



HEALTHY
SCHOOLS



ENSURING SUCCESS *User Guide*

Give children the

INFORMATION @ **PRACTICE** @ **SUPPORT**

they need to choose healthy foods and be physically active!

*This guide is appropriate to use for Pre-K/K, Lower Elementary,
and/or Upper Elementary



HEALTHY SCHOOLS, HEALTHY COMMUNITIES™ ENSURING SUCCESS

HEALTHY SCHOOLS, HEALTHY COMMUNITIES™

Healthy Schools, Healthy Communities™ (HSHC™) is a program to teach children how and why to choose healthy foods and be physically active. Children learn healthy behaviors through interactive activities, food tastings, and nutrition-themed physical activity breaks. *HSHC™* helps site educators think about their learning environment and identify ways to promote healthy eating and physical activity. The program also connects families, schools, and the community with the learning that is taking place in school, to promote and sustain healthy behaviors outside of school.

There are three learning levels for *HSHC™*:

1. Pre-K and Kindergarten (pre-readers)
2. Lower Elementary (first- and second-grade)
3. Upper Elementary (third- through fifth-grade)


Program messaging is consistent with [USDA MyPlate](#), [Dietary Guidelines For Americans](#), [Whole School, Whole Community, Whole Child \(WSCC\)](#) model, and the [National Health Education Standards \(NHES\)](#). *HSHC™* program content supports target outcomes of the [Supplemental Nutrition Assistance Program - Education \(SNAP-Ed\)](#), which include eating more fruits and vegetables, increasing physical activity, and focusing on nutrient-dense foods and beverages while staying within calorie limits.

HSHC™ is a core component of *PE-Nut™* (*Physical Education and Nutrition Working Together™*). *PE-Nut™* is an evidence-based, whole-school intervention focusing on health behavior change at the individual, classroom, school, and community levels.

HSHC™ aligns with the WSCC model, which is a collaborative whole child approach to education. Student-centered, WSCC emphasizes the role of the family and community in supporting the school to improve each child's cognitive, physical, social, and emotional development.

HSHC™ Program Highlights

- Children, families, schools, and communities learn about healthy behaviors and how to practice those behaviors through hands-on activities at school, at home, and in the community.
- Each lesson includes a healthy snack tasting experience, offering children the opportunity to try new foods and increase the variety of foods in their diet. Eating a variety of foods provide key nutrients that are essential to health.
- *FitBits™* physical activity breaks are included with each lesson to get children up and moving while reinforcing nutrition themes. *FitBits™* can be used by educators throughout the day, before or after periods of sitting, as a healthy reward, or for indoor recess.

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- Lesson Supplements are included with each lesson reinforce learning between lessons. Lesson Supplements include recommended children's books that promote healthy eating and physical activity, activities for core subject areas that reinforce nutrition messages, and suggest community members to invite and involve in the program.
 - Family Letters are sent home with children after each lesson to inform adults at home about what is being taught in the program and suggests ways they can support healthy choices as a family.
 - Learning and Community Connections activities are included with each lesson to reinforce program messages that help children sustain healthy behaviors in their community.

PROGRAM STRUCTURE

HSHC™ can be taught by a guest educator, classroom teacher, guest educator/teacher team, summer program leader, community-based programmers, or before-and-after school program staff.

The Activity Guide includes all activities needed to teach the program for each learning level:

- Pre-K/Kindergarten - Six units with 17 activities
- Lower Elementary for Grades 1–2 - Eight units with 24 activities
- Upper Elementary for Grades 3–5 - Eight units with 24 activities

HSHC™ activities are also available formatted as PowerPoint presentations to support virtual, hybrid, and in-person learning environments. Each purchase of the *HSHC™* program includes single-user access to these digital resources as a program support.

Each unit focuses on a different health topic and includes three activities for educators to choose from, depending on the abilities of children and availability of time and supplies. A one-page unit introduction describes the health topic covered, what children will learn and do, background information for educators, and snack recommendations (from *HSHC™ Healthy Snack Recipes* booklet), and *FitBits™* physical activity breaks. At the end of each unit introduction are Lesson Supplements to reinforce lesson messages.

Each lesson is 30–60 minutes (depending upon the grade level) and includes at least one *HSHC™* activity, one healthy snack tasting, and one *FitBits™* physical activity break.

Units do not need to be taught in numerical order. However, it is recommended to begin with Unit 1 as it offers a preview of the program and also teaches the important skill of proper handwashing before the first tasting experience. It is also recommended to ensure the unit about MyPlate is taught early in the lesson sequence since it is referred to in several activities. The last unit in each series is intended to be used at the end of the program since it showcases what children learned and includes a graduation activity and certificate. Other units can be used in any order that makes sense.

