

Curriculum

Go for Health Teachers' Guides easily supplement your everyday curricula. Lessons blend health and nutrition with language arts, science, and math. Curriculum includes Home Team activities which bring health messages home, and back again!



early childhood "IT'S FUN TO BE HEALTHY!"

Features 9 classroom lessons to encourage healthy eating and activity. Parent Tip Sheets provide coloring activities, additional information and recipe ideas. Vocabulary key words also included in Spanish and French.
Teacher's Manual, 176 pages.
D17631: 69.95 ea.



kindergarten "JUMP INTO HEALTH"

Jump Into Health promotes changes in eating habits and physical activity with fun lessons including songs, rhymes, organized games, and coloring book graphics. Reproducible "Home Letters" are included for parents.
Teacher's Manual, 70 pages.
D12216: 19.95 ea.



first grade "EVERYDAY FOODS FOR HEALTH"

Learning is made fun through songs, handouts, activity games, and preparation of healthy snacks. Reproducible "Home Letters" are included, and family participation is encouraged.
Teacher's Manual, 81 pages.
D12221: 29.95 ea.



second grade "CELEBRATE HEALTH"

Celebrate Health focuses on promoting healthy food choices and physical activity. Students learn about nutrition facts and healthy activity through handouts and preparation of snacks.
Teacher's Manual, 129 pages.
D12227: 29.95 ea.



third grade "HEARTY HEART & FRIENDS"

Hearty Heart & Friends introduces students to healthy eating and exercise patterns through this teacher's manual, DVD and CD set.
Teacher's Manual, 240 pages, 60 min. DVD with video lessons, CD with handouts and student worksheets.
D11434: 64.95 ea.



fourth grade "TAKING OFF"

Pantomimes and play-acting encourage students to develop body awareness. There are numerous handouts and action games such as "Snack Bingo."
Teacher's Manual, 369 pages.
D11446: 63.95 ea.
Student Workbook, 47 pages.
D11450: 14.95 ea.
Diabetes Supplement, 25 pages.
D11454: 19.95 ea.



fifth grade "BREAKING THROUGH THE BARRIERS"

Easy-to-use instructional handouts and menu guides.
Teacher's Manual, 195 pages.
D11458: 36.95 ea.
5th Grade Student Workbook, 47 pages.
D11462: 14.95 ea.
Tobacco Prevention Supplement, 82 pages.
D11470: 19.95 ea.



"EAT SMART SCHOOL NUTRITION PROGRAM GUIDE"

This guide is specifically developed for school cafeterias and central kitchen food service operations. Includes information on methods for lowering fat and salt, menu planning, adjusting recipes, portion control, new food choices, and purchasing healthier vendor products. 131 pages.
D11466: 39.95 ea.

Physical Activity Kits

CATCH physical activity kits

CATCH Physical Activity Kits support U.S. and Canadian best-practice models for quality physical education. They feature developmentally appropriate, non-elimination games that keep kids moving and having fun. Examples of color-coded sections are: Warm-Ups; Cool-Downs, Go Fitness, Cardio Efficiency, Aerobic Games, Muscular Strength, Endurance, Flexibility, and Limited Space Activities. Each CATCH Physical Activity Kit features 500+ activity cards in a heavy-duty, plastic storage box with carrying handle.



CATCH K-2 physical activity kit

Includes Grades K-2 Activity Box with over 500 activity cards and PE Instructor's Guidebook. D11587: 175.00 ea.



CATCH 3-5 physical activity kit

Includes Grades 3-5 Activity Box with over 600 activity cards and PE Instructor's Guidebook. D11591: 175.00 ea.



CATCH 6-8 physical activity kit

Includes Grades 6-8 Activity Box with over 500 activity cards and PE Instructor's Guidebook. D11595: 175.00 ea.



CATCH K-8 classroom and PE activity box set

Includes Teacher's Manuals (Curriculum Books) for Kindergarten through 5th grade. Also includes 3rd, 4th, and 5th grade Student Workbooks; 3rd Grade Video; P.A.S.T. Diabetes Supplement; F.A.C.T.S. Tobacco Supplement; and Eat Smart Nutrition Program Guidebook. PLUS, you get the CATCH Grades K-2, 3-5, and 6-8 Activity Boxes, along with the PE Teacher's Guidebook. D12651: 765.00 set

CATCH K-5 classroom and PE activity box set

Includes Teacher's Manuals (Curriculum Books) for Kindergarten through 5th grade. Also includes 3rd, 4th, and 5th grade Student Workbooks; 3rd Grade Video; P.A.S.T. Diabetes Supplement; F.A.C.T.S. Tobacco Supplement; and Eat Smart Nutrition Program Guidebook. PLUS, you get the CATCH Grades K-2 and 3-5 Activity Boxes, along with the PE Teacher's Guidebook. D12612: 635.00 set

CATCH K-5 classroom

Includes K-5 classroom materials only (no PE Boxes or PE Guidebook). D12537: 325.00 set