

Nutrition Resources for YAPs (available to borrow from Maine Nutrition Network, contact Amy Bouchard at Amy.Bouhcard@Maine.Gov)

Social Justice Themed

1. Super Size Me DVD Educational Version – Appropriate for grades 6-12. In this film, Morgan Spurlock unravels the American obesity epidemic by interviewing experts nationwide and by subjecting himself to a “McDonald’s only” diet for 30 days straight. His feature is as entertaining as it is horrifying, as it dives into corporate responsibility, nutritional education, school lunch programs, and how we as a nation are eating ourselves to death. This educationally enhanced version includes new, instructional content and games that help educate viewers on a host of subjects related to the film.
2. Fuel - Comprehensive Health Education Foundation (C.H.E.F.®) has created an innovative approach to fighting the childhood obesity epidemic. Make a difference in the lives of your students in grades 5-12. Each title in the *FUEL* series tackles a different aspect of childhood obesity. Working together, these four titles teach youth the skills to radically transform themselves and their world: Skin Deep teaches media literacy, self-esteem and body image; Energy for Action teaches healthy eating and nutrition; The Perfect Machine teaches physical activity; Taking on the World teaches positive activism
3. The Food System: Building Youth Awareness through Involvement – A guidebook for parents and educators of youth in grades 4-12 who attend public and private schools, are enrolled in extension 4-H clubs and camps, or who participate in other community youth development programs. The purpose of the guidebook is to introduce educators and youth to the concept of the food system; and to provide background information, recommendations for developing curricula, specific activity ideas, thought-provoking questions, and resources for gathering additional information. Activities are provided for use in the classroom, in non-formal club or youth group settings, and for families at home. Many of the activities are also appropriate for adult groups. The guidebook emphasizes interactive learning, skill building, and using the community as a classroom.
4. Down with Hunger: A Training Guide for Going Global Leaders – an educational initiative of the American School Food Service Association, developed in partnership with the World Food Programme of the United Nations and the School Food Service Foundation. Its goal is to assist adult leaders in educating youth in intermediate grades 6,7, and 8 about global hunger and to provide activities for involvement in hunger issues.

Nutrition Activities for Youth

1. Healthy Foods from Healthy Soils – This guide is a great resource for engaging youth in a diverse and lively set of activities to learn about the food cycle from “farm to plate” and back. It is adaptable and can be used in many different

settings besides the classroom. Parents, environmental educators, home-schoolers, volunteer coordinators, clubs and service groups will also find a wealth of interesting activities and useful information in this guide. The activities give youth opportunities to sing, act, make models, grow food, create collages, taste new food, keep journals, chart food waste and learn to love worms. A number of lessons in the guide ask the youth to reflect on their own choices, and to look at how those choices may affect their personal health or the health of their communities.

2. TEENS: Teens eating for Energy and Nutrition at School – The TEENS 7th grade curriculum begins with a video project created by a 7th grader which consists of five interviews with teens about what they eat and why. After viewing the video, the students will analyze daily food records of the interviewed students and make recommendations for improvements in their diets. The students will then complete their own food records and assessments. Peer leaders are chosen by the students in the classroom to assist in the delivery of some activities. In several sessions, students will also participate in a series of peer led activity stations through which they will gain an understanding of the importance of label reading, understanding serving size, identifying low-fat snacks and pizzas, decreasing soft drink consumption, and selecting lower-fat fast foods items. Students will also prepare fruit and vegetable snacks in the classroom and learn new ways to include healthy breakfasts in their day. The TEENS program emphasizes decision-making by introducing four options (choose, change, plan ahead, eat a little) to help students make healthier food choices.