CANFit Materials Description
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LESSON PLANS & CURRICULA

Super Manual
This all-in-one resource is perfect for after-school providers, teachers, program managers, mentors, and any youth service provider who wants to incorporate nutrition education and physical activity into their everyday programming. From basic background information to detailed lesson plans, handouts, and recipes, the Super Manual has it all. The 135-page guide contains program ideas, tips on evaluation, assessment tools, curriculum standards, and 25 different nutrition and physical activity lesson plans that are contemporary, educational, and best of all, fun! Comes in a three-ring binder or without.

CANFit Recipes for Success Nutrition and Physical Activity Program for Youth
Comprehensive how-to manual for implementing a nutrition and physical activity promotion project in your organization. The manual outlines nine steps for implementing your project and keeping it successful. This manual is your comprehensive guide for starting a new project, improving your current project, or overhauling an outdated program so that it appeals to multi-ethnic youth.

Teen Activity Project Workbook
Information sheets, games and forms used in a ten-week elective or after-school nutrition and fitness class for middle school girls. Weekly topics include:
1. Warm-up/Stretching & Nutrition Myths
2. Heart Health, Food Guide & Activity Pyramids
3. Muscular Strength, Endurance & Balancing Food Choices
4. Optimal Body Composition, Weight Management & Low-fat Eating
5. Body Image, Self Esteem, Fad Diets, & Eating Disorders
6. Food Labels & Healthy Snacking
7. Bone Health & Healthy Choices for Breakfast
8. Relaxation, Stress Management, & Healthy Choices for School Lunch
9. Maintaining Active Lifestyles & Eating Out
10. TAP Café and Dance Performance
Developed by students and staff at Culver City Middle School, Culver City, CA with the Culver City Youth Health Center and the Pacific Institute for Women’s Health (CANFit Grant # IL05-96).

Science and Math Lesson Plans
Five science and five math lesson plans (in English) are designed for use in the Nutrition and Physical Activity Unit of a middle school curriculum. Each lesson plan contains background information, learner expectations, a complete outline, homework, plus printed materials for use by students. Science topics include:
1. Introduction to Nutrition -
   The Food Guide Pyramid; food record homework; pre-session survey
2. Digestive System -
   Organs involved in the process of digestion; how digestion relates to food and nutrition; simple vs. complex carbohydrates
3. Fast Food: What's In It for You -
   Fast food nutrition; diet and exercise; choosing and analyzing fast foods.
4. Find Out for Yourself -
   Influences on food choices (ads, labels); counting fat grams; refined and unrefined foods
5. Burn a Potato -
   Burning calories; the high financial and caloric costs of fast food
Math topics include:
1. Serving Sizes - Nutrition quiz; food record; daily food guide (addition)
2. Nutrients - Calculating percent of calories from macro nutrients (addition, multiplication)
3. Daily Values - Reading food labels; calculating “percent daily value” for various nutrients (percentage, multiplication, division)
4. Fast Food - Calculating percent of calories from fat for foods from different fast food restaurants (percentage, multiplication, division)
5. Energy Requirements - Ideal body weight; daily calorie needs for various activity levels; energy expenditure (percentage, addition, subtraction)

Developed by Colton Middle School students and staff in Colton, CA, with the San Bernardino County Department of Public Health Nutrition Program’s Goal for Health Project (CANFit Grant # IS01-95).

Filipino-American Nutrition and Fitness: A Guide for Working with Middle School Teens
This curriculum guide features nine lesson plans for interactive exercises to teach middle school students (grades 7-9) about nutrition and fitness. Each lesson plan includes background information for instructors on the following topics, followed by group activities that focus on behavior change:
1. Introduction to the NUTRI-FIT Project
2. Food, Nutrients and Your Body
3. The Food Guide Pyramid
4. The Filipino Daily Food Guide
5. Balanced Meal
6. Food and Fat – You Are What You Eat
7. Reading Food Labels
8. Modified Filipino Dishes
9. Healthy Food Choices

Developed by students and staff at Chula Vista Junior High School with Kalusugan Community Services, San Diego, CA (CANFit Grant # IS02-96).

