

Youth Program

Before beginning any program – group, individual, or other special population - be sure that your materials have been developed by a qualified, licensed professional and that the nutrition program has been reviewed by, consultation is available from, and no program change can be initiated without prior approval by, an individual licensed in the state of practice, a dietitian or nutrition counselor licensed in another state that has licensure requirements to be at least as stringent as the requirements by this Act, or a registered dietitian.

The following outline is from Healthy Kids and Families, a curriculum based program developed by Lifestyle Management Associates and Dr. Jane Pentz. This program is available to trained professionals wishing to provide a youth program.

Contact us if you are interested in presenting this program.

Youth Program Outline

The Healthy Kids and Families 5 Stages of Progression and Proficiency address healthy lifestyles for youth grades K through 6th. Critical health information is imparted through five stages of progression and proficiency using exciting games, fun physical activities, and hands-on projects. Each stage has a variable number of lessons. Each lesson has a "Take Home Project" assignment that must be completed. Before proceeding to the next stage, all students must pass the proficiency testing procedure.

Informational Meeting

Before beginning the program all parents must sign a program waiver and understand details of the program. At least one parent/guardian must attend the informational meeting before a child can participate.

Program Introduction - Introductory Lesson

Learning objectives:

Children will learn the importance of working together as a family through "The Ten Commandments for Families"; your child will learn how to "log" his/her physical activity; learn details of the program including point system, reward system, and "leadership" opportunities; complete an entrance survey and fitness testing.

Lesson Plan: Each time a class gets together, the class begins with the nutrition component and ends with the "Exercise Plan" (see Exercise Plan details). In the initial class children will complete the exercise testing procedure. Children will be introduced to program details including the 5 stages of progression, take home projects, details of the "Point System. In this initial class children will complete the exercise testing procedure.

- Age, Height, Weight, and BMI measurements
 - $BMI = \text{weight}(\text{kg})/\text{height}(\text{m})^2$
 - 1 kg = 2.22 lbs

The Entrance Program Survey (see appendix) Entrance Survey:

- Each child will complete the program entrance survey (see appendix). Each child has a copy of the survey in their accompanying documents workbook
- Exercise Portion – President's Physical Fitness Testing
 - ¼ mile timed run
 - Push ups in 30 sec
 - Sit ups in 30 sec
 - Sit and reach

Stage 1 – My Pyramid

Learning objectives:

Identify food groups, serving sizes, and components of exercise using the new USDA Pyramid (www.mypyramid.com)

Lesson Plan: Each time a class gets together, the class begins with the nutrition component and ends with the "Exercise Plan" (see Exercise Plan and DVD for details). Several new exercises are introduced per class and formerly taught exercises are reviewed.

Stage 2 – Understanding Labels

Learning objectives:

Using the nutrition facts panel and ingredient lists on food labels, children will learn to identify and understand the following: requirements for listing of ingredients, portion size, calories, calories from fat.

Lesson Plan: Each time a class gets together, the class begins with the nutrition component and ends with the "Exercise Plan" (see Exercise Plan details). Previously taught exercises are completed and several new exercises are introduced.

Stage 3 –Nutrition

Learning objectives:

Children will learn basics of nutrition, digestion absorption, transport and metabolism through Horatio’s Magical Journeys Part 1 and Horatio Flash Cards

Lesson Plan: Each time a class gets together, the class begins with the nutrition component and ends with the “Exercise Plan” (see Exercise Plan details). Previously taught exercises are completed and several new exercises are introduced.

Stage 4 –Energy

Learning objectives:

Children will learn basics of energy and energy production: energy nutrients, energy utilization, etc. through handouts, a question/answer game - “Bring Horatio Home”, and through “Horatio’s Magical Journeys Part 2”.

Lesson Plan: Each time a class gets together, the class begins with the nutrition component and ends with the “Exercise Plan” (see Exercise Plan details). No new exercises are introduced in this stage. Children are asked to take a leadership role in which they will lead the class in the exercise portion.

Stage 5 – Program Completion - Healthy Lifestyle Changes

Learning objectives:

Taking the information presented in the previous 4 stages, children will learn how to implement healthy lifestyle changes through completing a new pyramid and comparing the initial pyramid with the final pyramid.

Lesson Plan: Each time a class gets together, the class begins with the nutrition component and ends with the “Exercise Plan” (see Exercise Plan details). No new exercises are introduced in this stage. Children are asked to continue a leadership role in which they will lead the class in the exercise portion and develop their own exercise plan. See exercise DVD for more details.

The ultimate goal of the program is for healthy changes to be made in both exercise and nutrition.