

# Fuel Up for a Healthy Mind and Body

## Dear Educator,

*Fuel Up*, an in-school dairy farmer-supported health and wellness initiative created by the National Dairy Council in collaboration with the American Dairy Association North East (ADANE), encourages students to fuel up with nutrient-rich foods like dairy, fruits, vegetables, and whole grains, and to get at least 60 minutes of physical activity every day to help keep their minds and bodies healthy.

To help you reinforce these messages, ADANE and the curriculum specialists at Young Minds Inspired have created this free resource with turnkey activities that will support your health and language arts curricula.

In addition, we hope you and your students will sign up for the FREE *Fuel Up* program, which has helped schools across the country build healthier and stronger school communities.

Please **enjoy and share** this program with your colleagues. And **tell us** what you think of the materials by visiting [ymiclassroom.com/feedback-fuelup](https://www.ymiclassroom.com/feedback-fuelup). We look forward to receiving your comments and suggestions.

Sincerely,  
Dr. Dominic Kinsley  
Editor in Chief  
Young Minds Inspired

Questions? Contact YMI toll-free at 1-800-859-8005 or by email at [feedback@ymiclassroom.com](mailto:feedback@ymiclassroom.com).

## Target Audience

Grades 4-9

## Program Components

Available at [ymiclassroom.com/fuelup](https://www.ymiclassroom.com/fuelup):

- This teacher's guide
- Two reproducible student activities
- A teacher handout on *Fuel Up*
- A reproducible family letter
- Curriculum standards



## Concepts and Skills

- Physical health
- Research skills
- Mental health
- Critical thinking

## How to Use This Program

Make copies of the student activity sheets for your class. After you sign up for the *Fuel Up* program, fill in the blank sections on the reproducible family letter, make copies, and send it home or post it on your class website so parents and caregivers can register their children for the *Fuel Up Challenge*. See the handout about *Fuel Up* for additional details.

### Activity 1: Remind Your Mind

Ask students to share ways they keep themselves healthy. Answers might include engaging in physical activity and eating nutritious foods. *But what about their minds?*

Explain that physical and mental health are equally important. Mental health is about our emotions and social well-being, which can impact how we think, feel, and act. To help our mental health, we can try to reduce stress by practicing mindfulness — focusing on ourselves and what is happening in the moment — and giving our brains a rest from strenuous mental activity. Doing creative, physical, or quiet, calm activities such as meditation are ways to give our brains a break.

Pass out the activity sheets and have students complete Part 1. Review the answers as a class, highlighting the benefits of mindfulness, brain breaks, and physical activity.

**Answers:** Part 1: 1. T; 2. T (Dairy is one of the best sources of calcium, potassium, and vitamin

D, which help regulate blood pressure. To reap the heart-health benefits of dairy, include at least three servings each day.); 3. T; 4. F (Children ages 6 to 12 should sleep 9 to 12 hours per day, and teens ages 13 to 18 should sleep 8 to 10 hours per day.); 5. T; 6. T; 7. F (Physical

activity boosts our mood and improves concentration, among other benefits.); 8. T.

Before starting Part 2, have students brainstorm mindfulness practices and brain breaks and write them on the board. Then, have the students complete Part 2. Once done, have them share their app designs. Display the students' designs as a reminder to take brain breaks, and consider integrating relevant ideas into your class schedule.

### Activity 2: Help Your Planet

Ask students to share ways they help the planet both at school and home. This might include recycling paper or turning off lights when leaving a room. Explain that dairy farmers have developed specific mindful practices that support the environment to help keep the planet healthy.

Pass out the activity sheet and go over the instructions. Have students complete the activity individually or in small groups. For Part 2, students might illustrate their designs or use a graphic design program. Once done, have the students share their infographics and slogans and display them to inspire other classes.

## Watch for the Chance to Win!

Check out the Farm-to-School Video Challenge Swag Bag promotion from the American Dairy Association North East. Students watch a brief video featuring dairy farmers for the chance to win prizes. Students can view the videos on their own, or as a teacher, you can show a video to an entire class, and then enter the information requested in the pop-up at the end of the video. Learn more and read the official rules at [fuelupchallenge.com/challenge-1](https://www.fuelupchallenge.com/challenge-1). Deadline: November 14, 2024.

## Resources

- Fuel Up: [fuelup.org](https://www.fuelup.org)
- Fuel Up Challenge Center: [fuelupchallenge.com](https://www.fuelupchallenge.com)
- YMI program site: [ymiclassroom.com/fuelup](https://www.ymiclassroom.com/fuelup)



## Sign Up for Fuel Up!

Keep health and wellness top of mind throughout the year with the *Fuel Up* program. Review the handout for details and sign up at [fuelup.org](https://www.fuelup.org).





## ACTIVITY 1: Remind Your Mind

**Part 1:** Test your knowledge about body and mind health. Write a T (true) or F (false) by each statement.

1. \_\_\_\_\_ Going for a brisk walk helps your body and can calm your mind.
2. \_\_\_\_\_ Consuming dairy as part of a healthy diet can help lower your risk of heart disease.
3. \_\_\_\_\_ Brain breaks reduce stress and improve cognitive ability.
4. \_\_\_\_\_ Children and teens need 7 hours of sleep per day for healthy growth.
5. \_\_\_\_\_ Nutrients in a glass of low-fat milk can help boost your immune system.
6. \_\_\_\_\_ Being mindful of your surroundings can help boost mental health and reduce stress.
7. \_\_\_\_\_ There's no connection between physical activity, such as playing a sport, and mental health.
8. \_\_\_\_\_ Short brain breaks, such as coloring or movement games, can help reset and recharge your brain.



