

DEAR EDUCATOR,

Now, more than ever, it's important to focus on a whole-child approach to well-being including social-emotional and mental health, proper nutrition, and physical fitness.

Start by signing up for **Fuel Up to Play 60**, the free school nutrition and fitness program launched by the National Dairy Council and the NFL in collaboration with the U.S. Department of Agriculture. Then use the **Fuel Up to Play 60** program lessons designed for students in grades 5-12, created by the American Dairy Association Northeast (ADANE) in collaboration with the curriculum specialists at Young Minds Inspired.

Share these materials with your principal, health teachers, family and consumer science teachers, athletic directors, coaches, school nutrition directors, parent coordinators, and anyone else who works with middle and high school students in your community. Let us know your opinion of these lessons by visiting ymiclassroom.com/feedback-futp60.

Sincerely,

Kristina Moher
Director of Youth Engagement
American Dairy Association Northeast



AMERICAN DAIRY
ASSOCIATION
NORTH EAST



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ABOUT FUEL UP TO PLAY 60

Fuel Up to Play 60 is a free K-12 program designed to help schools meet their wellness goals by encouraging youth to eat nutrient-rich meals and participate in at least 60 minutes of physical activity each day.

The program offers many free resources, including a Playbook packed with creative ideas for implementing school wellness plans, personalized educator and student dashboards, and innovative ways to earn incentives and rewards. Students also have the chance to become leaders in their schools and communities by becoming **Fuel Up to Play 60** Ambassadors.

HOW TO SIGN UP

Signing up is easy! Just visit <https://educator.fueluptoplay60.com/login>, create a username and password, and you'll be on your way. Once you've joined, you can even apply for funding support valued at up to \$4,000 per year if your school qualifies. Students need to sign up as well by downloading the Student Zone App.

BECOME A TOUCHDOWN SCHOOL!

Complete the game plan to become a "Touchdown School" by following three simple steps:

- **Get Started** – Draft a winning team of students and educators. Ask teachers to read the **Fuel Up to Play 60** Learning Plan at www.fueluptoplay60.com/resources/learning-plan to find out about things that matter, like staying active and making the planet greener. Also check out the CDC's School Health Index (www.cdc.gov/healthyschools/shi/index.htm) for policies and practices most likely to be effective in reducing youth health risk behaviors.
- **Eat Healthy** – Nutrition is essential to learning readiness, long-term success, and supporting the whole child. Work with your school nutrition director to provide school meals to students and raise student awareness about healthy eating.
- **Get Moving** – Check out the Playbook for ideas to get students (and teachers) up and moving each day for at least 60 minutes.

Schools that complete all 3 steps and have program advisors and students enrolled will be invited to the end-of-the-year Touchdown Celebration. For more information, visit www.americandairy.com/dairy-in-schools/programs/fuel-up-to-play-60/classes-and-events/.

ACTIVITY 1 • BUILDING STRENGTH

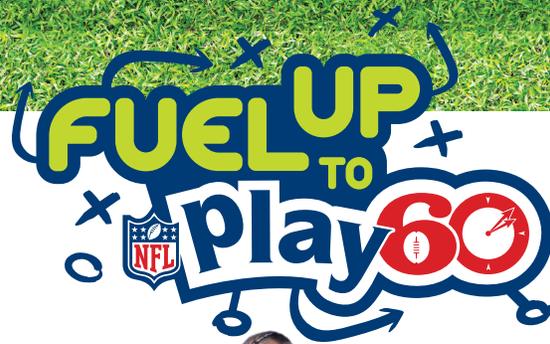
Place students in small groups and then have them discuss why it is important to have a good school-life balance. Encourage the teams to share ways they relax and recharge, such as hobbies, getting 8-9 hours of sleep, and finding little things that spark joy.

Have students complete the activity sheet. Students can explore the **Fuel Up to Play 60** Playbook and resources to help them plan their responses. (See www.fueluptoplay60.com/resources/playbooks) As an extension activity, ask the students to create a weekly schedule for themselves that includes time to relax and recharge.

