

Session #213

WHI-Can

Weigh Healthy? I Can

Obesity prevention youth nutrition program



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OUTLINE

1. Programs Overview
2. Lesson 4 – Complete lesson
3. Highlights from Lessons 1, 2, and 3 with Q&A

Game sets for sale



1. Programs Overview

2nd edition





Acknowledgements

Siew Ngan Wong, Stacy Bevan, Maiya Slusser,
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Xu Buck, Chet Lo

USU Technology & Commercialization Office

Pilot Study Sites: Kane, San Juan, Grand, Wayne,
Weber, Washington Counties

Utah Expanded Food & Nutrition Education
Program (EFNEP)

Michael Priddis, Kathy Hardman from Utah-Idaho
Supply/Map World

WHI-Can Youth Nutrition Program

WHI-CAN

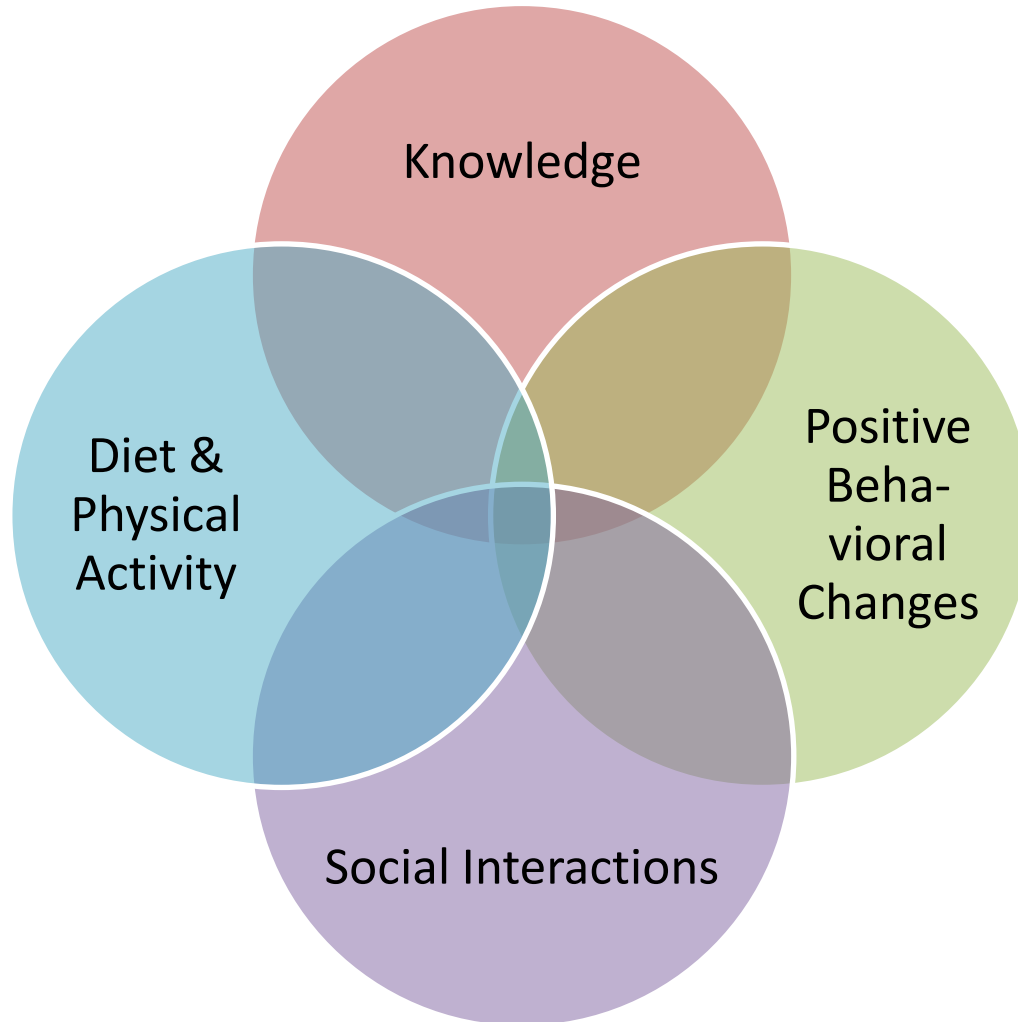


Weigh Healthy? I Can!



