

POWER RANGERS emPOWER

Dear Educator,

Help your students and your school start the new year strong with this free **Power Rangers emPOWER** teaching kit, created by the curriculum specialists at Young Minds Inspired and made possible by Power Rangers Megaforce.

The program includes fun-filled classroom activities and online resources to help you promote active lifestyles and healthy eating habits among your students while reinforcing the important values of friendship, teamwork, and helping others. The Power Rangers invite your students to join them in a 10-day health and physical activity **Power Rangers emPOWER Challenge!**

In addition, the Power Rangers invite you to enter the **Power Rangers emPOWER Teacher Sweepstakes** at <http://empower.powerrangers.com/teacher-sweepstakes>, for a chance to win the grand prize — a \$5,000 donation to the winning school and a visit from the Power Rangers Megaforce team — as well as books and other prizes for the classroom.

We are confident that the Power Rangers will make a POWERful addition to your health and nutrition curriculum, and we encourage you to share the program with other teachers in your school. Although the program materials are copyrighted, you have permission to make as many photocopies as needed for educational purposes.

Please use the enclosed reply card to let us know your opinion of the **Power Rangers emPOWER** program, or respond online at www.ymiclassroom.com/power-rangers. We look forward to your comments and depend on your feedback to continue providing free, quality educational programs that make a real difference in the classroom.

Sincerely,



Dr. Dominic Kinsley
Editor in Chief
Young Minds Inspired

POWER RANGERS VALUES

STANDING FOR WHAT'S RIGHT
PHYSICAL ACTIVITY AND HEALTHY EATING
TEAMWORK AND COOPERATION
CONFIDENCE
CARING AND FRIENDSHIP



To Parents/Legal Guardians/Teachers: Before beginning the enclosed Power Rangers emPOWER Program, please consult with your doctor and your child's doctor.

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is the only company developing free, innovative classroom materials that is owned and directed by award-winning former teachers. Visit our website at www.ymiclassroom.com to send feedback and download more free programs. For questions, contact us toll-free at 1-800-859-8005 or by e-mail at feedback@ymiclassroom.com.

Program Objectives

- To motivate students to choose healthy foods and stay active.
- To engage students in cooperative and team-building activities.
- To provide learning materials that support health curriculum standards.
- To educate parents on ways to keep the whole family healthy.

Target Audience

Students in grades 1-3 and their parents.

Program Components

The **Power Rangers emPOWER** program combines both print and digital components. The print components include:

- This teacher's guide
- Four reproducible student activity sheets
- A wall poster for your classroom
- A sample parent mini-magazine (you can download additional copies online)
- Teacher reply card

The program's digital components are available at www.ymiclassroom.com/power-rangers and include:

- Student award certificate
- Parent mini-magazine
- Standards alignment chart
- Downloadable PDFs of all print components

How to Use This Teaching Kit

Photocopy this teacher's guide and the student activity sheets before putting the wall poster on display in your classroom. Make additional copies of these reproducible materials for other teachers in your school, and photocopies of the activity sheets for all your students. Review the activities and the program's online components, and schedule them into your health curriculum class plans. If possible, arrange to share Activity Three with your school's P.E. teacher, and schedule Activity Four for February, so that your students can participate in the nationwide **Power Rangers emPOWER Challenge**.

How to Use the Parent Mini-Magazine

Review the sample copy included in this teaching kit. The mini-magazine informs parents about the **Power Rangers emPOWER** program and provides a variety of resources for reinforcing and expanding on the program's lessons at home, as well as information about nominating their child for nationwide recognition as **Ranger of the Week**. Download copies of the mini-magazine for each student to take home at www.ymiclassroom.com/power-rangers, or distribute the mini-magazine to parents in PDF via email.

How to Enter the Power Rangers emPOWER Teacher Sweepstakes

The sweepstakes is open to all teachers who use the **Power Rangers emPOWER** program with their students. Visit <http://empower.powerrangers.com/teacher-sweepstakes> for official rules and to submit an online entry form. One school will win the grand

prize of a \$5,000 donation and a teacher will win a school visit by the Power Rangers Megaforce team. Other classroom prizes include books. Deadline for entries is March 31, 2013.

