

Exercise Your Options Nutrition Project

In the 2nd quarter, you will be turning in an Exercise packet. Exercise Your Options (EYO) is a Food Choice Program provided to middle school students by the *of California*. It is designed to create an awareness of importance of balancing both eating and exercise as educating you on key aspects of the new food pyramid. required to complete the entire workbook as well as videos from home. The entire project will be worth 15% of your overall grade for 2nd quarter. Instead of doing the workbook and watching the videos all at once, you will be required to complete sections of the project on specific days. Each lesson is broken down for you.



Your Options and Activity *Dairy Council* the well as You will be watch some

Website to find all videos:

<http://www.dairycouncilofca.org/Educators/ClassroomPrograms/ProgramsEYOVideos.aspx>

To get it on a full screen, hit the button right next to the time of the video. It looks like a black box with arrows in each corner. By clicking that button, you will be able to watch the video on the entire screen. Hit the "Escape" button to get back to the original page with all the videos.

Due Dates (All assignments are due at Roll Call):

Lesson 1, 2, and 3:	Friday 11/13
Lesson 4, 5, and 6:	Friday 11/20
Lesson 7, 8, and 9 (Final Packet):	Friday 12/11

Grading:

Each lesson is worth 5 points each. Please turn in your rubric along with your nutrition booklets and your answer sheets on the turn in days.

LESSONS 1-3 (Due: 11/13...Follow Directions!!!)

LESSON 1

1. Complete pages 2-3
2. Go to the website above and watch the 6:00 minute, Segment 1 Video, called, "**Meet the Students - Five students make breakfast before school.**"
3. On the video segment answer sheet, type or write out answers to these Video Questions:
 - a. Use 1-3 sentences to summarize the main idea/plot of the movie.
 - b. Pick 2 students from the video. Using 1 sentence for each of the students, describe their primary food or physical activity challenge. **DO NOT DO ALL STUDENTS.** For example, Gabe is good at eating a healthy breakfast, but, he rides a car to school even though he lives close.
 - c. Use 2 sentences to describe what some of your challenges are to making better food and physical activity choices.

LESSON 2

1. Go the website above and watch the 7:30 minute, Segment 2 Video, called, "**Food Group Experts - Students give presentations about each food group.**"
2. Complete pages 4-6 (Remember to use pages 12-13, 24-27 and the video to help with pages 4 and 5)
3. On the video segment answer sheet, type or write out answers to these Video Questions:
 - a. Use 1 sentence to summarize what you think is the main plot of the movie.
 - b. Using 1 sentence each, summarize 2 students' main nutrition ideas in their presentations-**DO NOT DO ALL STUDENTS.**
 - c. Using 2 sentences, summarize what the Expert was telling you.
 - d. Using 1 sentence, describe which food group you think you eat the most and why.

LESSON 3

1. Complete Page 7.
2. Go the website above and watch the 6:00 minute, Segment 3 Video, called, "**Lunch at the Mall - Three students eat lunch at the mall food court.**"
3. Using 2 sentences, summarize what you think are 2 important concepts from the video and why.
4. On the video segment answer sheet, type or write out the answers to these Video Questions:
 - a. Using 2 sentences, summarize what you think are 2 important concepts from the video and why.
 - b. Pick 2 students from the video. Using 1 sentence for each of the students, summarize the main health concepts dramatized by the students.
 - c. Using 1 sentence, address the main idea from the Expert.
 - d. Using bullet points and complete sentences, list the last meal you can remember eating at the mall. Include any snacks, drinks, main meals, etc.

LESSONS 4-6 (Due: 11/20...Follow Directions!!!)

LESSON 4

1. Complete page 10.
2. Go to the website above and watch the 4:00 minute, Segment 4 Video, called, "**What's for Breakfast - Three students experience the effects during school of their breakfast choices.**"
3. On the video segment answer sheet, type or write out the answers to these Video Questions:
 - a. *Use 3 sentences to summarize the main points from the Expert.*

LESSON 5

1. Go to the website above and watch the 7:00 minute, Segment 5 Video, called, "**Today I Ate... - Three students make meal and snack choices.**"
2. Complete pages 14 and 15.
3. Complete pages 16-17.
4. Complete page 18.
5. On the video segment answer sheet, type or write out the answers to these Video Questions:
 - a. *Using 3-5 sentences, describe what you learned from watching this video.*

LESSON 6

1. Complete pages 19 and 20.
2. Go to the website above and watch the 4:00 minute, Segment 6 Video, called, "**Get Moving! - Students get ideas for being more active.**"
3. On the video segment answer sheet, type or write out the answers to these Video Questions:
 - a. *Using bullet points and complete sentences, write down 3 important things the Expert said about physical activity.*
 - b. *Using 2 sentences, list your 2 favorite physical activities to do.*

LESSONS 7-9 (Due: 12/11...Follow Directions!!!)

