



The Human Body

Explores the different systems of the body; how these systems work together; and how nutrition is the key to keeping these systems in great shape.

Food Groups

Explores the interesting facts about foods and how these foods are grouped according to function.

Nutrients

Students learn what kind of vitamins and minerals the body needs, so they can make wise food choices.

Junk Food and Supersizing

Explores the oxymoron 'Junk Food' and helps students understand how foods low in nutrients, empty calories, and supersized portions can affect their bodies.

Water and Oxygen

Explores how water, oxygen, and nutrition all have to work together to produce energy and keep your body going.

Metabolism

Explores the process of how food gets turned into energy and the role that metabolism plays in healthy bodies.

Exercise

Explores how the body and body systems benefit from exercise and how exercise can be fun!

Sleep and Relaxation

Explores how the benefits of proper sleep and relaxation can affect your daily lives, including performance in school.

Feelings

Explores how emotions and feelings can affect your health and how good nutrition can help.

Nutrition Ambition

Parental Involvement Program

Parent Involvement - The Research: Decades of research has concluded that "the evidence is consistent, positive, and convincing: families have a major influence on their child's achievement in school and throughout life. When schools, families, and communities actively work together to support learning – children tend to do better in school, stay in school longer, and like school more." (SEDL 2002) The above referenced research, a compilation of parent involvement over a ten year period, also found that students with involved parents, no matter what their socio-economic level or background are more likely to:

- Earn higher grades and test scores
- Pass their classes
- Attend school regularly, with less disciplinary issues
- Graduate



An Innovative Approach

The Nutrition Ambition: Reaching Your Wellness Goals for grades 3 - 7 was specifically designed to address two critical education issues: 1) to provide a curriculum specifically designed to increase parental involvement and improve student achievement; and 2) to proactively address the national epidemic of childhood obesity and diabetes. With minority students being at even more at risk, this epidemic crosses all races, education levels and socio-economic groups. The overweight child typically does not perform as well at school. This generation of children is not expected, for the first time in history, to live longer than their parents. The WIC reauthorization Act of 2004, requests that schools that receive Federal dollars start addressing these issues. Nutrition Ambition: Reaching Your Wellness Goals is a researched based, standards aligned, cross-curricular, early intervention, health, antiobesity, health & wellness program that addresses these issues. It is a nonpunitive, fun and engaging Health and Wellness curriculum for students and families that aligns with the requirements of NCLB and Title I, Part A Parental Involvement mandates through the parent activities, crosscurricular content and activities, and the family 'goal setting' components contained in each unit.

The cross-curricular activities, the **Parent Connection**tm activities, and the Family goal setting activities support Title 1, Part A by: *easily improving the school's capacity for engaging parents in assisting their child's learning both at home and at school; fostering improved family communication; improving the families Nutrition & Wellness knowledge and learning about the benefits of a healthy lifestyle – while at the same time reinforcing their basic Reading/Language Arts, Writing, Math, and Science skills.*





Finding the Balance
Developed by Duke University's Center for Wellness

Nutrition Ambition Interactive Edition can be delivered locally, over the web, or into the home from your school and/or District web server!

PROGRAM BENEFITS

The **Nutrition Ambition: Reaching Your Wellness Goals** series is a complete packaged curriculum offering, not just a list of resources! It was designed and developed based on scientific research and presented in a cross-curricular format based on teacher, parent, and student input.

Since the program is cross-curricular by design, it is aligned with the Federal standards not just for Health and Nutrition; but also is aligned to Core Academic standards for Reading / Language Arts, Writing, Math, and Science. It also:

- Meets Title 1, Part A requirements for Parental Involvement
- Fosters School-to-Home and Home-to-School Communication
- Reinforces parenting skills to support the acquisition of academic skills and their application to real-life situations
- Provides resources for parents to become full partners in the education of their child

	CHAPTER + RINK FOOD AND SUPERSIZENO
	My Family Goals
M	ly Personal "Junk Food" Goals
these directions: I diet. Now make a of the school year.	Pick a big goal that's related to watching the amount of junk food a couple smaller goals that will help you reach your big goal by the

Available in both English <u>and</u> Spanish, and through the use of a 'take home' workbook or a 'printed page' approach there are no 'access equity' issues. 'Goal Setting' provides the means for students <u>AND</u> their families to develop individualized Personal Nutrition Plans and foster health and wellness discussions.

Additionally, the 'Goal Setting' component helps students learn how to set and monitor goals and can be used as a crosscurricular writing exercise in the classroom.

Teacher Guides provide various 'best practice' implementation suggestions, content alignment, parental communication guides, as well as 'pre and post' assessments that can be easily administered to measure the students' understanding of the topics as they relate to nutrition, wellness, and themselves.

All materials were designed to be used by teachers and/or parents and do not require any prior health or nutrition knowledge and little to no lesson preparation.

For Additional Information Please Contact: <u>Sales@BauxPublishing.com</u> or your local Baux Publishing Representative

Student Outcomes

Parental Involvement – Parents actively participate in assisting their child's learning while learning about the benefits of a healthy lifestyle.

Improved Academic Performance – Students improve their core curricular skills in a non-punitive, non-threatening manner, while parents understand the benefits of eating correctly and how a healthy diet can improve attention, energy, and school performance

Cross-curricular – All units are crosscurricular and aligned to the Core Academic standards for Math, Science, Reading / Language Arts, and Health.

Nutrition Awareness – This program provides students and families with the insights and knowledge to develop a healthy lifestyle

Feedback

"The grocery store activities were very good. Some kids told us they have never been to a grocery store before. These activities got them to the store with their parents"

"The books brought back pressure free teaching and learning. The kids knew they were learning things that were important to them that they were not going to tested on. They enjoyed learning something just because it was something they wanted to learn but did not have to learn"

"Due to the way the units were set up, I found activities that I could fit in just 10-20 minutes. On the days we did the text part of the workbooks, the kids were so interested, that I could spend a whole period on the topic if I wanted to or had the time."

"The kids started to understand how all these health topics are interdependent and how Nutrition relates to them all. You have to think about all aspects of Nutrition and Health. I used all the tests for 'pre and post' testing, I found that after the first 3 or 4 chapters' even the 'pre test' scores started going up."