

Walk the Walk Curriculum for North Central Population Health Workgroup

(All supplies, games, materials, and visuals will be included)

Week 1 (Class # 1) – Thursday

90 Minutes

Walk the Walk

Introduction:

- 15 Minutes: Introduction to Walk the Walk class (gain excitement with students)
 - Let's begin by learning our theme, Walk the Walk! Talk the Talk! And See Your Doc! Say it with me [Walk the Walk! Talk the Talk! And See Your Doc!] – repeat of chant with the students. (March around the room with the chant - We are going to have a lot of fun and learn a lot.)
- 30 Minutes: 1st Pre-test (Quiz on knowledge)
- 30 Minutes: Introduction MyPlate Games
 - Go Shopping with My Plate Game
 - Choose My Plate coloring sheet
 - Spinning Wheel for activity (Physical activity or Q and A)
 - Quick discussion about healthy eating – use visuals from MyPlate website (Q and A about eating a well balanced meal)
- Songs (Fruit Salad song by the Wiggles, or Alive with 5 Food Groups by the MyPlate website)
- 15 Minutes: Repeat the chant “Walk the Walk”, recap of what they learned today.
- Send home materials for children and families.

Week 2 (Class # 2 & 3) – Tuesday and Thursday

Walk the Walk!

90 Minutes

Exercise:

- 5 Minutes – Re-introduction let's begin by learning our theme, Walk the Walk! Talk the Talk! And See Your Doc! Say it with me [Walk the Walk! Talk the Talk! And See Your Doc!] – repeat of chant with the students. We are going to start by walking the walk.
- 10 Minutes: Warm up: Everyone get up and reach for the sky. Now touch your toes. Now reach for the sky. Now touch your toes.
If anyone is not able to stand, then just stretch your arms up and down – engage in simple stretching movement exercise to engage students.

- 30 Minutes: Activity Games: (Alternate games and MyPlate Activities for Tuesday/Thursday)
 - Hula Hoop game and or obstacle course for movement
 - My Plate floor mat game with plastic food (divide up into teams) for a relay race
 - Spinning wheel game for pick your exercise
 - Shopping basket relay race
- 30 minutes: Discussion let's talk about exercise. We are calling this "Walk the Walk!"
 - Finding ways to be active each day can help you keep a healthy weight and a healthy body.
 - What do you do for exercise?
 1. Discuss activities they can do with family, friends, or at home.
 - What are some of your favorite physical activities?
 - How does eating healthy fuel your body to move – work sheet or discussion
 - Utilize the visuals for discussion (what foods make you move better or worse)
 1. Shake the Salt Habit
 2. Watch What you Drink
 3. How much sugar is in your drinks/foods
- 15 Minutes- Recap of what they learned – give homework assignment (exercise, draw a picture and bring back for next class, try a new recipe, etc.)
- Send home materials for children and family

Week 3 (Class 4 & 5) – Tuesday & Thursday

Talk the Talk! See Your Doc!

90 Minutes

- 5 Minutes – Re-introduction let's begin by learning our theme, Walk the Walk! Talk the Talk! And See Your Doc! Say it with me [Walk the Walk! Talk the Talk! And See Your Doc!] – repeat of chant with the students. We are going to start by walking the walk.
- 25 Minutes: Now we are going to talk the talk. We are going to talk about diabetes and how to be healthy. (Tuesday is diabetes terminology and concept introduction and Thursday is recap of the diabetes info to see if the children remember and retained the info. – 2 different recipes should be chosen and food prepared ahead of time for the second half of the class.)

What Is Diabetes? (Tuesday introduction and Thursday Review)

- Has anyone heard of diabetes?
- Does anyone know someone who has diabetes?

