

## Middle School Planner

Subject area	Lesson	Lesson type	Page number	Lesson teacher	Grade		
					Sixth	Seventh	Eighth
Section 2 Classroom Lessons							
Part I Foundation Lessons for Students	1 Do you Make Space for Fitness and Nutrition?		25				
	2 Power Down: Charting Screen Time	Lifestyle	54				
Part II Language Arts	3 Food Power	Balanced diet	71				
	4 Carbohydrate: Energy Food	Balanced diet	89				
	5 The Language of Food	Fruits and vegetables	105				
	6 Keep It Local	Fruits and vegetables	113				
	7 Write a Fable: Important Messages About Activity	Activity	120				
	8 Go for the Goal	Activity	131				
	9 Lifetime Physical Activities: Research One, Describe One, Try One!	Lifestyle	137				
	10 Choosing Healthy Foods	Lifestyle	144				
Part III Math	11 Problem Solving: Making Healthy Choices	Balanced diet	153				
	12 Figuring Out Fat	Balanced diet	169				
	13 Looking for Patterns: What's for Lunch?	Balanced diet	179				

From J. Carter, J. Wiecha, K. Peterson, S. Nobrega, and S. Gortmaker, 2007, *Planet Health*, 2nd ed. (Champaign, IL: Human Kinetics).

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	14 Apples, Oranges, and Zucchini: An Algebra Party	Fruits and vegetables	200				
	15 Plotting Coordinate Graphs: What Does Your Day Look Like?	Activity	204				
	16 Survey the Class	Activity	216				
	17 Circle Graphs: Where Did the Day Go?	Lifestyle	222				
	18 Energy Equations	Lifestyle	233				
Part IV Science	19 Passing the Sugar	Balanced diet	243				
	20 Mighty Minerals: Calcium and Iron	Balanced diet	259				
	21 Fat Functions	Balanced diet	282				
	22 Smart Snacks	Balanced diet	294				
	23 The Plants We Eat	Fruits and vegetables	311				
	24 Foods for Energy	Activity	325				
	25 Muscle Mysteries	Activity	337				
	26 The Human Heart	Lifestyle	351				
	27 How Far Can You Jump?	Lifestyle	360				
Part V Social Studies	28 Food Through the Ages	Balanced diet	371				
	29 Democracy and Diet	Balanced diet	382				
	30 Global Foods	Fruits and vegetables	391				

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	33 Free to Be Fit	Activity	421				
	34 Impact of Technology	Lifestyle	426				
	35 Food Rituals and Society	Lifestyle	437				
Section 3 Physical Education Microunits							
Part VI Introducing Exercise and Fitness	1 Thinking About Activity, Exercise, and Fitness		453				
	2 Warm Up Before You Exercise		456				
	3 Cool Down After You Exercise		458				
Part VII FitCheck	4 Charting Your FitScore, Fit ★ Score, and SitScore		471				
	5 What Could You Do Instead of Watching TV?		474				
	6 Making Time to Stay Fit		476				
	7 Setting Goals for Personal Fitness		479				
	8 Let's Get Started on Being Fit		485				
Part VIII Getting Started	9 More About the Three Areas of Physical Fitness		488				

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	11 Choose Activities You Think Are Fun		493				
	12 How Often Should I Exercise?		495				
Part IX Improving Fitness	13 Improving Cardiorespiratory Endurance		501				
	14 Improving Muscular Strength		504				
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	17 Knowing Your Resting Heart Rate		513				
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Subject area	Lesson	Lesson type	Page number	Lesson teacher	Grade		
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	28 Running, jogging, and Fitness Walking		547				
	29 Swimming		549				
	30 Cycling		551				
	31 Yoga		554				

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