Each unit includes three activities that vary in length, complexity of concepts, supplies needed, and physical space. Information designed to be said aloud by the educator is italicized. Supplies and handouts needed are listed at the top of each activity. Activities that require printed



handouts are also identified in the Table of Contents with an asterisk. Make time to cover the Wrap-up Questions for each activity as these questions provide a check for understanding and review key concepts.

Each activity includes Healthy Homework (HH) to:

- Engage children in sharing what they learned, did, and tasted with others
- Prompt family discussions about healthy eating and physical activity
- Encourage family support for healthy choices at home and in the community
- Involve site educators/teachers in reinforcing lesson messages between educator visits

At the end of each lesson, prompt children to complete the HH as it is an important link between the classroom and home, and it encourages children to practice healthy behaviors between lessons. The Lesson Supplements are recommended activities to extend the program messages between lessons.

The Family Letter is intended to be used with every lesson as it also provides an important link between school and home. A customizable Family Letter template is provided so educators can share information with adults at home about what the children learned and include the recipe they tasted to share and/or make with their family at home.

There are two *HSHC™ Healthy Snack Recipes* booklets – one for educators and one for families. Both feature all program recipes. The recipe booklet for educators has been standardized for program delivery to provide thirty tasting servings for a class. While recipes are recommended in each unit, any recipe from the booklet can be used with any lesson. The *Healthy Snack Recipes* booklet for families features family-portioned recipes and is available in English and Spanish.

CORE RESOURCES

Core resources include an Activity Guide by grade level, *HSHC™ Healthy Snack Recipes* booklet, Family Letter template, Graduation Certificate, and this Ensuring Success document.

SUPPLEMENTAL RESOURCES

The following companion resources are available from Michigan Fitness Foundation online at michiganfitness.org/program-materials

- Food Cards for Lower Elementary and Upper Elementary (contact resources@michiganfitness.org to access this resource)
- *FitBits™*
- *Health Through Literacy™* Pre-K/Kindergarten Book Set for Pre-K/K
- MyPlate poster
- Take Home Books for Children
 - » “We Like to Eat Fruits and Vegetables” for Pre-K/K and Lower Elementary
 - » “We Like to Eat from Our Gardens” for Pre-K/K



RECOMMENDED RESOURCES

The following recommended resources are available from Michigan Fitness Foundation online at michiganfitness.org/program-materials

- *Health Through Literacy™* Classroom Book Set (Pre-K/K, Lower Elementary, Upper Elementary). Providing this resource makes it easy to extend the learning between lessons.
- *Health Through Literacy™ (HTL)* Take-Home Bookbag. Providing this resource is a fun way to involve families in reading and discussions about healthy eating that reinforce the program messages.

EVALUATION

Process and outcome evaluations are available. They can be used to assess behavior changes and to provide documentation about fidelity of program delivery and information to improve your intervention. Contact resources@michiganfitness.org for more information.

TIPS FOR IMPLEMENTERS

Hand Washing. Before children touch or taste food, they should wash their hands properly. This includes soap, warm water, washing for 20 seconds, and rinsing. If a sink is not available, alcohol-based hand sanitizer can be used. Based on experienced nutrition educator recommendations, this topic is covered in the first unit for all three levels.

Allergies. The most common allergens are milk, eggs, peanuts, tree nuts, fish, shellfish, soy, and wheat. Make sure you are aware of any food allergies and intolerances for students when selecting recipes and follow the food policies of your organization.

Food Safety. Educators should be aware of food safety standards when planning for and preparing the healthy snack tastings. Prior to delivering any food tastings, we recommend consulting with a ServSafe certified manager in your organization or program site. Michigan Fitness Foundation also offers ServSafe program training and certification. Contact training@michiganfitness.org for details.

Tasting. HSHC™ food tastings often introduce new foods to children. Help them build a healthy relationship with food through encouragement by asking them to taste the food (just a bite). To prevent negative associations with the food, never coerce or bargain (eat this to get that) with a child to try any food. For some children, it can take many exposures to a food before they are ready to try it.

Good vs. Bad Food. In HSHC™ we identify foods with low-nutrient value as “sometimes” food to have once in a while after healthy foods are consumed. The lessons and tastings expose children to nutrient-rich foods; the focus is on what foods to choose, rather than which to avoid. HSHC™ follows the Academy of Nutrition and Dietetics’ recommendation to not describe low-nutrient foods as “bad” or “junk” foods.

