

## 'Reaching Your Wellness Goals'

The *Nutrition Ambition* instructional activity workbook series is a fresh, innovative, engaging, and non-punitive early intervention and wellness program specifically designed to help children ages 8 – 12 reach their nutrition and wellness goals!

### Nutritional Units

#### The Human Body

Explores the different systems of the body, how these systems work together, and how nutrition is the key to keeping these systems in great shape.

#### Food Groups

Explores the interesting facts about foods and how these foods are grouped according to function.

#### Nutrients

Students will learn what kind of vitamins and minerals the body needs, so they can make wise food choices.

#### Junk Food and Supersizing

Explores the oxymoron 'Junk Food' and helps students understand how foods low in nutrients, empty calories, and supersized portions can affect their bodies.

#### Water and Oxygen

Explores how water, oxygen, and nutrition all have to work together to produce energy and keep your body going.

#### Metabolism

Explores the process of how food gets turned into energy and the role that metabolism plays in healthy bodies.

#### Exercise

Explores how the body and body systems benefit from exercise and how exercise can be fun!

#### Sleep and Relaxation

Explores how the benefits of proper sleep and relaxation can affect your daily lives, including performance in school.

#### Feelings

Explores how emotions and feelings can affect your health and how good nutrition can help.

### This Generation May Not Outlive Their Parents!

The United States is faced with an ever increasing '**Childhood Obesity**' epidemic! American children are gaining weight faster than ever. Double burgers and king-sized candy bars are too big to be digested. Those empty calories are being stored as fat!

The number of overweight children between the ages of 6 -12 has doubled since 1980 and for teens the rate has **TRIPLED!** (Center for Disease Control)

Nearly one-third of US children between the ages of 4 – 19 eat fast food every day. Fast food consumption has increased **FIVEFOLD** among children since 1970. (CDC)

By 2010 nearly **50%** the children in the United States will be overweight! **80%** of them will be overweight as adults. (CDC)

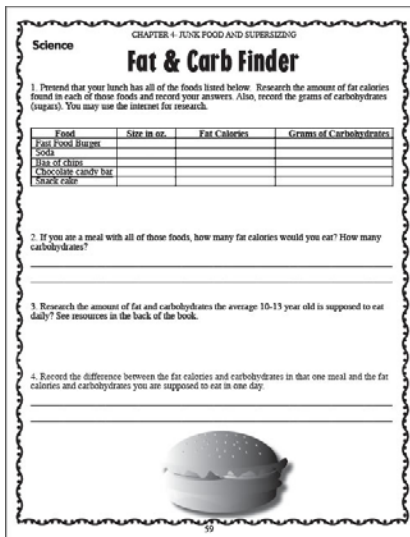
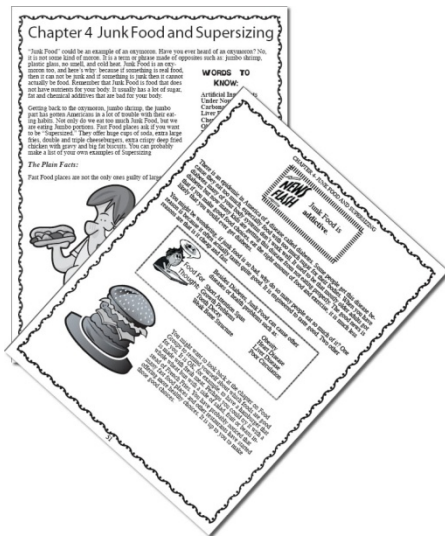
### An Ounce of Prevention ...



*Finding the Balance*  
Developed by Duke University's Center for Wellness

The **Nutrition Ambition: Reaching Your Wellness Goals** series is a fun and engaging way to teach students and parents about topics such as: *Supersizing, Junk Food, Fruits and Vegetables, Water Intake, Sugar Intake, The Role of Sleep, Emotions, and Skipping Breakfast*, and to better understand the inter-relationship between: *Food, Their Bodies and Body Systems, Nutrition, Metabolism, Exercise, and Health & Wellness.*

Nutrition Ambition is an early intervention program that is aligned with the Federal Government's Nutrition and WIC Reauthorization Act of 2004. It provides a non-punitive, fun and engaging Nutrition and Wellness curriculum for children that is also aligned with the requirements of NCLB through the parent activities and family 'goal setting' component in each unit.



## PROGRAM BENEFITS

The **Nutrition Ambition: Reaching Your Wellness Goals** series is a complete packaged curriculum offering, not just a resource. It was designed and developed based on scientific research and presented in a format based on teacher and student input.

Each book also includes a supplemental CD *'Finding the Balance'* developed by **Duke University's Center for Wellness** which allows students to explore and understand using a gaming experience the relationship between food intake and calories burned through exercise.

Since the program is cross-curricular it is aligned not only to federal standards for Health and Nutrition but also is aligned to the standards for Reading / Language Arts, Math, and Science.



Through the use of a 'take home' workbook approach there are no 'access equity' issues. 'Goal Setting' provides the means for students AND their families to develop individualized Personal Nutrition Plans (PNP's) and can foster health and wellness discussions with the families.

Additionally, this component helps students learn how to set and monitor goals and can be used as a cross-curricular writing exercise in the classroom.

All the topics are based on a 'Whole Life' health and wellness approach and tie back to nutrition. 'Pre and post' assessments that are provided can be easily administered to measure the students' understanding of the topics as they relate to nutrition, wellness, and themselves.

All workbooks were designed to be used by teachers and/or parents and do not require any prior knowledge and little, to no preparation.

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# Student Outcomes

**Nutrition Awareness** – This program provides students and families with the insights and knowledge to develop *Personalized Nutrition Plans (PNPs)*

**Cross-curricular** – All units are cross-curricular and aligned to Federal standards for Math, Science, Reading / Language Arts, and Health.

**Proactive & Empowering** – Students learn about nutrition and wellness and improve their personal health in a non-punitive, non-threatening manner.

**Improved Academic Performance** – Students and parents understand the benefits of eating correctly and how a healthy diet can improve attention, energy, and school performance

## Feedback

*"The books brought back pressure free teaching and learning. The kids knew they were learning things that were important to them that they were not going to be tested on. They enjoyed learning something just because it was something they wanted to learn but did not have to learn"*

*"Due to the way the books were set up, I found activities that I could fit in just 10-20 minutes. On the days we did the text part of the workbooks, the kids were so interested, that I could spend a whole period on the topic if I wanted to or had the time."*

*"The kids started getting the connection between the chapter topics. They started to understand how all these health topics are interdependent and how Nutrition relates to them all. That it is not enough to do just one thing right for good health. You have to think about all aspects of Nutrition and Health. I used all the tests for 'pre and post' testing, I found that after the first 3 or 4 chapters' even the 'pre test' scores started going up."*