Activity One Put Power on Your Plate

Begin this activity by reviewing the five food groups on the MyPlate icon, then point out to students how the icon shows that fruits and vegetables should cover half of your plate at every meal. Explain that it's important to eat a variety of fruits and vegetables, and that eating different colored fruits and veggies is an easy way to do this. Plus, scientists have found that the different colors of fruits and vegetables each contain different nutrients (called phytochemicals) that help keep us healthy in different ways. For more information on phytochemicals, visit the Phytochemical Info Center at the Produce for Better Health Foundation website, www.pbhfoundation.org/about/res/pic. Visit http://health.infoniac.com/health_benefits_colorful_fruits_vegetables.html for information on the health benefits associated with specific color groups.

Part 1: Review the five fruit and vegetable color groups in a class discussion, having students suggest examples to fill in the first column on the chart. Then have students complete the chart working individually or in small groups. Compare examples in a class discussion, using the chalkboard to create a whole-class list of fruits and vegetables for each color group. For a complete fruit and vegetable color list, visit www.fruitsandveggiesmatters.org/fruit-and-veggie-color-list.

Part 2: Guide students through planning a balanced breakfast by listing examples of foods they could choose from the five food groups. Then have students create balanced lunch and dinner menus on their own. Remind them that, at the end of the day, their three meals should include as many fruits and veggies as possible from all five color groups. Have students share their menus with classmates.

Activity Two Plan a Power Hour

Begin by asking students for examples of physical activity. Guide the discussion to include everyday activities, like walking and doing chores, as well as sports, games, and exercise. Then explain to students that they need at least 60 minutes of physical activity each day to stay healthy, and that this lesson will help them achieve that goal.

Part 1: Have students work individually to calculate the time Troy and Emma were physically active during the day. Discuss how the Ranger who fell short of 60 minutes — Emma — could have worked more physical activity into her day, and brainstorm ideas for other kinds of physical activity both Rangers could work into their daily routine.

Part 2: Have students use this chart to assess how much physical activity they get during a typical day. To help them get started, talk through the periods of

physical activity built into their school day — lunch break, P.E., etc. — and provide times for each. When students have completed the chart and their calculations, allow time for them to share what they have learned and brainstorm ways they can achieve the goal of 60 minutes of physical activity every day. Instruct them to share this activity at home and work with their parents to plan a power hour.

Activity Three Train Like a Ranger

This activity gets students moving with a game of sports charades. You can share the activity with your school's P.E. teacher for use in the gym, and/or use it in the classroom.

Part 1: Have students unscramble the six sports names (karate, skateboarding, hiking, bicycling, soccer, and swimming), then use the chalkboard to let students challenge their classmates with the scrambles they have created. Students write their scramble on the board and then pantomime the activity to give their classmates the clue to unscrambling it.

Part 2: Have students cut the chart into nine slips of paper and fold each slip. Mix all of the slips together in a container, then have students take turns picking a slip and pantomiming that sport activity for their classmates to guess. For an added challenge, use only the slips on which students have created their own scrambles. You can also divide students into Power Play teams and have them pantomime sports activities for their teammates to guess, keeping time to decide a winner.

Activity Four The Power Rangers emPOWER Challenge

If possible, schedule this activity for February, when students across the nation will be participating in the **Power Rangers emPOWER Challenge**. Mark your start date on the classroom wall poster, and use the poster to review the challenge guidelines: Students should eat foods from all five food groups at every meal, eat fruits and vegetables from all five color groups every day, and be physically active each day for at least 60 minutes.

Help students mark the dates for their **Power Rangers emPOWER Challenge** on their personal calendars, and have them each sign the poster to take the **Power Rangers emPOWER** pledge. Schedule time each day during the Challenge period for students to share their progress. Encourage students to keep trying each day, even if they fall short of the daily Challenge goals, and remind them that every student who completes all 10 days of the Challenge will receive a special Power Rangers certificate.

Visit www.ymiclassroom.com/power-rangers to download the award certificate. Print copies for each student, fill in their names, and sign the certificates, then conclude the activity with an in-class award ceremony.



PUT POWER ON YOUR PLATE



LEARN TO EMPOWER YOUR BODY! BALANCE YOUR MEALS USING THE FIVE FOOD GROUPS AS A GUIDELINE — AND BE SURE THAT HALF YOUR PLATE IS FILLED WITH FRUITS AND VEGETABLES!

JUST LIKE THE POWER RANGERS, FRUITS AND VEGGIES COME IN DIFFERENT COLORS. EACH COLOR HAS SPECIAL NUTRITIONAL POWER, SO TRY TO EAT EVERY COLOR EVERY DAY. HERE'S HOW!