Food Rewards. It’s important that food is not used as a reward. Develop healthy practices and celebrate children’s progress to be healthy eaters with non-food rewards such as an extra or longer recess (indoors or outside), lunch with the teacher or educator, sit-by-a-friend day, joke time, listening to music, or chat time. Activities related to this topic may be found in the HSHC™ Lower and Upper Elementary programs.



Lunchroom Connections. A few *HSHC*[™] activities involve lunch menus and are most appropriate for school-based programs or programs that participate in federally assisted meal programs. Federal regulations require reimbursable meals to include certain food groups to meet nutrient needs. Adjust activities as appropriate for non-school-based programs.

PROGRAM OVERVIEWS AND PLANNERS

The Overview/Planners can be used to create a Lesson Plan and shared with administrators or program site staff to introduce them to the *HSHC*[™] program. It is available as a downloadable, fillable PDF in the Core Materials and in this Ensuring Success.

A typical *HSHC*[™] lesson includes at least one activity, one *FitBits*[™] physical activity break, and one healthy snack tasting.

To create a Lesson Plan:

- Fill out the information at the top of the Overview/Planner to identify the site, guest educator, and/or classroom teacher/site educator
- Circle/highlight/check the units, activities, and *FitBits*[™] that will be used in the lesson
- Enter the date for each lesson in the column at the left
- Circle/highlight/check the snack that will be offered
- Give a copy of the Lesson Plan to program site staff.

PROGRAM OVERVIEW/PLANNER: PRE-K/KINDERGARTEN

Site: _____ Guest Educator: _____ Site Educator: _____

UNIT	CHILDREN WILL LEARN: (F/V=FRUITS AND VEGETABLES)	ACTIVITY 1	ACTIVITY 2	ACTIVITY 3	RECOMMENDED HEALTHY SNACKS*	RECOMMENDED FITBITS**
1. Healthy Me Date:	* About program topics and activities * How and why to wash hands	Sneak Peak	Goodbye Germs!	<i>Wash Your Hands!</i> (McNamara)	Fruity Roll-Ups Butterflies	20-Second Move-About Giant Chef
2. Fruits and Veggies for Me Date:	* It is important to eat F/V every day * To choose assorted colors of F/V	Name It, Touch It	Colorful Placemat	<i>We Like to Eat Fruit and Vegetables</i> (MFF)	Blueberry Blast Smoothie Tastes from Activity 1	Smoothie Whirl Fruit/Veggie Yoga
3. Super Snacks for Me Date:	* About healthy snacks * That fruit is a healthy snack	Choose a Snack!	Fruity Snacks	<i>Eating the Alphabet</i> (Ehlert)	Sticks, Stones, and Bricks Foods used in Activity 2	Healthy Snacks for Me Name that Healthy Snack
4. I Move Date:	* Why physical activity is important * Ways to be physically active	Move Your Body	Follow My Lead	<i>We Like to Move</i> (April)	Grape and Apple Go-Go's Power-to-Play Trail Mix	Move Like Animals Have it Your Way
5. Where My Food Comes From Date:	* About growing plants/gardening * Where F/V come from	Watch Me Grow	The Square Foot Garden	<i>We Like to Eat from our Gardens</i> (MFF)	Crunchy Pizza Cakes Fish in the Pond	I Am a Farmer Buying Fruits/Veggies
6. Healthy Celebration Date:	* It is important to celebrate success * How a family works together to shop for and prepare a meal	Graduation	<i>Feast for 10</i> (Falwell)		Zoo Buddies Mini-Bagel Wreaths	My Healthy Day I Like to Eat

* All recipes can be found in "HSHC™ Healthy Snack Recipes"

**All FitBits™ can be found in "FitBits™: Kindergarten", available from michiganfitness.org/fitbits



HEALTHY SCHOOLS... HEALTHY COMMUNITIES.