ACTIVITY 2 • BUILDING NUTRITION

Ask students to share their favorite foods. Which could be called healthy? Which aren't so healthy?

Pass out the activity sheet and review the directions. Discuss students' responses when done. As an extension activity, ask students to work in small groups to brainstorm creative ways to eat healthier and then create a class "recipe book" with their ideas. Students can review the **Fuel Up to Play 60** Playbook and resources at www.fueluptoplay60.com/resources/playbooks for ideas.

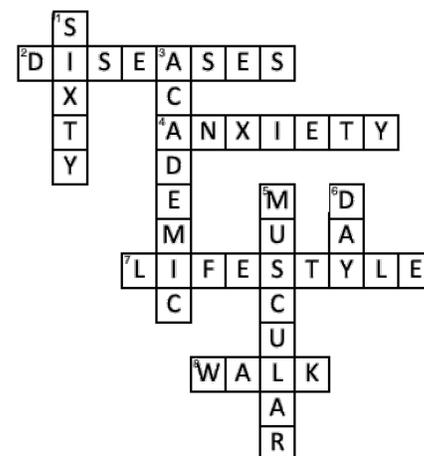


ACTIVITY 3 • BUILDING MUSCLE

Ask students why they think health experts recommend 60 minutes of physical activity every day. Students will likely respond that physical activity improves overall fitness, builds strength, and helps control body weight. Remind them that exercise is also a great way to practice self-care – which improves our mental health.

Pass out the activity sheet and review the directions. Encourage students to work together to create their physical activity plans. As an extension activity, have the students work in small groups to create a slogan and logo about physical activity and how it keeps you healthy, and then present it to their classmates.

Answers:



