

session

6

Review of Classroom Lessons

Eat Well & Keep Moving Materials

- **Classroom lessons**
 - The Safe Workout: An Introduction (fourth grade)
 - Snack Attack (fourth grade)
 - Keeping the Balance (fifth grade)
 - Beverage Buzz (fifth grade)
- **Promotions**
 - Freeze My TV
 - Get 3 At School and 5+ A Day
 - Class Walking Clubs
 - Tour de Health
- **Eat Well cards and Keep Moving cards**
 - What a Treat to Eat a Sweet Peach! (Eat Well card)
 - Stir-Fry With Healthy Fat! (Eat Well card)
 - A Piece of the Pie? (Keep Moving card)
 - Be Wise . . . Warm Up for 5 Before You Exercise (Keep Moving card)

Eat Well & Keep Moving **Group Breakout Review**

- 1. Each group will review one *Eat Well & Keep Moving* lesson, promotion, and Eat Well or Keep Moving card.**
- 2. Each group will answer questions on the *Eat Well & Keep Moving* Group Breakout Review Guide.**

Group leaders: Choose a note taker.

Reports From Each Breakout Group

- **Any perceived barriers?**
- **Any unique ideas for using the *Eat Well & Keep Moving* materials?**
- **Any ideas for linking materials with other activities at the school?**

Questions?