PROGRAM OVERVIEW/PLANNER: LOWER ELEMENTARY

Site: _____ Guest Educator: _____ Site Educator: _____

UNIT	CHILDREN WILL LEARN: (F/V=FRUITS AND VEGETABLES)	ACTIVITY 1	ACTIVITY 2	ACTIVITY 3	RECOMMENDED HEALTHY SNACKS*	RECOMMENDED FITBITS™**
1. Preview & Hand Washing Date:	* About program topics/activities * How and why to wash hands	A Preview	Wash Them Right!	Germs Travel!	Fruity Roll-Up Butterflies	Push It for 20 Balance It!
2. MyPlate for Me Date:	* To identify MyPlate food groups * To categorize foods into groups	Guess My Food	Our Healthy Plate Poster	<i>We Like to Eat!</i>	Blueberry Blast Smoothie Fish in the Pond	Balancing Food and Fun Write our Food Groups
3. Eat Fruits and Veggies Date:	* Half their plate should be F/V * To choose assorted colors of F/V	What is It?	Half the Plate	Eat the Rainbow	F/V tasting bites (Activity 1) Strawberry Salad	Balancing Fruits & Veggies Wiggle for Fruit
4. Super Snacks Date:	* Some snacks should only be eaten sometimes * About snacks from MyPlate	Every Day or Sometimes?	Snacks on Backs	I am Thinking of a Healthy Snack	Sticks, Stones, and Bricks Confetti Bean Salsa	Healthy Snacks for Me Simon Says- Anytime Snacks
5. Move More, Learn Better Date:	* Why physical activity is important * Physical Activity Recommendations	We Like to Move	Around the Room	Guess My Move	Power-to-Play Trail Mix Grape and Apple Go-Go's	Sports Pro Water is Best, Drink Up
6. What's for Lunch? Date:	* Food groups included in school lunch	My Favorite Healthy Lunch	You're the Chef!	Lunch Room Posters	Crunchy Yogurt Parfait Zoo Buddies	Tossed Salad School Lunch Choices
7. Where Food Comes From Date:	* About parts of a plant * Where F/V come from	The Life of a Plant	Thank a Farmer	What Am I?	Crunchy Pizza Cakes Mini Bagel Wreaths	Going to Farmers Market Healthy Favorites
8. Healthy Celebration Date:	* How to be a role model for health * About non-food rewards	My Healthy Role Model	Healthy Rewards	Graduation	Chips and Dips Vegetable Roll-ups	My Healthy Saturday Popcorn Quiz

* All recipes can be found in "HSHC™ Healthy Snack Recipes"

**All FitBits™ can be found in "FitBits™: Lower Elementary", available from michiganfitness.org/fitbits



HEALTHY SCHOOLS... HEALTHY COMMUNITIES.™

PROGRAM OVERVIEW/PLANNER: UPPER ELEMENTARY

Site: _____ Guest Educator: _____ Site Educator: _____

UNIT	CHILDREN WILL LEARN: (F/V=FRUITS AND VEGETABLES)	ACTIVITY 1	ACTIVITY 2	ACTIVITY 3	RECOMMENDED HEALTHY SNACKS*	RECOMMENDED FITBITS™**
1. Preview & Hand Washing Date:	* About program topics/activities * How and why to wash hands	The HSHC™ Program	Do It Right!	Glowing Germs	Crunchy Yogurt Parfaits Veggie and Dip Cups	Your Amazing Healthy State Wash Well 20
2. Eat the MyPlate Way Date:	* About MyPlate food groups * To categorize foods into groups	Group It	Bag It!	Give Me Five!	Butterflies Veggie Roll-Up	We Can Plan a Healthy Meal Count 'em Up
3. Eat More Fruits and Veggies Date:	* Half the plate should be F/V * To choose assorted colors of F/V	Walk with Fruits and Veggies	Fruit in Every Meal	Look, Touch, and Smell	Tasting Bites (Activity 3) Strawberry Salad	Crazy Colors Race Veggies and Verbs
4. Smart Snacking Date:	* Some snacks should only be eaten sometimes * About snacks from MyPlate	Snacking from MyPlate	Too Much, Too Little!	Sugar Search	Chips and Dips Mini Bagel Wreath	Snack Time Fun I'm Choosing Healthy Snacks
5. My Moves, My Goals Date:	* Why physical activity is important * Physical Activity Recommendations	Guess My Move	Get 60!	Setting Goals	Power-to-Play Trail Mix Grape and Apple Go-Go's	Ready. Set. Goal! Check My Beat
6. Let's Eat Lunch Date:	* Food groups included in school lunch * To create a lunch with all food groups	Dear Food Service Worker	What's for Lunch Today?	School Lunches: Pass or Fail	Zoo Buddies Pumpkin Dip	What's for Lunch Today? Protein for Strong Muscles
7. Where Food Comes From Date:	* About parts of a plant * Characteristics of different F/V	Farm to Pizza	Fresh vs. Dried	Farm PSA	Crunchy Pizza Cakes Little Lady Bugs	Toss Tossed Salad Grain Game
8. Healthy Celebration Date:	* How to be a role model for health * About non-food rewards	I'm a Healthy Role Model	Healthy Rewards	Graduation	Confetti Bean Salsa Blueberry Blast Smoothie	I'm Thirsty Pop Ups

* All recipes can be found in "HSHC™ Healthy Snack Recipes"

**All FitBits™ can be found in "FitBits™: Upper Elementary", available from michiganfitness.org/fitbits



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