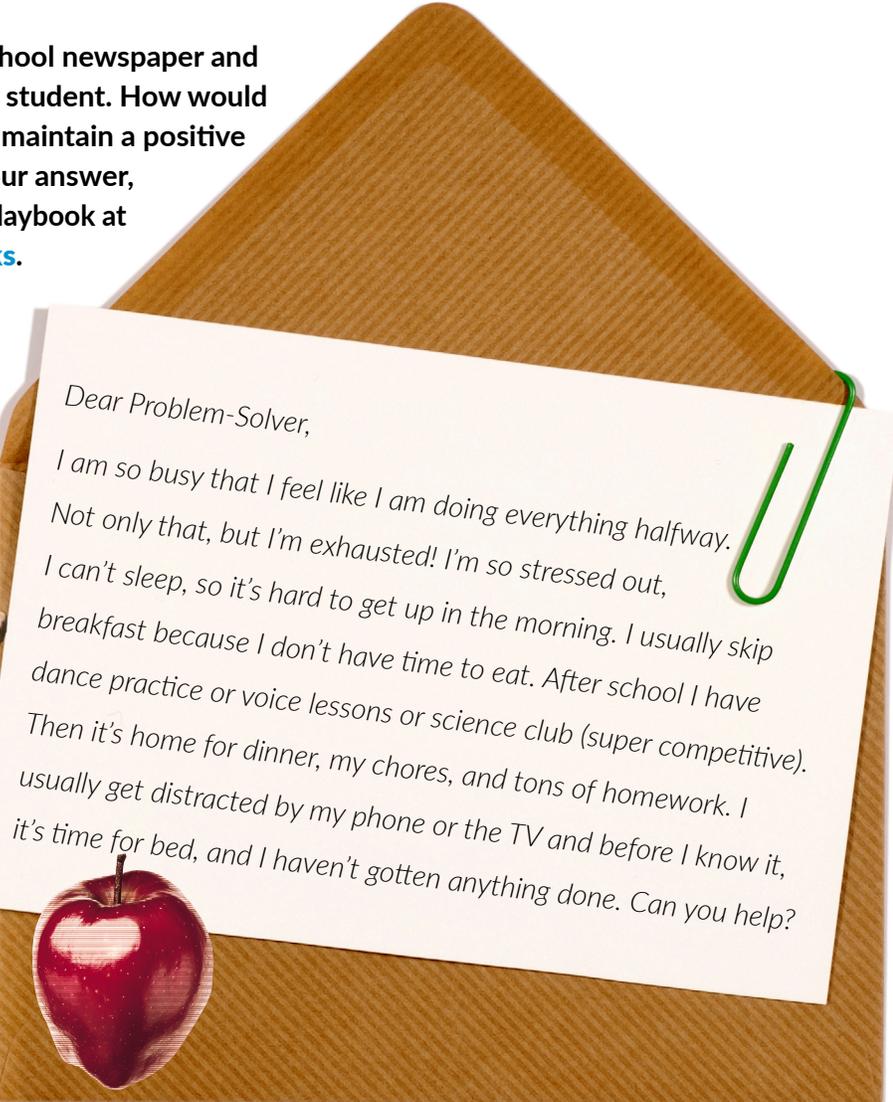
RESOURCES

- Fueluptoplay60.com
- Ymiclassroom.com/futp60



BUILDING STRENGTH

Imagine you are an advice columnist for your school newspaper and receive the following letter from an anonymous student. How would you help the student cope with their stress and maintain a positive school-life balance? For ideas and to support your answer, check out resources from the **Fuel Up to Play 60** Playbook at www.fueluptoplay60.com/resources/playbooks. Then, write your reply below.



Dear Problem-Solver,
I am so busy that I feel like I am doing everything halfway. Not only that, but I'm exhausted! I'm so stressed out, I can't sleep, so it's hard to get up in the morning. I usually skip breakfast because I don't have time to eat. After school I have dance practice or voice lessons or science club (super competitive). Then it's home for dinner, my chores, and tons of homework. I usually get distracted by my phone or the TV and before I know it, it's time for bed, and I haven't gotten anything done. Can you help?



GO!
Download the new **Fuel Up to Play 60 Student Zone App** at **Google Play** or the **App Store**. You could win **NFL experiences and prizes for your school!**

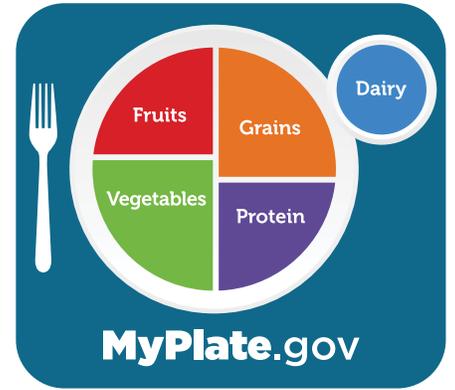


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BUILDING NUTRITION

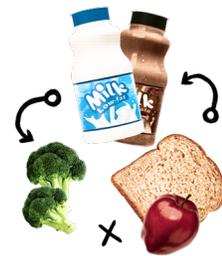


We all need carbohydrates, proteins, and fats to stay healthy.

- Carbohydrates are found in all plant foods, including fruits and vegetables. It's best for our bodies if we choose complex carbohydrates that do not have added sugar. These are found in foods such as legumes, corn, potatoes, peas, and whole grains.
- Proteins are found in foods such as meat, fish, beans, and poultry. Lean cuts of meat are best.
- Fats are important for good health, but we only need to eat a small amount. It's best for our bodies if we choose unsaturated fats, which can be found in avocados, nuts, seeds, vegetable oils, and low-fat dairy products.

ARE YOU GETTING THE NUTRIENTS YOU NEED? FIND OUT!

1. Visit www.myplate.gov/myplate-plan.
On the right, click start in the box where it says, "Get Your MyPlate Plan".
2. Enter your age, height, and other details.
3. Click on the daily calories to see a customized suggested meal plan.



Below, list what you normally eat in one day on the left. Then, fill in your customized meal plan on the right.

MY FOOD CHOICES

Fruit: _____

Protein: _____

Vegetables: _____

Dairy: _____

Grains: _____

MY CUSTOMIZED MYPLATE PLAN

Fruit: _____

Protein: _____

Vegetables: _____

Dairy: _____

Grains: _____

Now, look at the results. How do your food choices stack up? What foods and nutrients are you missing? On the back of this sheet, write about how you can improve your diet to consume more nutrients.