LESSON 7

1. Complete page 21.
2. Go to the website above and watch the 5:30minute, Segment 7 Video, called, "**Roadblock Busters - Each student is faced with a roadblock to improving his/her health.**"
3. On the video segment answer sheet, type or write out the answers to these Video Questions:
 - a. *Choose 3 of the students in the video. Using 1 sentence each, summarize their roadblocks to improving their physical activity.*
 - b. *Using bullet points and complete sentences, list 2 solutions that the Expert gives to some of these roadblocks.*
 - c. *Using 1 sentence, describe the biggest roadblock in your life to being more physically active.*

LESSON 8

1. Complete pages 22 and 23.
2. Go to the website above and watch the 6:30minute, Segment 8 Video, called, "**A Brand New Day - Students implement changes in their morning routine.**"
3. On the video segment answer sheet, type or write out the answers to these Video Questions:
 - a. *This is a very similar to video 1. Choose 2 students in the video. Using a sentence for each, describe how these students eat different than Video 1.*
 - b. *Using 2 sentences, describe whether or not you have made any changes or small steps in your breakfast planning since watching these videos, why?*

LESSON 9- THIS LESSON IS NOT IN THE BOOK

Write 4-6 sentences (one paragraph) to describe at least 4 things you learned about improving the way you live your life by doing this project.

Exercise Your Options Nutrition Project Rubric

LESSON 1 COMPLETE=2, INCOMPLETE=0, YES=1, NO=0 **TOTAL PTS.**
BOOKLET FILLED IN: COM _____ INC _____
VIDEO QUESTIONS: COM _____ INC _____
LESSON 1 ON TIME: YES _____ NO _____ **LESSON 1** _____/5

LESSON 2 COMPLETE=2, INCOMPLETE=0, YES=1, NO=0 **TOTAL PTS.**
BOOKLET FILLED IN: COM _____ INC _____
VIDEO QUESTIONS: COM _____ INC _____
LESSON 2 ON TIME: YES _____ NO _____ **LESSON 2** _____/5

LESSON 3 COMPLETE=2, INCOMPLETE=0, YES=1, NO=0 **TOTAL PTS.**
BOOKLET FILLED IN: COM _____ INC _____
VIDEO QUESTIONS: COM _____ INC _____
LESSON 3 ON TIME: YES _____ NO _____ **LESSON 3** _____/5

LESSON 4 COMPLETE=2, INCOMPLETE=0, YES=1, NO=0 **TOTAL PTS.**
BOOKLET FILLED IN: COM _____ INC _____
VIDEO QUESTIONS: COM _____ INC _____
LESSON 4 ON TIME: YES _____ NO _____ **LESSON 4** _____/5

LESSON 5 COMPLETE=2, INCOMPLETE=0, YES=1, NO=0 **TOTAL PTS.**
BOOKLET FILLED IN: COM _____ INC _____
VIDEO QUESTIONS: COM _____ INC _____
LESSON 5 ON TIME: YES _____ NO _____ **LESSON 5** _____/5

LESSON 6 COMPLETE=2, INCOMPLETE=0, YES=1, NO=0 **TOTAL PTS.**
BOOKLET FILLED IN: COM _____ INC _____
VIDEO QUESTIONS: COM _____ INC _____
LESSON 6 ON TIME: YES _____ NO _____ **LESSON 6** _____/5

LESSON 7 COMPLETE=2, INCOMPLETE=0, YES=1, NO=0 **TOTAL PTS.**
BOOKLET FILLED IN: COM _____ INC _____
VIDEO QUESTIONS: COM _____ INC _____
LESSON 7 ON TIME: YES _____ NO _____ **LESSON 7** _____/5

LESSON 8 COMPLETE=2, INCOMPLETE=0, YES=1, NO=0 **TOTAL PTS.**
BOOKLET FILLED IN: COM _____ INC _____
VIDEO QUESTIONS: COM _____ INC _____
LESSON 8 ON TIME: YES _____ NO _____ **LESSON 8** _____/5

LESSON 9 **TOTAL PTS.**
LESSON 9 ON TIME: YES(1) _____ NO(0) _____
4 GREAT JOB, ABOVE AND BEYOND
3 GOOD JOB, MET REQUIREMENT
2 VAGUE, DIDN'T SPEND ENOUGH TIME
0 DIDN'T DO **LESSON 9** _____/5