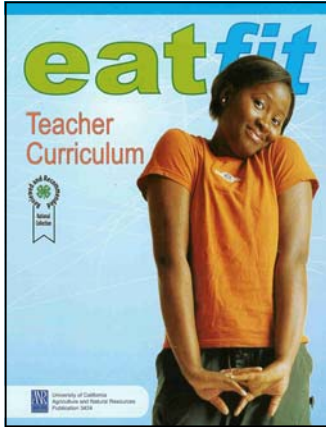


Middle School

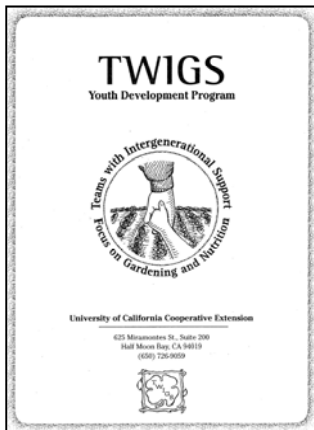
EatFit is a goal-oriented intervention designed to challenge middle school students to improve their eating and fitness choices. Applying the Social Cognitive Theory, this educational intervention uses computer technology to assist adolescents with diet assessment and "guided" goal setting for making healthy life-style choices. The nine-lesson program delivered by middle school teachers provides skill building experiences and social support to promote dietary self-efficacy and goal attainment. It is appropriate for classrooms, after school programs, 4-H Youth Development Programs and other youth programs.



Program Components:

- Teacher curriculum
- Workbook for each student
 - Website
- On-line (or alternative) eating analysis

The lessons are rated for California Department of Education standards in math, science, social science/history and language arts. The Physical Education Challenge Standards, the Health Framework, and the April 2001 draft Nutrition Competencies are included.



TWIGS (Teams With Intergenerational Support) focuses on gardening and nutrition. The garden is a powerful experiential educational tool that can connect children with science, nutrition, ecological responsibility and community beatification. This curriculum provides opportunities for easy integration of reading, writing, math, social studies, art and other subjects. Highlights of the curriculum are:

- Adaptable for grades K through 6th
- Lessons focus on positively influencing food choices
- You do not need a garden to conduct activities
- 30 Field tested lessons, 125 page curriculum
- Links to California State Content Standards

CONTACT INFORMATION

We are able to meet with teachers individually or in groups. Call 385-7418 or email kalcorn@ucdavis.edu to get started.

