



# Teacher Implementation **GUIDE**

## INTRODUCTION

1 Explain to your students that your class will be participating in Fuel Up Healthy, GO! where they will learn more about healthy behaviors of eating nutritiously and staying active.

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## DETAILS

2 The program is comprised of two components and can be integrated in your classroom at your desired pace.

### Component 1: Nutrition Education

Fun and concise lesson plans that can be taught in a 20-30 minute session. Presentation slides and a lesson script are provided for each lesson.

*Goal: Complete the first two lesson plans for your grade band or do all five. Lesson plans build off each other and should be taught in numerical order.*

### Component 2: Physical Activity

Complete fun movement breaks as a class or challenge your students to try new activities. Four options will be available to select from.

*Goal: Choose two activities for your class to complete.*



**ACCESS PROGRAM MATERIALS HERE**

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## SUBMISSION & PRIZES

3 Complete this form to report your participation by April 30th. Prizes will be delivered in May.



NORTHERN NEVADA  
**Public Health**