Quick-Start Guide

STEP 1. Confirm that you have all materials

*Teacher materials* include a Teacher Guide with lesson plans and an *Exercise Your Options* DVD, that contains 8 video segments introducing the key issues of each lesson, teacher PowerPoint presentation and additional resources.

*Student materials* include Student Workbooks.

STEP 2. Review each lesson plan

Inside the teacher guide you will find 6 lesson plans and a pre and post-assessment (see chart below). Review each lesson plan prior to teaching the lesson. The Expanded Opportunities/Making Connection activities are available on the Dairy Council of California’s website at [HealthyEating.org](http://HealthyEating.org) under the Schools section. The Expanded Opportunities/Making Connection activities provide opportunities to meet the needs of multiple learning styles and they reinforce concepts taught in the core lesson.

### Key Concepts

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<th>Focus</th>
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<tr>
<td><strong>Options ... Choices ... Decisions</strong></td>
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<td><strong>Food Group Experts (requires two sessions)</strong></td>
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<td><strong>Lunch at the Mall ... What Are My Options?</strong></td>
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<td><strong>Power up for Breakfast</strong></td>
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<td><strong>Food Records (requires two sessions)</strong></td>
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<td><strong>Keep Moving, Keep Fit</strong></td>
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<td><strong>Overcoming Obstacles</strong></td>
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<td><strong>A Brand New Day</strong></td>
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STEP 3. Review additional resources on our website at HealthyEating.org/EYO

Additional resources include:

* answers to common questions teachers ask about adolescent health and nutrition issues, including USDA’s Dietary Guidelines and food guidance system; how much adolescents need of each major food group; special nutritional needs; dieting; and much more
* student handouts about strong bones, healthy eating for athletes and eating disorders

STEP 4. Teach the lessons

When the Exercise Your Options program is implemented as it was intended, students are more likely to eat healthier foods and be more physically active, and you are more likely to see improvements in students’ attention, attendance and classroom behavior.

Therefore, we encourage you to:

* teach all of the six lessons and the pre and post-assessment provided in their entirety.
* teach the activities in the order they appear in the teacher guide.
* use the materials provided, including the Teacher Guide, the Exercise Your Options DVD which includes the PowerPoint presentation with embedded video segments and the Student Workbooks.

Teacher Tips

Teachers who have used Exercise Your Options in their classrooms have the following suggestions for other teachers:

* Plan for 40 minutes of class time for all lessons, except two (see chart). Preparation time for this program is minimal.
* Encourage your students to share their personal or home experiences with food, eating and physical activities whenever possible. It will help them relate to one another and personalize the activities.
* Be a healthy role model. Students closely watch your words and actions. Making healthy food choices and talking about healthy eating outside the classroom will send students the right message and reinforce classroom lessons. It may also encourage healthy eating behaviors and attitudes in your students.
* Adolescents may skip breakfast. Reinforce the importance of coming to school fed when completing the food records.
* Talk with other teachers at your school who use the program for other ideas.