for 8-18 years old

Emphases



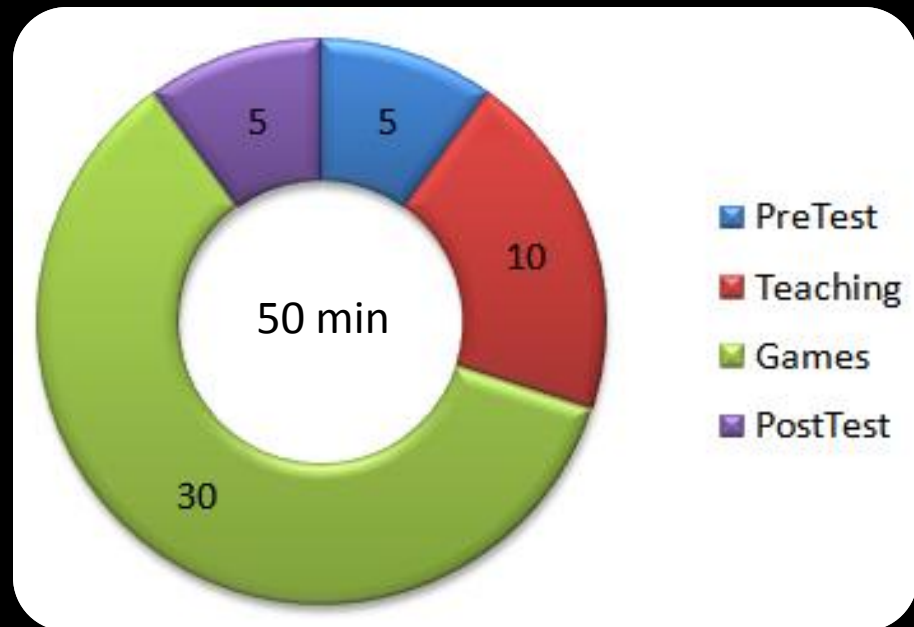
Utah State Office of Education Objective

Food and Nutrition II. STANDARD 20.0118-03.

Objective 20.0118-0302. Classify common food and nutrition related health concerns.

