

# Teacher Guide Contents

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# CD Contents

## Slides (PowerPoint and PDF)

1. Dietary Guidelines
2. What's a Calorie?
3. MyPlate for Teens
4. Food Labels
5. Sample Nutrition Facts
6. Recommended Daily Nutrient Intake
7. Components of Fitness
8. How to Find Your Heart Rate
9. Physical Activity Guidelines
10. A Well-Written Goal
11. What's Wrong with These Goals?
12. Setting a Goal
13. Keeping on Track
14. Evaluating a Health Website
15. Making a Presentation
16. Characteristics of a Fad Diet
17. Eating Disorders
18. Compulsive Exercising

### Note

In addition to slides and masters, CD contents include the student journal and digital copies of the teacher keys, scoring rubrics and the glossary. All digital resources can also be found on the *HealthSmart* website at [www.etr.org/healthsmart](http://www.etr.org/healthsmart) under MyHealthSmart.

## Masters

1. Family Letter
2. Nutrients: Carbohydrates
3. Nutrients: Fats
4. Nutrients: Proteins
5. Nutrients: Vitamins
6. Nutrients: Minerals
7. Nutrients: Water
- 8A. Which Food Would You Choose? (A)
- 8B. Which Food Would You Choose? (B)
9. Time to Talk: Joining Together to Reach a Health Goal
10. Weight Loss Myths & Facts
11. Exercise & Eating Disorder Cards
12. A Friend in Trouble
13. Time to Talk: Food Safety at Home
- 14A–G. What I Know About Nutrition & Physical Activity
- 15A–C. Eating & Physical Activity Health Survey
- 16A–C. Guidelines for Developing the Health Action Plan
- 17A–I. Health Action Plan Outline
- 18A–B. Peer Review Feedback Form