Check out the *Fuel Up to Play 60* Playbook at www.fueluptoplay60.com/resources/playbooks for nutrition ideas that you might try out.

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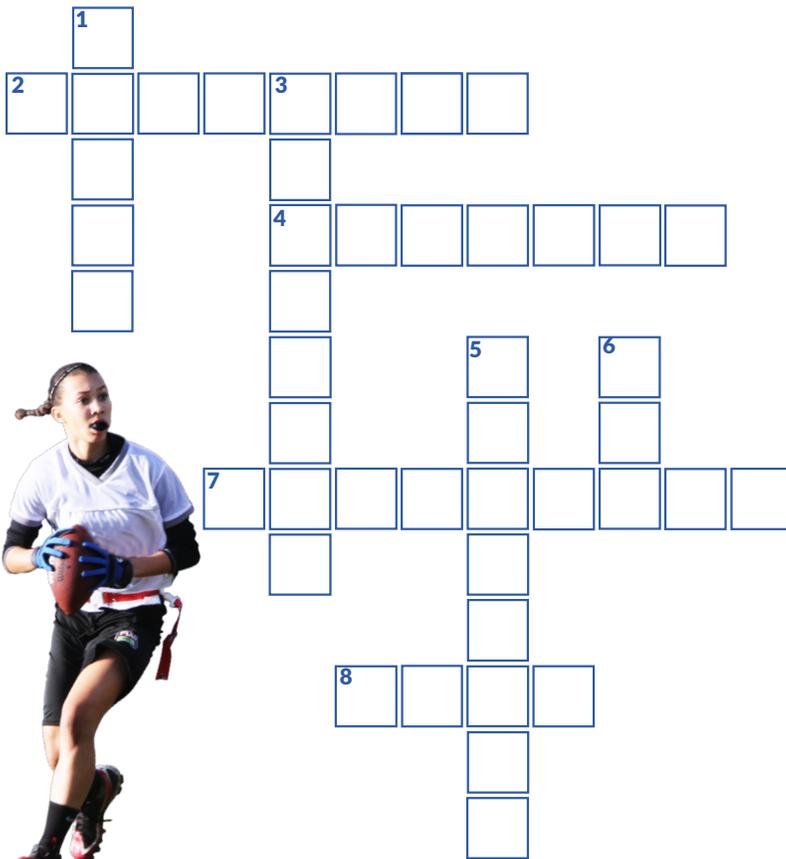




BUILDING MUSCLE

Read this paragraph about daily physical activity, then use what you learn to complete the crossword puzzle.

Experts suggest 60 minutes of physical activity per day, but that doesn't mean you have to hit the gym every day for an hour. Take a brisk 20-minute walk at lunch. After school, practice a dance you learned online with your friends for another 30 minutes. Add in 10 minutes to walk your dog after dinner and you've met your 60-minute health goal! Keep it up, and you'll find that daily physical activity has multiple benefits, from reducing feelings of anxiety and improving sleep to reducing the risk of chronic diseases down the road. It also helps improve bone health, weight status, and cardiorespiratory and muscular fitness in children and adolescents. Daily physical activity can even improve cognition, which translates to better academic performance. It's the smart way to lead a healthy lifestyle!



ACROSS

2. Exercising can reduce the risk of chronic _____ down the road.
4. Daily physical activity can help reduce feelings of _____.
7. Daily physical activity is important for a healthy _____.
8. A brisk _____ can help you achieve your daily physical activity goal.

DOWN

1. How many minutes per day should you be physically active?
3. Improved cognition can help what kind of performance?
5. Regular daily physical activity has been found to improve _____ fitness.
6. We all need physical activity every _____.



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IT'S YOUR TURN! Think about physical activity that you like to do. On the back of this sheet, map out a plan for the week so they you get at least 60 minutes of physical activity daily doing things you enjoy. Check out the *Fuel Up to Play 60 Playbook* at www.fueluptoplay60.com/resources/playbooks or inspiration. And bring a friend or family member along to join you for more fun!



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