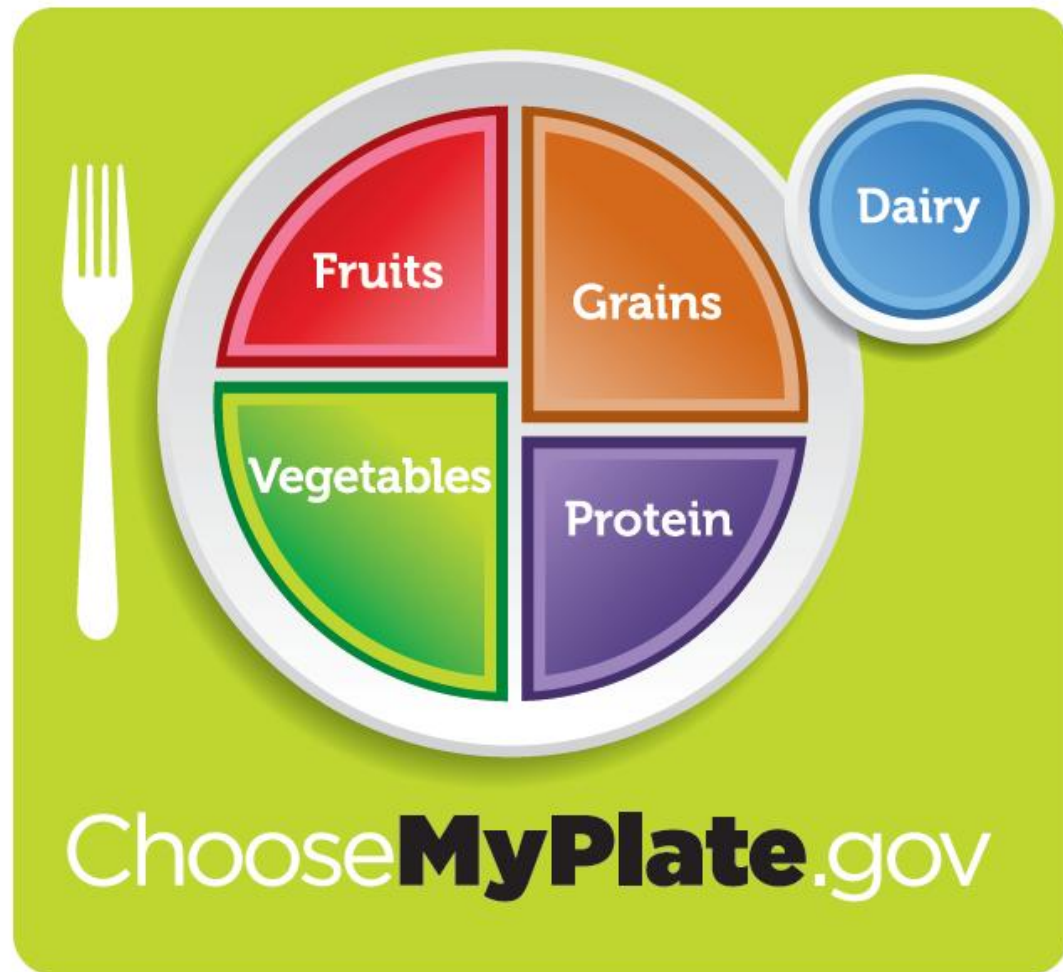
National Standard 14.2.3 (The emphasis is on understanding the relationship of diet in the prevention, control and maintenance of these health concerns. A doctor should always be consulted regarding any of these concerns)

Discuss specific health concerns and risk factors for: anemia, colon and rectal cancer and osteoporosis.



1. The Starting Point To A Healthy You
2. Every 'Body' Is Different
3. Easy Steps to Make Meals Matter
4. Physical Activity Can Fit Into Your Lifestyle

MyPlate



Google™ Search

L2-Every 'Body' Is Different

Home > Youth Nutrition Programs > Weigh Healthy? I Can! > L2-Every 'Body' Is Different

Extension.usu.edu/nic

Lesson



Every 'Body' Is Different

To download the files, Right Click on the extensions to the right of the form; select Download Linked File as... and choose a location to save.

Complete Lesson

One PDF (.pdf)

Individual Files (.zip)

Instructor Materials

Teaching Outline (.pdf)

Evaluation Form (.pdf) (.docx)

or Survey (.link)

Tracking Sheet (.pdf) (.xsl)

Student Materials

Pre-Test (.pdf)

Pre-Test Answers (.pdf)

Post-Test (.pdf)

Post-Test Answers (.pdf)

