

## 'Reaching Your Wellness Goals'

### Nutritional Units

#### The Human Body

*Explores the different systems of the body, how these systems work together, and how nutrition is the key to keeping these systems in great shape.*

#### Food Groups

*Explores the interesting facts about foods and how these foods are grouped according to function.*

#### Nutrients

*Students will learn what kind of vitamins and minerals the body needs, so they can make wise food choices.*

#### Junk Food and Supersizing

*Explores the oxymoron 'Junk Food' and helps students understand how foods low in nutrients, empty calories, and supersized portions can affect their bodies.*

#### Water and Oxygen

*Explores how water, oxygen, and nutrition all have to work together to produce energy and keep your body going.*

#### Metabolism

*Explores the process of how food gets turned into energy and the role that metabolism plays in healthy bodies.*

#### Exercise

*Explores how the body and body systems benefit from exercise and how exercise can be fun!*

#### Sleep and Relaxation

*Explores how the benefits of proper sleep and relaxation can affect your daily lives, including performance in school.*

#### Feelings

*Explores how emotions and feelings can affect your health and how good nutrition can help.*

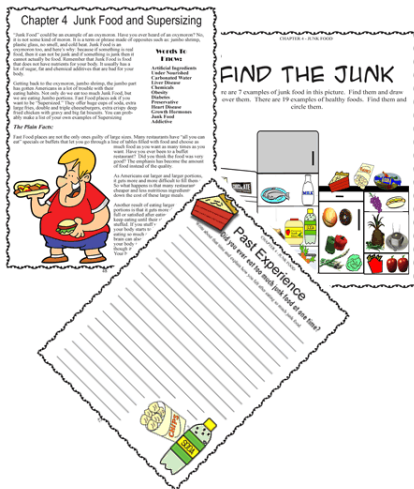
The **Nutrition Ambition: Reaching Your Wellness Goals** activity workbook series is a fun and engaging way to teach students (Ages 7 – 13) and their parents about the benefits of good nutrition and a healthy lifestyle. The program is available as a instructional workbook for individual use or as web-based Interactive 'Smartboard' edition for whole group instruction. This fresh, innovative, non-punitive, Health and Wellness series addresses current Nutrition and Health topics such as: *Supersizing, Junk Food, Fruits and Vegetables, The Need for Water, The Role of Sleep, Emotions, and Skipping Breakfast.* The series helps students to better understand the relationships between: *Food, Their Bodies and Body Systems, Nutrition, Metabolism, Exercise, and the benefits of a Healthy Lifestyle.* Each workbook also includes the "**Finding the Balance**" Nutritional Gaming CD, developed with Duke University's Center for Wellness.



### Title I and Parental Involvement Solution

**Nutrition Ambition: Reaching Your Wellness Goals** is an early intervention, health, anti-obesity, anti-diabetes program that is aligned with the Federal Government's Nutrition and WIC Reauthorization Act of 2004. It provides a non-punitive, fun and engaging Nutrition and Wellness curriculum for children that is also aligned with the requirements of **NCLB** and **Title I Parental Involvement** mandates through the parent activities, aligned cross-curricular content, and family 'goal setting' component in each unit.

Teachers can use the interactive whiteboard edition for classroom instruction and/or to set the tone for the activities that the children will do at home using the workbooks. The cross-curricular activities plus the family goal setting activity at the end of each chapter provides the opportunity to: engage the family, improve their Nutrition & Wellness knowledge, Learn about the benefits of a healthy lifestyle, while students improve their basic Reading/language Arts, Writing, Math, and Science skills.



*Finding the Balance*  
Developed by Duke University's Center for Wellness

***Finding the Balance*** and the **Nutrition Ambition Interactive Edition** can be delivered locally, over the web, or into the home from your school and/or District web server!

## PROGRAM BENEFITS

The **Nutrition Ambition: Reaching Your Wellness Goals** interactive series is a complete packaged curriculum offering, not just a resource! It was designed and developed based on scientific research and presented in a format based on teacher, parent, and student input.

Each workbook, and the interactive 'smart board' edition, also includes a supplemental CD '**Finding the Balance**' developed by **Duke University's Center for Wellness** which allows students to explore and understand using a gaming experience the relationship between food intake and calories burned through exercise.

Since the program is cross-curricular it is aligned not only to federal standards for Health and Nutrition but also is aligned to standards for Reading / Language Arts, Writing, Math, and Science.



Available in both English and Spanish, and through the use of a 'take home' workbook approach there are no 'access equity' issues. 'Goal Setting' provides the means for students AND their families to develop individualized Personal Nutrition Plans (PNP's) and can foster health and wellness discussions with the families.

Additionally, this component helps students learn how to set and monitor goals and can be used as a cross-curricular writing exercise in the classroom.

All the topics are based on a 'Whole Life' health and wellness approach and tie back to nutrition. 'Pre and post' assessments that are provided can be easily administered to measure the students' understanding of the topics as they relate to nutrition, wellness, and themselves.

All workbooks were designed to be used by teachers and/or parents and do not require any prior health or nutrition knowledge and little to no lesson preparation.

For Additional Information Please Contact: [Sales@BauxPublishing.com](mailto:Sales@BauxPublishing.com)  
or your local Baux Publishing Representative

# Student Outcomes

**Nutrition Awareness** – This program provides students and families with the insights and knowledge to develop **Personalized Nutrition Plans (PNPs)**

**Cross-curricular** – All units are cross-curricular and aligned to Federal standards for Math, Science, Reading / Language Arts, and Health.

**Parental Involvement** – Parents and Students learn about the benefits of a healthy lifestyle while students improve their core curricular skills in a non-punitive, non-threatening manner.

**Improved Academic Performance** – Students and parents understand the benefits of eating correctly and how a healthy diet can improve attention, energy, and school performance

## Feedback

*"The books brought back pressure free teaching and learning. The kids knew they were learning things that were important to them that they were not going to be tested on. They enjoyed learning something just because it was something they wanted to learn but did not have to learn"*

*"Due to the way the units were set up, I found activities that I could fit in just 10-20 minutes. On the days we did the text part of the workbooks, the kids were so interested, that I could spend a whole period on the topic if I wanted to or had the time."*

*"The kids started getting the connection between the chapter topics. They started to understand how all these health topics are interdependent and how Nutrition relates to them all. That it is not enough to do just one thing right for good health. You have to think about all aspects of Nutrition and Health. I used all the tests for 'pre and post' testing, I found that after the first 3 or 4 chapters' even the 'pre test' scores started going up."*