- Diabetes is a disease in which your body cannot get the energy from the food you eat the way it should.
- 1) Blood sugar – measures how much sugar you have swimming in your blood. When your body does not make enough insulin, or it cannot properly use the insulin it makes, then your body can't use the sugar from our food to help our body move and grow.
 - 2) Insulin is a hormone (chemical) in your body that turns sugar (glucose) into energy. Having diabetes means your body won't get the energy it needs. Without insulin, sugar builds up in the blood. Then it passes out of your body in the urine. Insulin is like a key to a door. Insulin opens the door to the cells of our bodies, when the door swings open the sugar from the food we eat swims in the blood stream and then enters our cells through the open door. Our cells then use the sugar and turn it into energy to make our bodies work. Energy is like water when you boil water the water then turns to steam and rushes out of the pot. Our bodies turn the sugar into energy that rushes strength to our muscles.
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- Introduce Diabetes concepts and definitions
 - Game around diabetes concepts and definitions – felt board Q & A game
 - Q & A Diabetes Definitions
 - Signs of Diabetes

Discussion Topics:

- How to help a friend or family member who has diabetes (Help them make healthy snacks, exercise by playing fun games outside, stay away from soda and sugar snacks, encourage your friend and make sure see your doctor on a regular basis)
- How to keep my body healthy – eat healthy snacks, exercise, get lots of sleep at night, limit your soda and candy.
- What are the signs of Diabetes: excessive tiredness, thirst, having to go to the bathroom a lot, weight loss, feeling dizzy or light headed?

Teaching tools:

- Coloring sheets to show how the body uses sugar
 - How much sugar is in your drink activity
 - Empty Calories work sheet from MyPlate.org
 - Eating good foods away from home worksheet
 - Healthy Snack options and play time (Introduce new foods for children to taste)
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- 45 Minutes- Cooking class – start lesson with discussion about new foods and what the children like to eat and what foods they have never tried but want to try.
 1. Introduce new foods

2. Talk about food preparation
 3. Recipe demonstration
 4. Students try the food
 5. Clean up
- 15 Minutes- Wrap up discussion about the new foods they tried
 - Send materials and recipe cards home for families.

Week 4 (Class 6 & 7) – Tuesday and Thursday

Walk the Walk and Talk the Talk See Your Doc!/ 90 Minutes

Tuesday (Class # 6)

- 5 Minutes – Re-introduction let's begin by learning our theme, Walk the Walk! Talk the Talk! And See Your Doc! Say it with me [Walk the Walk! Talk the Talk! And See Your Doc!] – repeat of chant with the students. We are going to start by walking the walk.
- 10 Minutes- Get moving activity
- 15 Minutes – See Your Doc – discussion about seeing your doctor and how often you should visit to be healthy. / Review what the children have learned about the program. Use spinning wheel for Q and A.
- 30 Minutes – My Plate games and activities around fruits and veggies
 - My Plate GO Shopping game and activity (buying and picking out fresh produce)
 - Fruits and Veggie animals contest (with fresh veggies)
- 30 Minutes Post Test
- Send Materials Home with families

Thursday (Class #7)

- 5 Minutes – Re-introduction let's begin by learning our theme, Walk the Walk! Talk the Talk! And See Your Doc! Say it with me [Walk the Walk! Talk the Talk! And See Your Doc!] – repeat of chant with the students. We are going to start by walking the walk, talk the talk and see your doc. Repeat.
- 10 Minutes- Get moving activity
- 60 Minute Celebration, My Plate games and activities, and cooking festival
- 15 Minutes – present certificates and give aways
- Send home materials for families.

Questions and alternative exercise and activity ideas.

Exercise Questions:

☐ **Action:** Do ten jumping-jacks (individual or team or everyone) or replace with something lower impact such as arm lifts/stretches.

☐ **Action:** Run in place for 15 seconds (individual or team or everyone) or replace with something lower impact such as arm lifts/stretches.

☐ **Action:** March around the room or walk in place.

☐ What is an easy form of exercise that almost everyone can do?

Answer: Walking! Try to walk for at least 30 minutes a day, most days of the week.

☐ True or False: You should get at least 30 minutes of exercise everyday.

Answer: True

☐ What do we mean when we say “Walk the Walk?”

Answer: Get daily exercise.

Diabetes Questions:

☐ True or False: You have more of a chance of getting diabetes if someone in your family has diabetes and/or you are overweight.

Answer: True

☐ Name one thing you can do to keep from getting diabetes.

Answer: Maintain a healthy weight, eat healthy, exercise and see your doctor.

☐ How many times a year should you see your doctor?

Answer: You should go for a wellness visit once a year. You may need to see the doctor more often if he or she asks you to.

☐ What do we mean when we say “Talk the Talk?”

Eating healthy, exercise, and taking care of our bodies.

What do we mean when we say, “See Your Doc?”

Answer: See your doctor for yearly checkups