

**Eastern Illinois University**

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**From the Selected Works of Melanie Burns**

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## Review of educational materials: Let's Get Moving with Exercise and Healthy Foods and Let's Get Moving with Healthy Snacks and Play

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Let's Get Moving with Exercise and Healthy Foods and Let's Get Moving with Healthy Snacks and Play. Division of Early Childhood, Youth and Women's Health, Philadelphia Department of Public Health, 2002. From Division of Early Childhood, Youth and Women's Health, Philadelphia Department of Public Health, 1101 Market St, 9<sup>th</sup> Fl, Philadelphia, PA 19107, (215) 685-5263, curriculum and videotape, 18 pp, \$50.00 for the kit (includes the video, 3 Healthy Snacks and Play booklets, a pad of shopping lists, 2 posters, and 8 lesson plans).

The purpose of the Let's Get Moving curriculum is to educate 3<sup>rd</sup>- to 5<sup>th</sup>-grade schoolchildren on the importance of eating healthfully and being physically active. Eight copy-ready lesson plans accompany the Let's Get Moving videotape, posters, and snack booklet. Get your students moving and eating nutritiously before you know it! Let's Get Moving provides a variety of instructional materials to motivate grade-school children to choose healthful foods and be more physically active. This nutrition education curriculum includes 8 short lesson plans, 2 healthful snack booklets, several copies of a healthy snack shopping list, an exercise and healthful food videotape, and a motivational poster. The lesson plans include objectives, materials to be used, a description of the activities, and take-home materials for the students. The fun-filled videotape is a 22-minute teaching tool that includes making healthful food choices, an aerobics class, and tips to improve nutritional status. The program components have fun and eye-catching graphics that appeal to children. The curricular components of Let's Get Moving are designed to assist the student in achieving the measurable objectives. Each detailed lesson plan includes planned activities with the necessary worksheets and handouts provided. The take-home activities reinforce the content and could facilitate parental involvement. The videotape could be used in one or more of the lessons, whereas the colorful poster could be used to stimulate discussion. Additional resources are provided at the end of each lesson. Overall, the versatility of the Let's Get Moving curriculum is evident in its ability to be adapted to a variety of settings. If needed, nutrition educators could quickly adapt the "ready-made" lessons, or just use the videotape alone, and provide effective education as an after-school program in a community environment. The take-home materials, including the snacking booklet, allow students to practice the knowledge gained and facilitate family involvement after completing the program.

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