**Health at Every Size- How does it fit with middle and high school students?**

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FACS Food & Nutrition Conference

June 17, 2014

Learn more with this resource: <http://haescurriculum.com/>

* Overview (PowerPoint with notes)
* Developing a Healthy Relationship with Food and Exercise (PowerPoint with notes or with voiceover)
* Size Acceptance (PowerPoint with notes or with voiceover)

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| **Eating in a flexible manner that values pleasure and honors internal cues of hunger, satiety, and appetite.** | **Finding the joy in moving one’s body and becoming more physically vital.** | **Accepting and respecting the natural diversity of body sizes and shapes.** |
| Attend to sensory qualities | Dancing in the dark | Stopping “fat talk” |
| Identify cues to eat | Identify intrinsic motivation | Max Lucado’s *You Are Special* |
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