PART 1 Use this chart to write three examples for each of the five fruit and vegetable color groups.

Color Groups	Fruit or Vegetable	Fruit or Vegetable	Fruit or Vegetable
Red - for heart health			
Green - for good digestion			
Blue/Purple - for good memory			
Yellow/Orange - for vision and healthy skin			
White - for heart health			

PART 2 Now use this space to plan three meals that emPOWER your body. Plan each meal around the five food groups and include as many different-colored fruits and veggies as you can. Then share your menu ideas with your classmates.

MyPlate is designed to remind us to eat healthfully. Visit www.choosemyplate.gov to learn more about how to plan healthy meals.

	Breakfast	Lunch	Dinner
Fruit	_____	_____	_____
Vegetable	_____	_____	_____
Grain	_____	_____	_____
Protein	_____	_____	_____
Dairy	_____	_____	_____



WATCH THE NEW ADVENTURES ON nickelodeon. BEGINNING FEBRUARY 2, 2013 SATURDAYS AT 1P/12C

<http://empower.powerrangers.com>

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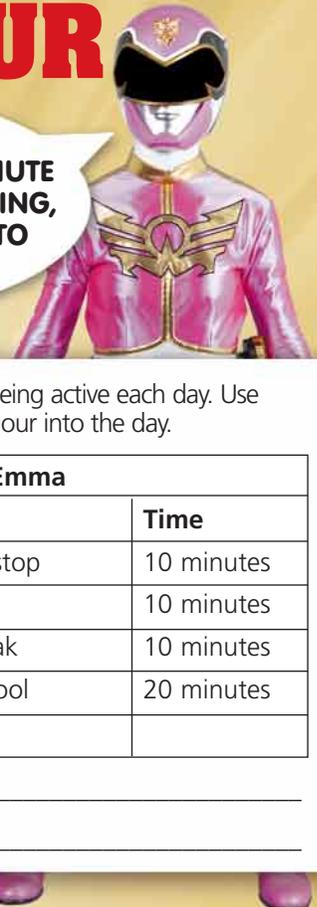
Parents emPOWER Too!

Dear Parents and Guardians,

The Power Rangers are helping your child learn about healthy eating habits. You can reinforce this lesson by visiting <http://empower.powerrangers.com>, where you can find lots of fun recipes that combine fruits and vegetables of different colors. Have your child bring in his or her favorite color-fueled recipe to share in class!

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PLAN A POWER HOUR



YOU NEED AT LEAST 60 MINUTES OF PHYSICAL ACTIVITY EVERY DAY TO TRAIN LIKE A RANGER.

THAT MAY SEEM LIKE A LOT — BUT EVERY MINUTE YOU SPEND WALKING, RUNNING, OR PLAYING CAN ADD UP TO A POWER HOUR!

PART 1 These charts show how much time Troy and Emma spend being active each day. Use your adding skills to find out which Ranger packs a Power Hour into the day.

Troy	
Physical Activity	Time
Walking to school	10 minutes
Playing in P.E. class	10 minutes
Playing at lunch break	10 minutes
Martial arts after school	30 minutes
Power Time Total	

Emma	
Physical Activity	Time
Walking to the bus stop	10 minutes
Playing in P.E. class	10 minutes
Playing at lunch break	10 minutes
Bike riding after school	20 minutes
Power Time Total	

Which Ranger had a Power Hour? _____

How could the other Ranger get more powered up? _____

PART 2 Now use this chart to plan your own Power Hour. First, fill in the physical activities you do on a typical school day and how much time you put into each one. Then add up your times to see if you are getting a Power Hour. If not, use the back of this sheet to plan how you will power up!