Filipino-American Nutrition and Fitness: A Guide for Use with Elementary School Children
This curriculum guide features eight lesson plans for interactive exercises to teach upper elementary school students (grades 4-6) about nutrition and fitness. Each lesson plan includes background information for instructors on the following topics, followed by group activities that focus on behavior change. In addition, the guide features information on Filipino traditional foods, games and dances.
1. Introduction to the NUTRI-FIT Project
2. Nutrients and the Body
3. The Food Guide Pyramid
4. Importance of Fitness and Exercise
5. Fun Cooking for Healthy Kids
6. Food Choices in Restaurants and at Home
7. Reading Food Labels
8. Dental Caries and Food-Related Illnesses

Developed by students and staff at Chula Vista Junior High School with Kalusugan Community Services, San Diego, CA (CANFit Grant # IS02-96).

Filipino-American Nutrition and Fitness: A Guide for Teachers
A guide to inform educators about the demographics, dietary practices, games and dances of Filipino Americans. Appropriate for use in professional development programs, the guide also includes a glossary of Filipino-American Food Terms and Cooking Methods, modified recipes for traditional Filipino-American foods, and pre- and post-tests for teacher audiences. Chapters include information, photos and review questions on the following topics:
1. Description of the Filipino-American Population
2. Learning About Foods of Many Cultures
3. Nutrition and Physical Activity Assessment of Filipino-American Youth
4. The Nutri-Fit Project
5. Traditional Filipino Diet and Foods
6. Filipino-American Dietary Practices
7. Strategies for Improving Filipino-American Dietary Practices
8. Project SPARK (Sports, Play and Active Recreation for Kids)
9. Increasing Physical Activity at Home and Outdoors
10. Philippine Games and Dances

Developed by the staff of Kalusugan Community Services, San Diego, CA (CANFit Grant # IS02-96).

Filipino-American Nutrition and Fitness: A Guide for Parents
A curriculum guide designed to enlighten parents about issues facing Filipino-Americans and provide them with guidance on improving their nutrition and physical fitness as well as their children's. Field tested in workshops for parents of elementary and middle school students, the guide can also be used as a self-study program and includes a glossary, recipes, and pre- and post-tests. Corresponds with Teachers Guide and Guide for Working with Middle School Students. Chapters include:
1. Description of the Filipino-American population
2. The Nutri-Fit Project
3. What do Filipino-American children eat and are they active?
4. Good nutrition: How Filipino-American parents can encourage Filipino-American children
5. Increasing physical activity at home and outdoors
6. What to do to improve your Filipino-American dietary practices
7. Modifying recipes to make them heart healthy
8. Nutritious Snacks
9. Food Safety
10. On being a Filipino parent
11. Exercise: Live an active life!
12. Answers to common health questions
Developed by the staff of Kalusugan Community Services, San Diego, CA (CANFit Grant # IS02-96).

**Nutrition Fitness Teaching Module for Korean Language Schools**
This 60 page module was developed to be used in conjunction with Korean language classes. It use nutrition and physical activity information, recipes, and interactive games as a method to teach the Korean Language.
The curriculum, “Korean Food and Nutrition” developed by KHEIR, Los Angeles, CA (CANFit Grant # IS14-96)

**POSTERS, FLYERS, & BOOKLETS**

**Native American Food Pyramid**
Color poster (8.5" x 11") showing how traditional Southern California American Indian foods fit into the Food Guide Pyramid guidance structure.
Developed by youth in the Healthy Lives CANFit for Kids Project from the Pauma and Pala Indian Reservations in northern San Diego County with staff from the Escondido Community Health Center (CANFit Grant # IS11-95).

**Power Pyramid**
Color poster (8.5" x 14") featuring the Food Guide Pyramid plus sample meals and snacks for young athletes. Printed in English on one side, Spanish on the other.
Developed by Colton Youth Soccer Organization participants in Colton, CA, with the San Bernardino County Department of Public Health Nutrition Program (CANFit Grant # IS01-95).

**Get into Action with Power Snacks**
A two-sided information sheet (black and white, 8.5" x 11") on eating before and after exercise, targeted to teens and pre-adolescents. Separate versions in Spanish and English.
Developed by Colton Youth Soccer Organization participants in Colton, CA, with the San Bernardino County Department of Public Health Nutrition Program (CANFit Grant # IS01-95).

**Fast Food Survival Guide**
This 30-page little booklet (3.5" x 5") is packed with nutrition messages and nutrition information from popular fast food restaurants. With graphic appeal, it is designed to help adolescents evaluate fast food choices before purchasing or preparing their own meals and snacks.
Developed by Colton Youth Soccer Organization participants in Colton, CA, with staff from the San Bernardino County Department of Public Health Nutrition Program’s Goal for Health Project (CANFit Grant # IS01-95).

