Teacher Guide Contents

Welcome to HealthSmart® .................................................. v

Lessons

Lesson 1: What Are Nutrients? ................................. 1
Lesson 2: What Should I Eat & How Much? ....................... 11
Lesson 3: Assessing My Eating Habits .......................... 21
Lesson 4: Reading a Food Label ............................ 35
Lesson 5: Eating Breakfast Every Day ....................... 43
Lesson 6: Healthy Snacking ................................ 53
Lesson 7: Eating Healthy at Fast-Food Restaurants .......... 61
Lesson 8: Keeping Food Safe to Eat ....................... 71
Lesson 10: Resisting Pressure to Eat Less-Healthy Foods .... 89
Lesson 11: Body Image Basics ................................ 99
Lesson 12: The Positive Body Image Project .................. 107
Lesson 13: Dieting Dangers & Healthy Ways to Manage Weight. . 113
Lesson 14: Eating Disorders ................................... 125
Lesson 15: Assessing My Physical Activity ................... 137
Lesson 16: Staying Safe While Getting Fit ................... 153
Lesson 17: My Healthy Eating & Physical Activity Goal ...... 165
Lesson 18: Tracking My Progress ......................... 173

Unit Assessment

Activity 1: What I Know About Nutrition & Physical Activity .... 179
Activity 2: Nutrition & Physical Activity Talk Show ............. 189

Scoring Rubrics .......................................................... 199

Health Terms Glossary ................................................. 219
CD Contents

Slides (PowerPoint and PDF)
1. What’s a Calorie?
2. Guidelines for Healthy Eating
3. How a Food Label Can Help You
4. Benefits of Eating a Healthy Breakfast
5. Healthy Breakfast Guidelines
6. Characteristics of a Healthy Snack
7. Fast Food Meals—Example 1
8. Ways to Eat Healthy at Restaurants
9. Fast Food Meals—Example 2
10. Steps to Take to Keep Food Safe
11. Food Advertising Techniques
12. Food Choices
13. Saying NO to Pressure
14. Body Image
15. Group Roles
16. Healthy Ways to Manage Weight
17. How to Help a Friend
18. Guidelines for Physical Activity
20. Setting a Goal
21. Keeping on Track

Masters
1. Family Letter
2. Food Pressure Scenarios
3. Body Image Advocacy Projects
4. Time to Talk: Dieting Dangers
5. Time to Talk: Getting Fit as a Family
6A–C. Tracking My Progress
7A–E. What I Know About Nutrition & Physical Activity
8. Talk Show Directions
9A–C. Talk Show Roles
10. Talk Show Feedback Form

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 under MyHealthSmart.