

# Teacher Guide Contents

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# 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
19. Benefits of Physical Activity
20. Setting a Goal
21. Keeping on Track

### 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. 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