

**Available NOW! Attention all Allen County First Grade classrooms**

# **GIVE ME FIVE**

**An innovative way to learn about healthy choices and prevent childhood obesity**

## **What is Give Me Five?**

**Give Me Five is...***designed to reduce childhood obesity through education, physical activity and nutrition*

**Give Me Five begins...**with a 30 minute planetarium show of THE CELL. Children become a type of food, enter the planetarium through the “esophagus” and discover what happens to food in a cell and learn how our cells depend on us to keep them healthy and strong. The planetarium requires a 21x 21 space, 11 foot ceiling and a grounded electrical outlet. **You will receive a Teacher Resource Notebook today! Book NOW!!**

[www.lima.ohio-state.edu/academics/outreach/](http://www.lima.ohio-state.edu/academics/outreach/)

**What’s next? All teachers that agree to participate in Give Me Five...** Agree to take the healthy choice challenge! Three classroom designed 6 week healthy challenges from either nutrition or physical activity choices. Spend 5 minutes a day on physical or nutrition challenges found in the **Teacher’s Resource Notebook** . The Notebook is packed with ideas, coloring sheets, games, lessons, suggestions, curriculum alignment and classroom supplies. CDs for physical activities are provided!! And, you’ll receive USDA food pyramid charts and websites. Students receive a coloring book and we will provide you with a parent letter to explain the program. We’ll help you achieve the challenge!! Everyone wins and kids will be healthier!!

**RECEIVE your reward!!! Achieving each challenge results in an award.**

- **Mail (or e mail) the WE DID IT! Certificate to receive the nutrition award (worth \$10)**
- **Mail (or e mail) the WE DID IT! Certificate to receive the fitness award (worth \$15)**
- **All classes will be visited by a dietician and a Girl Scout representative when you meet your first two challenges!!!**
- The final six week challenge results in either a **\$20 gift card or FREE admission to Farm Discovery Days**, a \$25 value!! Farm Discovery Days are April 15<sup>th</sup> and 16<sup>th</sup>, 2008 at the Fair Grounds. **SO BOOK NOW** to meet the April challenge!!!

**The cost?** A one time \$25 co-pay--but you receive over \$45 in merchandise and funds or admission in return.

**All materials are aligned to curriculum standards and school wellness plans (see our website for alignment information!!)**

**We’re excited! Schedule today!!!!**

Call Sara Newman 995-8064, [newman.95@osu.edu](mailto:newman.95@osu.edu) ; or schedule on line-(WEBSITE)

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