**Leche semi-descremada 1% (1% low-fat milk campaign)**
Brightly colored Spanish language mini-poster (or refrigerator card) lists health advantages of drinking 1% milk, includes 2 recipes on the back. (Flan with fruit and Licuado Tropical)
**RECIPES**

**Eat to Compete with Power Foods**
This collection of seven high-carbohydrate recipes features step-by-step illustrations for kids and parents to use while cooking together. Other features: information on nutrition, food and kitchen safety, and measuring accurately. Recipes include:
1. Fruit and Cereal Power
2. French Toast
3. Fruit and Peanut Butter Sandwiches
4. Fruit Train
5. Power Shake
6. Power Pizza
7. Roll Your Own Burrito

Developed by Colton Youth Soccer Organization participants in Colton, CA, with the San Bernardino County Department of Public Health Nutrition Program (CANFit Grant # IS01-95).

**Project FLASH: Recipes for Health, Filipino-American Style – The Guide for Food Service Supervisors in School Lunch Programs**
This collection of six quantity recipes is geared toward food service supervisors serving children in school lunch programs. The recipes are for traditional Filipino foods and were modified to reduce fat, limit sodium, increase fruit and vegetable intake, and expose children from all cultures to favorite Filipino foods. Recipes (complete with nutrient analysis) are for 50 and 100 portions and were field-tested in school kitchens and taste-tested by schoolchildren.
1. Chicken Adobo (marinated and simmered chicken)
2. Pancit (seasoned noodles)
3. Apritada (pork and vegetable stew)
4. Sauteed Vegetables and Chicken
5. Filipino Fruit Salad
6. Ube Cake (purple yam)

Developed by the staff of Kalusugan Community Services, San Diego, CA (CANFit Grant # IS02-96).

**OTHER MATERIALS**

**P.H.A.T. Multimedia Package**
A video which takes a unique look at nutrition and physical activity issues from the perspective of youth, local hip-hop talent, and sports celebrities and includes a 40-minute instructional hip-hop dance routine; a music cd that features 7 original tracks and a 10-minute workout mix; and a guidebook filled with 36 pages of information, resources, and activities.

**Food for Thought DVD**
A DVD that acts as a discussion generator on Obesity and Diabetes Prevention in Communities of Color. Describes efforts on this topic from the perspectives of ethnic communities in California. (May not play on older DVD players.)
Working Paper: Promoting Health and Preventing Obesity in After School Programs: Critical Issues to Consider

Many after school programs miss the opportunity to provide healthy eating and physical activity experiences to youth. In this working paper, CANFit examines opportunities for after school programs to help address the physical activity and nutrition needs of middle school-aged youth of color. (Download available on Resources page of www.canfit.org.)

Recetas para el Exito (Recipes for Success)
Spanish-language manual that is a practical "how-to" guide for those wanting to create a nutrition and physical activity project for adolescents. (Download available on Resources page of www.canfit.org.)

Research Paper: Development and implementation of a school-based nutrition and fitness promotion program for ethnically diverse middle school girls

This research paper summarizes the findings from focus group discussions held with predominantly African-American and Latina adolescent girls and mothers recruited through the Culver City Youth Health Center at Culver City Middle School in Culver City, CA. The paper also describes the TAP Program designed to address the need for culturally appropriate physical activities for girls, as reported in the findings.

Written by the staff of the Pacific Institute for Women’s Health (CANFit Grant # IL05-96).

A Road Map to Promoting Nutrition & Physical Activity in Youth Sports League

This how-to-guide can be used by anyone interested in promoting nutrition and physical activity within youth sports leagues and youth-oriented organizations. This road map provides information on how to promote physical activity and optimal nutrition for young athletes to achieve peak performance. The Goal for Health Project is used to provide ideas of activities that can be conducted within youth sports leagues, and therefore can serve as a basis for:
1. Sharing the lessons from the Goal for Health Project so others can implement a similar project
2. Distributing the strategies used in this project throughout other communities
3. Providing a model for how to share project ideas with others

CANFit Cultural Needs Assessment Guide

This 63-page guide describes the process of designing a culturally relevant nutrition and physical activity needs assessment for youth, providing detailed examples of effective assessments and the process by which interventions can be developed. The section on tailoring surveys is divided into Asian American, African American, American Indian, and Latino categories.

CANFit Program Information Packet

Comprehensive packet that includes the CANFit Program brochure, program information, and current instructional materials and literature available. Includes material order form.

CANFit Connection Newsletter

A quarterly newsletter published by CANFit that contains columns on adolescent nutrition, physical activity, healthy snacks, and upcoming workshops and training sessions.