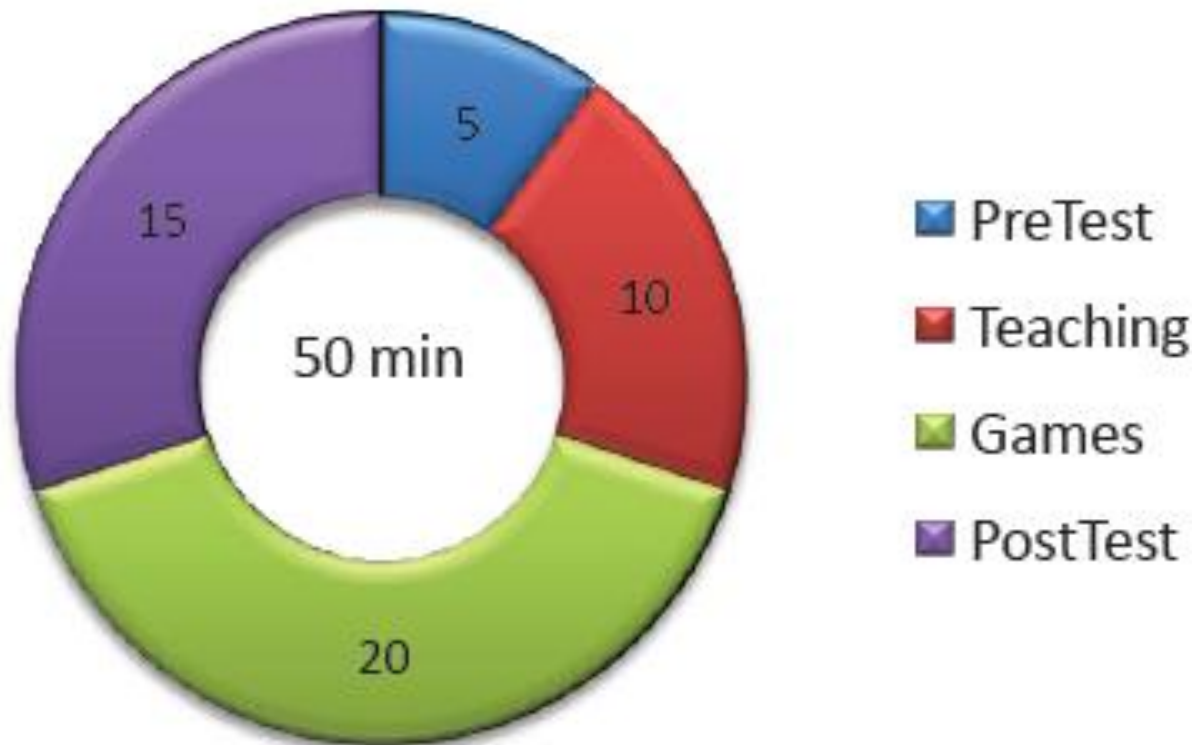
Parent Consent Form (.pdf)

Student Feedback (.pdf)