Physical Activity	Time
Power Time Total	

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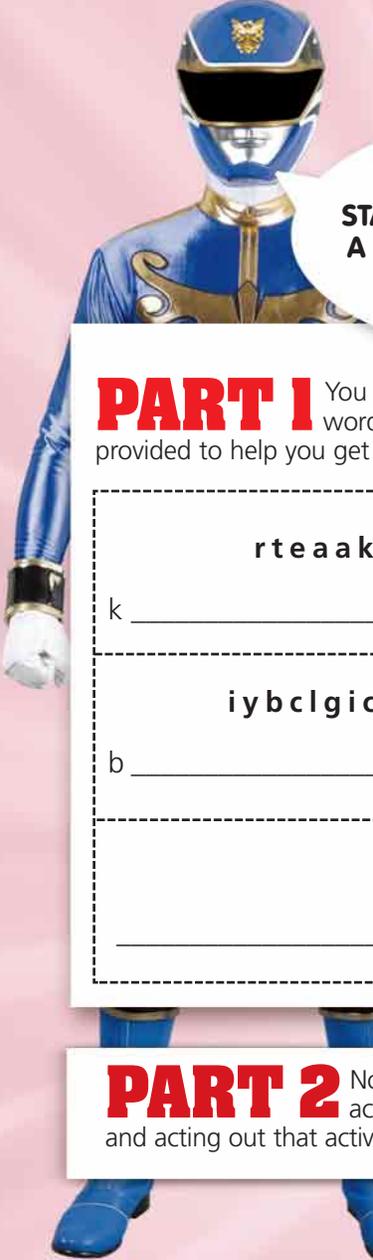


Parents emPOWER Too!

Today, the Power Rangers are helping your child learn about the importance of daily physical activity. You can reinforce this lesson by visiting <http://empower.powerrangers.com>, where you can find **Train Like a Ranger** videos that you and your child can do together at home for a fun family workout. You can even nominate your child to be **Ranger of the Week** at the **Power Rangers emPOWER** Facebook page, www.facebook.com/powerrangersempower.

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TRAIN LIKE A RANGER



POWER RANGERS HAVE TO KEEP ACTIVE TO STAY STRONG AND FIT. HERE'S A GREAT GAME TO HELP YOU GET ACTIVE IN CLASS OR DURING P.E.

FOR EXTRA FUN, PLAY AS A TEAM. POWER RANGERS KNOW THAT TEAMWORK MAKES EVERY TEAM MEMBER MORE POWERFUL!

PART 1 You know that sports activities are a great way to stay fit. Use your spelling skills to unscramble the words below to find six fun activities that help keep you strong. (The first letter of each sport is provided to help you get started.) Use the blank spaces to create your own sports scrambles.

rte aak k _____	teskabngraodi s _____	gkniih h _____
iybclgicn b _____	ccoser s _____	imswming s _____
_____	_____	_____

PART 2 Now get ready to play sports charades! Cut apart the chart to create nine slips with a scrambled sports activity on each one. Mix your slips together with those of other students, then take turns picking one and acting out that activity. See if your classmates can guess which sport you are playing!

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Parents emPOWER Too!

Today, the Power Rangers are helping your child get moving with a game of sports charades. Ask your child to share the game with you so you can play as a family.

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THE POWER RANGERS EMPOWER CHALLENGE

Here's your chance to practice everything you've learned from the Power Rangers about healthy eating and fitness. For the next 10 days, use this chart to keep track of the foods you eat and the time you spend being active. Just fill in the date for each day and use the blank lines to write in:

- How many of the five food groups you ate at breakfast, lunch, and dinner.
- How many of the five fruit and vegetable color groups you ate that day.
- How many minutes you spent being physically active.

At the end of the 10 days, have a parent sign your chart and take it to class to receive a special **Power Rangers emPOWER** certificate!



Power Rangers emPOWER Challenge

Date _____

		B	L	D	B	L	D	B	L	D	B	L	D	B	L	D
Week 1	How many food groups?															
	How many color groups?	_____														
	Minutes of physical activity?	_____														
	What activities did you do with your family?	_____														
	Which Power Rangers emPOWER value did you demonstrate the most this week?	_____														
Week 2	How many food groups?															
	How many color groups?	_____														
	Minutes of physical activity?	_____														
	What activities did you do with your family?	_____														
	Which Power Rangers emPOWER value did you demonstrate the most this week?	_____														

My child has completed the **Power Rangers emPOWER Challenge**.

Parent Signature _____ Date _____



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<http://empower.powerrangers.com>

Ranger of the Week

Ranger of the Week is a great motivational tool for parents and caregivers to encourage kids to demonstrate the Power Rangers' values in action at home and at school. Find out more about this program at <http://empower.powerrangers.com/ranger-of-the-week>, then visit the **Power Rangers emPOWER** Facebook page, at www.facebook.com/powerrangersempower, to nominate your child to be the next **Ranger of the Week!**

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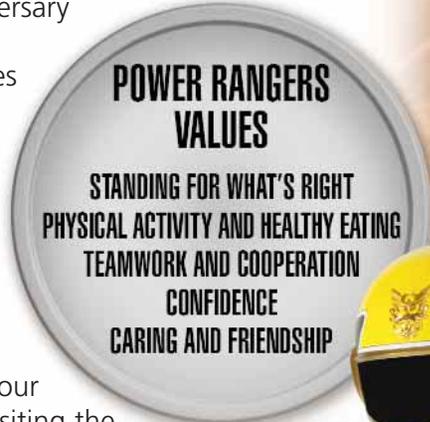


Dear Parent/Caregiver,

Your child is participating in **Power Rangers emPOWER**, a special health and fitness educational program that combines the excitement of the Power Rangers with classroom lessons that help children learn how to eat nutritious meals and stay physically active.

