

**Framingham State College**  
**Division of Graduate and Continuing Education**

**19.717 Eat Well & Keep Moving: Using an Interdisciplinary Curriculum to Teach Nutrition and Physical Activity in Upper Elementary School**

**Course Information –**

**Title:** Eat Well & Keep Moving: Using an Interdisciplinary Curriculum to Teach Nutrition and Physical Activity in Upper Elementary School

**Location:** on-line

**Instructor's name:** Christanne Smith Harrison

**Required text:** *Eat Well & Keep Moving: An Interdisciplinary Curriculum for Teaching Upper Elementary School Nutrition and Physical Activity* (Paperback) by Lilian W. Y. Cheung, Steven L. Gortmaker, Hank Dart  
Copyright 2001, ISBN: 0736030964

**ONE CREDIT COURSE**

- **Course Description** – Reviews the importance of good nutrition and physical activity for children and explains how to use the Eat Well & Keep Moving curriculum to equip children with the knowledge, skill and supportive environment they need to be healthier. This interdisciplinary curriculum encompasses all aspects of the learning environment and meets established learning standards in several upper elementary subjects so that it can be integrated into existing core curriculum.
  
- **Course Objectives** –  
**At the end of this course, participants will be able to:**
  1. Describe current trends in childhood obesity and the dangers of unhealthy lifestyle choices for children.
  2. Identify ways that the school environment can support healthier student choices.
  3. Describe the scope and goals of “Eat Well & Keep Moving”.
  4. Implement “Eat Well & Keep Moving” into the classroom and school environment.
  
- **Course Expectations** – Participants are expected to work online each week to complete assignments by the due date. This is NOT a self paced course. Please allow 4-6 hours/week to do the work for the first three weeks and 8-10 hours in the last week. Participants will participate in online discussions which must take place in the week assigned for the course to run smoothly. Late assignments interfere with the online community learning and must be graded accordingly.

This course also requires the teaching of one lesson from the curriculum in a classroom.

- **Course Content/Outline** – please see attached
- **Course Texts and Materials** – “Eat Well & Keep Moving” curriculum by Cheung, Gortmaker and Dart, available through Human Kinetics.

Additional texts will be available online.

- **Course Requirements** – Please see course content/outline section for all course requirements.
- **Grading Criteria** –

Student Profile	5 points
Current Trends Discussion Board	15 points
Lesson Review Discussion Board	15 points
School Environment Discussion Board	15 points
Final Project	50 points
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Total Points	100 points possible

Total points earned/possible total points= percentage  
 Letter grade based on FSC official grading scale

## **Eat Well & Keep Moving: Using an Interdisciplinary Curriculum to Teach Nutrition and Physical Activity in Upper Elementary School**

### **Course Content/Outline and Requirements**

#### **Week One: Current Health Trends and “Eat Well & Keep Moving” Background**

##### ***Assigned reading:***

Eat Well & Keep Moving, pg vii-viii

Executive Summary of the 2005 Dietary Guidelines

<http://www.health.gov/dietaryguidelines/dga2005/document/html/executivesummary.htm>

MyPyramid, Steps to a Healthier You

<http://www.mypyramid.gov/>

##### ***Outline:***

- I. Current Health Trends in Children
  - A. Overweight epidemic
  - B. Lack of physical activity
  - C. Too much physical inactivity
  
- II. New Guidelines in US
  - A. 2005 Dietary Guidelines for American
  - B. MyPyramid, Steps to a Healthier You
  
- III. Creation and success of Eat Well & Keep Moving

*Assignments:*

**Student Profile (5 points):** To get to know one another in this class and feel more comfortable working together, be sure to create a homepage. Follow the instructions below:

Under the section "User Tools" go to "Edit Your Homepage" and fill in the text boxes with information about you.

Indicate your current position and what previous experience you have had working in education. Under personal information, please indicate why you decided to take this course and what you hope to get out of it. I'd also like to know how many of you have taken an online course in the past and your overall experience with computers.

The personal photo is optional. If you do choose to include one, make sure it is no larger than 2"x3". Remember that you can also fill in more information as the class progresses.

After you have completed your homepage, you can read the biographies of your fellow classmates to get a better idea of the people taking this course with you. Go to "Communications" > "Roster" > List All> List All (again) and click on a name to view other students' homepages.

**Current Trend Discussion Board (15 points):**

What trends from your reading have you seen in your school and/or community? How do you think these issues are affecting the students in your school? Is your school currently doing anything to address these issues? What could your school do better?

Answer any or all of the above questions when summarizing your thoughts on this topic and post to the discussion board (see instructions on posting to the discussion board: "Assignments" button on left>"Discussion Board Instructions"). In addition, I would like you to respond to at least one other student's posting by commenting on what they wrote and adding a new thought to expand that idea.