Handouts/Posters



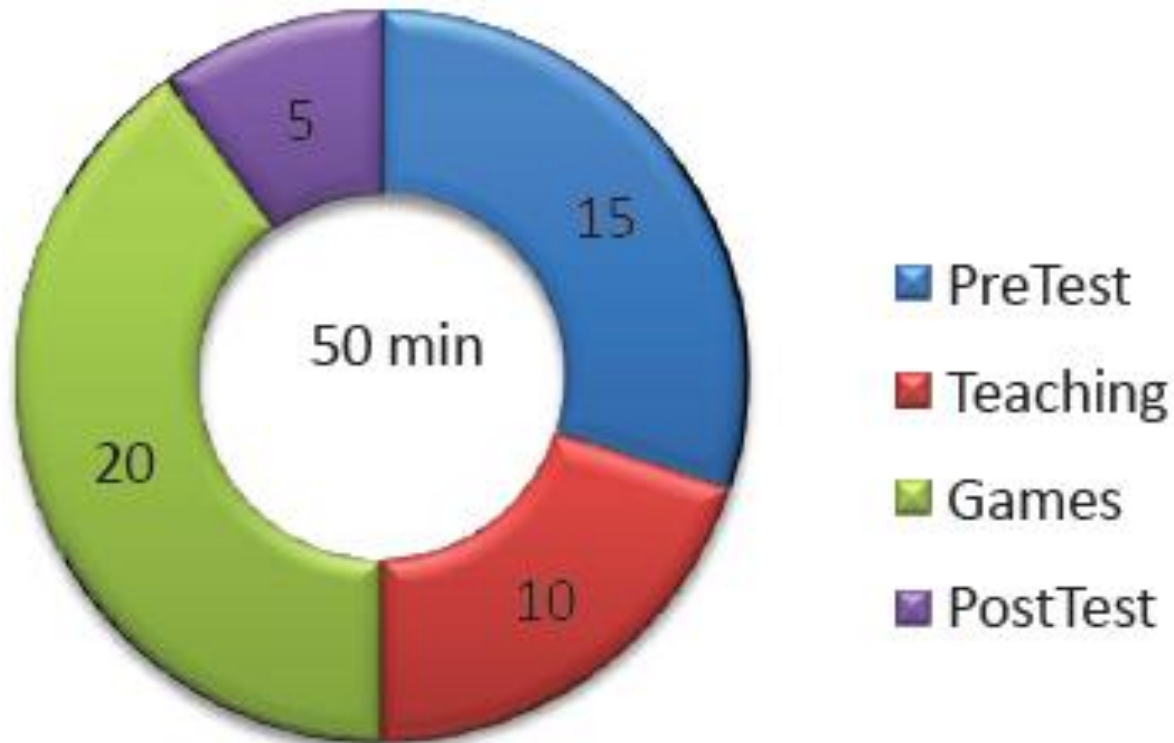
2. Lesson 4



Physical Activity Can Fit Into Your Lifestyle

Know how to plan healthy meals incorporating foods from each of the food groups and then integrating these into daily meals.

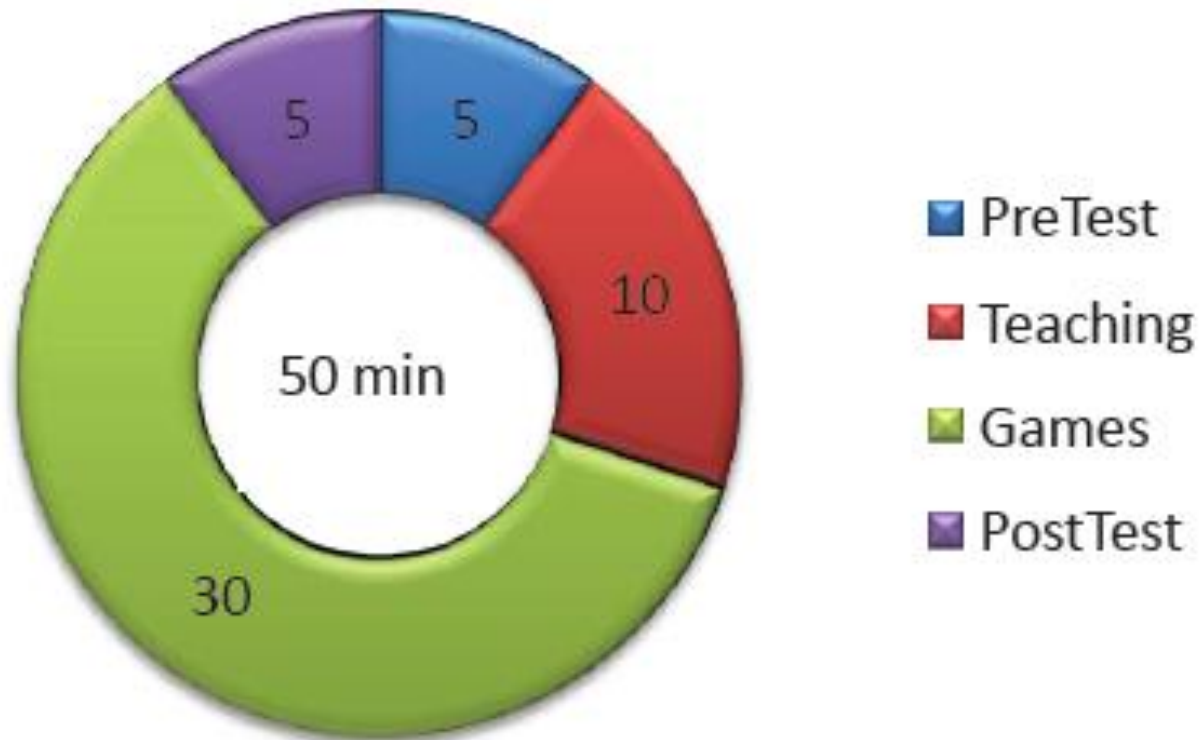
3. Highlights from Lessons 1, 2, & 3



Lesson 1. The Starting Point To A Healthy You

Identify personalized needs in nutrition and the importance of a healthy diet.