This year marks the 20th anniversary of the Power Rangers, the

children's television series whose heroes have been role models for generations of youngsters. And with values like these, it's easy to see why —



Make the Power Rangers part of your family team by visiting the **Power Rangers emPOWER** website at <http://empower.powerrangers.com>.

Power Rangers emPOWER provides parents and kids with the tools they need to work together to stay healthy, support healthy communities, and demonstrate the Power Rangers values in action. Read on to learn more.



emPOWER Recipes

To our emPOWER parents, when kids help prepare a recipe, they are more likely to give it a try. Find out for yourself with the dozens of "Cooking with Kids" recipes on the **Power Rangers emPOWER** website (<http://empower.powerrangers.com>). Here's one to help you get started!

Power Pancakes

Makes 12 pancakes

Ingredients:

4 eggs
1 1/3 cups rolled oats
1 1/2 cups low-fat cottage cheese
1/2 teaspoon cinnamon
Pinch of salt
Appx. 1 tablespoon butter (to grease the pan)

Nutrition Information:

(Serving size: 3 pancakes)
Calories: 256
Total Fat: 11.2 grams
Saturated Fat: 4.7 grams
Total Carbohydrates: 19.9 grams
Dietary Fiber: 2.6 grams
Sugar: 0.7 grams
Protein: 18.8 grams

Directions:

Preheat oven to 200 degrees.

Combine eggs, oats, cottage cheese, cinnamon, and salt in a blender. Blend until smooth and all ingredients are well-combined.

Melt 1/3 of the butter in a large nonstick pan over medium heat. Use a spatula to spread the butter across the pan so the entire surface is coated. Make sure it's sizzling before you add the batter.

To make sure the pancakes cook evenly, it's important not to overcrowd the pan, so make just 3-4 at a time. For each pancake, spoon two tablespoons of batter into the pan, using the back of the spoon to gently form a round, approximately 2-inch-wide, disk.

Let pancakes cook for approximately 2 minutes (you'll see the edges start to spring up slightly from the pan, indicating that they have set enough for you to flip), then use your spatula to gently ease them over. Cook for another 1-2 minutes more.

Once done, transfer pancakes to a baking sheet or oven-safe platter and keep warm in the oven while preparing the rest of the pancakes. Repeat process with the remaining butter and batter until all 12 pancakes are ready. Serve immediately with toppings of choice.

CONTAINS: EGGS, CHEESE, AND OTHER POTENTIAL ALLERGENS.
Please consult with your doctor before preparing this recipe.

Remind your child that preparing a meal together takes teamwork, something the Power Rangers practice every day. Let your child be a team player by following along with the recipe and practicing math skills of measurement and counting. Ask your child to identify which of the five food groups from the USDA MyPlate are in the Power Pancakes.



Rangers in Training

Kids can practice all kinds of Ranger moves as they follow the action in this fun, fast-paced series of **Train Like a Ranger** online videos. Or make it a Family Training Night by exercising to a **Train Like a Ranger** video together!



Ranger Jacks

www.youtube.com/watch?v=KAF59Fz8t5Y&feature=plcp



Crab Crawl

www.youtube.com/watch?v=pwz-Mhpyq_g&feature=plcp



Mirror Stance

www.youtube.com/watch?v=Y8JJRW3M34&feature=plcp



The Cobra

www.youtube.com/watch?v=jBP4BOzdlrE&feature=plcp



Body Stretch

www.youtube.com/watch?v=0aJqCSC5A8I&feature=plcp



POWER RANGERS emPOWER

2013 CERTIFICATE OF PARTICIPATION

This certifies that

_____ (student name)

has participated in the **Power Rangers emPower Challenge** by eating healthy meals and staying physically active for 10 days.

CONGRATULATIONS!

_____ (teacher signature)

_____ (date)

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