**Week 2: Becoming Familiar with Eat Well & Keep Moving**

***Assigned readings:***

Eat Well & Keep Moving, pg xiii-xxi

Eat Well & Keep Moving, reviewing pages of specific discipline and grade

Grade 4: pages 3-146

Grade 5: pages 147-278

Physical Education Teachers: 343-481

***Outline:***

- I. Introduction to Eat Well & Keep Moving
  - A. Classroom lessons
    1. Messages of the lessons
    2. Lesson format
    3. Physical Activity in classroom
  - B. Promotions
  - C. Physical activity lessons and micro-units
  - D. Implementation grid
- II. Familiarization of lessons through assignment

**Assignment:**

**Lesson Review Discussion Board**

Part I worth 10 points and Part II worth 5 point

During this assignment, you should pick out a lesson that you would like to use for your final assignment. You can use one of the lessons you evaluate or one evaluated by another student that you feel will work the best for your classroom (see "Final Project" instructions for more information).

**Part I**

After reading through the introduction, look at the Implementation Grid on pages xx and xxi. Choose two lessons that you think you could add to your current curriculum. Read through the entire lesson, answer the follow questions for each of the 2 lessons and post the answers to the discussion board (Discussion Board>Lesson Review).

1. Name of lesson, grade level and page number
2. Related subject area
3. Brief description of lesson
4. Overall impression of lesson (ease of use, quality of instructions, appeal to students). Also explain any changes you would have to make to the lesson (such as changing to the new "MyPyramid").

**Part II**

Choose two lessons from the discussion board that are of interest to you. Review them in the curriculum and comment on your classmate's evaluation of the lesson. Be sure to include in your posting on which lesson you are commenting.

**Week 3: Beyond the Classroom- Addressing the School Environment**

***Assigned Readings:***

Eat Well & Keep Moving, pages 279-342

From the CD in the book: CD-ROM Materials>Manuals

Read Manual 1 Document and then read one of the following Manuals to read which will be assigned to you:

Manual Two: Education Guide

Manual Three: Parent and Community Involvement Guide

Manual Four: Food Service Guide

***Outline:***

- I. Making nutrition and physical activity a school-wide and community-wide priority
  - A. Food services
  - B. Parent and community
  - C. Policies
  - D. Teacher training and staff wellness
- II. Classroom Extensions
  - A. Lessons
  - B. Promotions

**Assignment:**

**School Environment Discussion Board**

**Part I worth 10 points, Part II worth 5 points**

**Part I:**

Each student will be assigned an area of the school environment. Read through the manual which corresponds to that area and come up with a list of ways that your school could incorporate the Eat Well & Keep Moving curriculum on a school wide level. What things would be most effective in your school? Who could be your partners? What limitations do you have?

Part II: Respond to 2 postings on the discussion board. Add meaningful thoughts, such as examples that are working in your school, problems and successes that you have experienced your reaction to their ideas, etc.

**Week 4: Implementation of “Eat Well & Keep Moving”**

**Assignment-Final Project: (50 points)**

To complete the final project, you will need to teach one of the lessons from “Eat Well & Keep Moving”. Choose one lesson from the curriculum that will fit into your classroom curriculum (it can be one of the lessons that you chose for Week Two Discussion Board but it does not have to be). Before you teach your lesson, answer the questions in Part I and after you teach, answer questions to Part II. Ideally, you should try and teach your lesson during the last week of the course, but you can do it earlier in the course if it works better with your classroom schedule. Your paper should contain the two parts explained below and should be limited to 3 pages.

**Part I**

Before you teach the lesson answer the following questions about the lesson. Include the answers of these questions in Part I of your paper.

- ✓ Title/page number of your selected lesson and the related subject area.
- ✓ Discuss how your chosen lesson plan fits within your school’s curriculum, as well as into your own classroom curriculum.
- ✓ Include a (rough) time line, time allotment (number of class periods), materials needed for the planned lessons, and evaluation forms/rubrics for grading. You might also want to note any challenges you anticipate in the implementation of the lesson.
- ✓ Evaluation of the lesson’s content. Do you think the content and supporting activities are well matched to the grade/ability level of the students in your class? Does the lesson plan come with enough background material and supporting resources to allow confidence in teaching the material?
- ✓ Discuss the ease of use and flexibility of your lesson. Identify possible modifications that may be needed for your particular group of students
- ✓ Discussion of ways the lesson can be extended to the families of your students
- ✓ How could you possibly include aspects of the school environment to reinforce the lesson’s message: school promotions and food service involvement?

## Part II

After you have taught the lesson in your classroom, answer the follow questions in Part II of your paper.

How did the students respond to the lesson? Did they actively participate?

Do you think the goal of the lesson was achieved? How did you evaluate this?

How did you deal with the challenges you had anticipated? Were there challenges that came up that you did not anticipate?

Now that you've actually taught the lesson, what changes would you make if you were to teach it again?