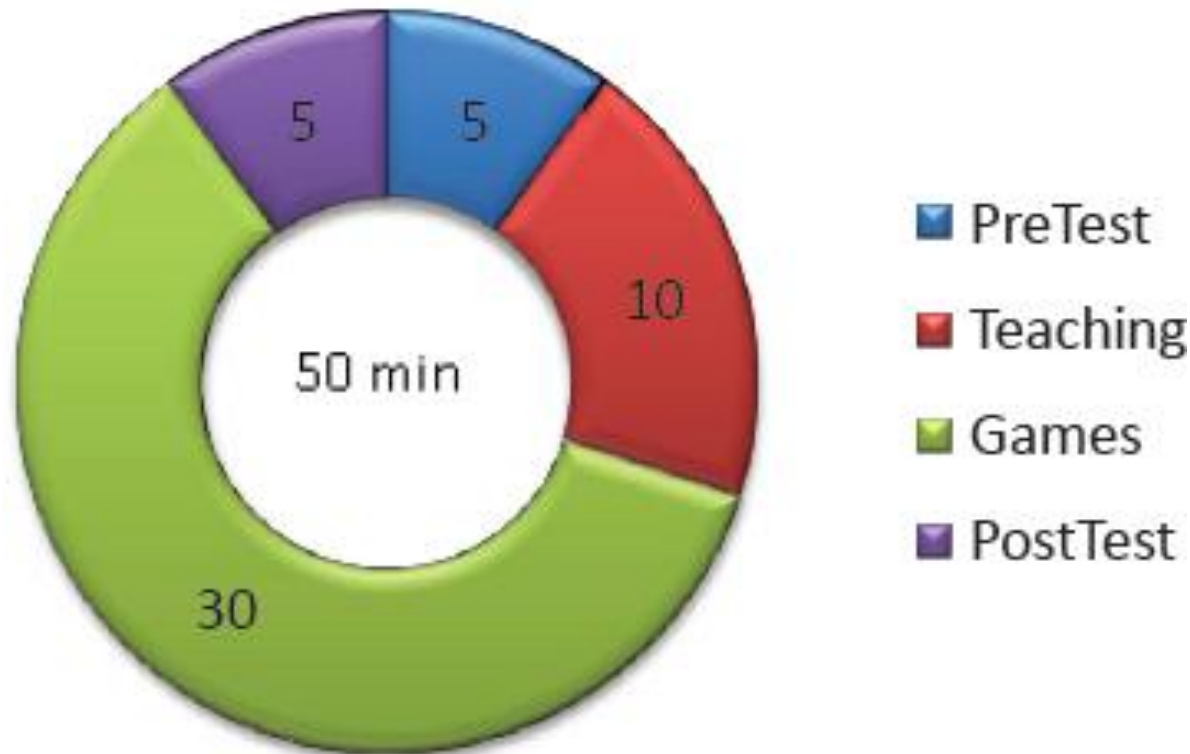
3. Highlights from Lessons 1, 2 & 3



Lesson 2. Every 'Body' Is Different

Understand natural body differences, build positive body image and self-esteem, and learn to accept own body shape, size, true beauty in one self and others.

3. Highlights from Lessons 1, 2 & 3



Lesson 3. Easy Steps to Make Meals Matter

Know how to plan balanced, healthy meals by incorporating foods from each food group, then integrating them into daily meals.

Other Workshop

Classroom: W3280 (same location)

1:15 - 3:00 PM

Active Bones & Calcium



Contact



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Thank You!