

5 a Day—Power Play! Materials Order Form

Research has shown a clear **link between nutrition/physical activity and academic achievement**. Children who have healthy diets and participate in physical activity every day have increased concentration, **improved test scores**, reduced susceptibility to stress, and reduced disruptive behaviors, compared to their counterparts.

The *5 a Day—Power Play! Campaign* is a statewide social marketing campaign that encourages 9- to 11-year-old children to eat **5 or more servings of fruits and vegetables** and be **physically active for at least 60 minutes every day**. The *School Idea & Resource Kit* contains activities for 4th and 5th grade classroom teachers on fruits and vegetables and physical activity that are linked to the **Content Standards for California Public Schools**. There's one *Kit* for 4th grade classrooms and one *Kit* for 5th grade classrooms, each containing ten activities.

The activities in the *School Idea & Resource Kit* require **very little teacher prep time**—on average 15 minutes—and with the addition of **student workbooks**, the reproduction of student worksheets is not necessary.



The NEW 5 a Day School Idea and Resource Kits are in their final stage of printing. The new curricula reflects the NEW 2005 Dietary Guidelines for Americans and your materials will be sent to you hot off the press!

Teacher Name: _____

School Name: _____

Address: _____ City/Zip: _____

School District: _____ County: _____

E-mail: _____ Phone: () _____

Grade: 4th 5th Total # of students: _____