**Part 2:** Choose three brain breaks or mindfulness practices you would enjoy. For example, if you like nature, you might enjoy hiking. Listening to your favorite playlist would be a good choice if you like music. Taking time out for a nutritious snack, such as a yogurt smoothie, is another effective (and delicious!) way to slow down and reduce stress.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Now, choose one of the practices above and design an app for it. On the back of this paper, describe your app and create an icon. What features does it include? How will it help people practice mindfulness and/or take a brain break? For example, a walking app might have an icon that looks like a stick figure walking, along with a local trail map, tips for just walking around your house, a list of things you can do while walking to increase mindfulness, and suggestions for walking music.

**FUEL UP** for a healthy mind and body!

Find out how you can win *Fuel Up Challenge* badges and prizes by signing up with a parent or guardian at [fuelupchallenge.com](http://fuelupchallenge.com).





# ACTIVITY 2: Help Your Planet

**Part 1:** Dairy farmers practice mindfulness in additional ways — they are mindful of the well-being of their cows and the planet. Visit [americandairy.com/sustainability](http://americandairy.com/sustainability) to learn how dairy farmers help our planet. Choose one of the sustainability practices featured on the page and click on it. Then, fill in each section below.

1. Name of practice (Dairy Farming and the Environment, Technology, etc.):

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2. Summary of practice (what is used and how it helps the planet):

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3. Effects of the sustainability practice (environmental benefits):

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**Part 2:** On the back of this sheet or on a separate piece of paper, create a colorful infographic that will help teach others about your selected sustainability practice. Include a clever slogan for the infographic to inspire others to enact their own sustainability practices at home. Write notes about your idea below:

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## Sign Up Your Child for the *Fuel Up Challenge*

### Dear Families,

In school, we have been talking about wellness with a program from the American Dairy Association North East (ADANE) and the curriculum specialists at Young Minds Inspired. The program includes information about mental health, such as taking brain breaks and using mindfulness practices to reduce stress.

*Fuel Up*, an in-school dairy farmer-supported health and wellness initiative created by the National Dairy Council in collaboration with ADANE, encourages students to fuel up with nutrient-rich foods like dairy, fruits, vegetables, and whole grains, and to get at least 60 minutes of physical activity every day to help keep their minds and bodies healthy.



Help your child eat right, stay active, and have fun with the *Fuel Up Challenge*. Your child can join — for free! — and complete challenges to earn badges and prizes while learning nutrition and wellness tips.

## How to Sign Up

1. Visit the *Fuel Up Challenge Center* at [fuelupchallenge.com](https://fuelupchallenge.com) to learn more about the program.
2. Click the blue “sign up” button on the top right corner of the website.
3. Complete the form using the details below to connect your child to the school’s group.

For the school’s name, write \_\_\_\_\_

For the teacher’s name, write \_\_\_\_\_

For the teacher’s email, write \_\_\_\_\_

4. Watch your email for announcements and encourage your child to complete the challenges.

We hope you join us on our health journey and continue conversations about wellness with your child!





# How to Sign Up Your Class for *Fuel Up*

## What is *Fuel Up*?

*Fuel Up*, a FREE in-school dairy farmer-supported health and wellness initiative created by the National Dairy Council in collaboration with ADANE, encourages students to fuel up with nutrient-rich foods like dairy, fruits, vegetables, and whole grains, and to get at least 60 minutes of physical activity every day to help keep their minds and bodies healthy. **Learn more at [fuelup.org](https://fuelup.org).**

## How does it work?

- Educators who sign up for *Fuel Up* gain access to a wide range of resources, from ready-made lesson plans to nutrition resources and fun, creative ideas to get your students moving.
- Educators can also apply for grants for their schools to broaden access to good nutrition and overall wellness. Thousands of schools have received grants to implement everything from programs encouraging breakfast at school to purchasing playground equipment.
- Students who sign up for the program under their school and teacher's name can win badges and prizes by completing challenges such as working out by lifting a milk jug, practicing mindfulness, and "fueling up" with nutritious dairy recipes.

## How do we sign up?

- First, you or a school administrator must sign up your school at [educator.fuelup.org/login](https://educator.fuelup.org/login).
- Next, every participating teacher at your school must create a classroom account using the same link. (Or go to [fuelup.org](https://fuelup.org) and click "log in/create an account" in the top right corner of the site.)
- This classroom account will be where you access the *Fuel Up* platform to manage your class's participation in the program.

## How do students sign up?

- Once you register your class, parents and guardians can sign up their children for the *Fuel Up Challenge* at [fuelupchallenge.com/sign-up-form/](https://fuelupchallenge.com/sign-up-form/).
- Use the reproducible family letter to get the word out. Fill in your account information (school name, your name, and your email address), and then copy and send home the letter or post it on your class website.



## How do I use the *Fuel Up* resources?

- Use the classroom-ready activities to enrich your class lessons.
- Watch your email for notifications for the *Fuel Up Challenges* as they become available, and encourage your students to complete them.
- Explore "The Road to School Breakfast" at [fuelup.org/resources/the-road-to-school-breakfast](https://fuelup.org/resources/the-road-to-school-breakfast) for ways your school might expand its school breakfast program to help students start their days with the nutrients needed to help them reach their full potential.
- Use the "Fuel Up Playbook" at [fuelup.org/resources/playbooks](https://fuelup.org/resources/playbooks) for nutrition and physical activity ideas to help students eat healthy and get active.

Thank you for your effort to build a healthier and stronger school community!



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