National, Wyoming, Montana, and Idaho health education standards
- 📎 List of supplies and materials needed
- 📎 Lesson script
- 📎 Activities to take home and share concepts with family members
- 📎 Ideas for community projects
- 📎 Camera-ready handouts
- 📎 Background section for the educator
- 📎 Assessment ideas to meet selected health standards
- 📎 Additional opportunities for further activities and sources for more information



Overview of Lessons

Walk With Me

Identifies the benefits of daily walking. Helps students make walking a priority by setting and tracking walking goals. Includes ideas for encouraging others to walk.

Choose to Move

Explores ways to be more active. Helps students identify a wide variety of physical activities that can maintain good health and create a plan to increase activity. Lesson utilizes an educational video, *Choose to Move*. To purchase, visit www.uwyo.edu/wintherockies or contact University of Wyoming Family & Consumer Sciences at fcs-orders@uwyo.edu.

VBM: Variety, Balance, Moderation

Covers food groups and key messages in MyPyramid for kids. Helps students apply the principles of variety, balance and moderation in food choices. Promotes the concept that healthy eating does not need to exclude any specific foods.

Portion Investigators

Describes how super-sized portions can contribute to overeating. Helps students recognize normal versus outrageous portions and discover ways to order, select and serve portions that are appropriate for hunger. Lesson utilizes an educational video, *Portion Investigators*. To purchase, visit www.uwyo.edu/wintherockies or contact University of Wyoming Family & Consumer Sciences at fcs-orders@uwyo.edu.

The Original Fast Foods – Fruits and Vegetables

Discusses health benefits of eating more fruits and vegetables. Helps students learn ways to eat more fruits and vegetables, set goals and monitor progress.

The Senses Carnival

Highlights the role of the five senses in food choices and evaluates how food stimulates the senses. Helps students appreciate eating as enjoyable and satisfying rather than as a rushed or guilt-ridden experience.

Taste Bud Twister

Helps students understand how the tongue distinguishes different flavors in food. Explores how intensities of taste vary from person to person.

How Sweet Is It?

Presents health concerns related to drinking sweetened beverages. Teaches students how to analyze and interpret research supporting health claims. Helps students learn to estimate volume and sugar content of common soft drink containers and to establish goals for improving health through beverage choices.

BONES

Investigates low-fat sources of calcium-rich beverages. Helps students understand calcium's role in bone health, particularly for growth. Includes evaluation of different types of milk and label reading activities.

Moving On With Fiber

Reviews health benefits of fiber. Helps students identify high-fiber, complex-carbohydrate foods. Includes tools for substituting higher-fiber for lower-fiber food choices.

Fat Facts

Discusses value of fat as a nutrient and explores methods to determine amount of fat in foods. Helps students identify and set goals for lower-fat food choices.

As If

Explores some of the myths of body-image messages and their unrealistic standards of perfection. Helps students examine sources of body image messages and develop critical viewing skills to analyze these messages. Lesson utilizes an educational video, *As If*. To purchase, visit www.uwyo.edu/wintherockies or contact University of Wyoming Family & Consumer Sciences at fcs-orders@uwyo.edu.

Picture Perfect

Challenges media messages that make it seem impossible to be successful and happy unless we look a certain way. Explores how attitude and self-image are related. Helps students understand how the media provide false images of body perfection. Lesson utilizes an educational video, *Behind Closed Doors IV*. To purchase, contact Remuda Ranch at 800-445-1900.

To download lessons, visit the web site at www.uwyo.edu/wintherockies.

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