

ASSIGNMENT: BUILD YOUR ACTION PLAN

OVERVIEW

It's time to turn learning into action! Integrate what you've learned into an action plan, and record your action plan in your Game Plan Notebook that you previously created.

MATERIALS

In addition to common classroom materials and an Internet connection, you will need:

- Game Plan Notebook



Introduction

Now that you've learned about macronutrients, micronutrients, types of physical activity, and sources of "good" bacteria for gut health, using your new knowledge, you're going to build an action plan and add it to your Game Plan notebook that you previously designed. Follow the Assignment Steps on the next page to review what you've learned and put learning in to action!

ASSIGNMENT STEPS

Step 1

In the first lesson, you learned about key nutrients including macronutrients such as carbohydrates, protein, and fat. You also learned about micronutrients including vitamins and minerals. You learned about the positive effects those nutrients can have on your body, and you learned about good sources of those nutrients. Finally, you learned how to read nutrition labels to see how much of each nutrient is found in each food. Jot a few notes about what you recall and what you would like to first focus on in your plan.

Step 2

In the second lesson, you learned about four types of physical activity that promote strong muscles, strong bones, flexibility, and cardiovascular health. You learned about the benefits of each type of activity on your body systems. You also considered ways in which you can add each type of exercise into your daily routine. Jot a few notes about what you recall and what you would like to first focus on in your plan.

Step 3

In the third lesson, you learned about the importance of gut health. You learned about the ways in which "good" bacteria can help with certain health conditions including digestive, cardiovascular, and skin conditions. You also learned which foods are excellent sources of "good" bacteria including yogurt, kefir, kimchi, and soft cheeses. Jot a few notes about what you recall about gut health.

Step 4

Now it's time to put your knowledge into practice! Using your **Game Plan Notebook**, begin to craft a plan for what you would like to eat and how you will incorporate activity into your daily routine. In your Game Plan, be sure to set goals for yourself each week. For example, in Week 1, you may want to focus on adding protein-rich foods to your diet while increasing your flexibility. In Week 2, you may want to try a new food high in "good" bacteria while also increasing your aerobic recreational activity. The choice is yours! What is important is that you balance your nutrients, balance your activity, and balance your bacteria!

HOME CONNECTIONS

After you complete your first entry in your Game Plan, share it with your household members and ask if you can help with the grocery shopping. As you shop, share with your family or caregiver which foods are the best sources of macronutrients and micronutrients, and which can add "good" bacteria to your diet.