

Eat Well & Keep Moving

Group Breakout Review Guide

School name _____

Teacher name _____ Grade _____

Lesson name _____

1. Knowing your students and using your own creativity, how would you adapt this lesson to your classroom?

2. Which part of the lesson may present difficulty for your students? How would you address this in your classroom?

3. Describe ways you could link this lesson to specific educational competencies in your state.

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).

(continued)

4. What extension activities or homework packets might you put together for this lesson?

5. Do you have any other issues, suggestions, or comments?

Promotion Name (circle one)

Class Walking Clubs

Get 3 At School and 5+ A Day

Freeze My TV

Tour de Health

1. Describe how you could link this promotion to the educational competencies in your state.

2. Because the *Eat Well & Keep Moving* promotions run for an extended time (at least a week), suggest ways you could fit this promotion into your regular class routine.

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).

(continued)

- 3.** Which subject area (or areas) could you link with this promotion? How?

- 4.** Which parts of the promotion may present difficulty for your students? How would you address this in your classroom?

- 5.** Do you have any other issues, suggestions, or comments?

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).

(continued)

Eat Well Card and Keep Moving Card Review

Eat Well Card or Keep Moving Card Name _____

1. Please describe ways you could use this card in your classroom.

2. How could this card (and ones like it) be linked to the educational competencies of your state?

3. Do you have any other issues, suggestions, or comments?

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).