



# School Guide

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Dear Educator:

One of the hardest challenges of being an educator is finding creative ways to make a strong impact on young, impressionable minds. March of Dimes *Change for America's Babies* school guide can help.

This curriculum is a fun, innovative and easy way to:

- Promote healthy eating and exercise
- Provide valuable lessons about teamwork and helping others
- Support the March of Dimes mission to help babies get a healthy start

It provides:

- Teacher-approved materials that convey important age-appropriate health messages
- Opportunities to fulfill curriculum requirements that follow National Education Standards
- Meaningful service learning and community service activities that are also fun
- Instruction and activities that fulfill school wellness policies

The *Change for America's Babies* school guide will help you convey to students the importance of taking care of themselves, and volunteering their time while raising funds that help babies be born healthy. It's a great way to bring students together in the classroom, the school and in their community.

Sincerely,

March of Dimes Elementary School Advisory Committee

**CHANGE**  
for America's  
**Babies**



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## Quick Reference

### What is the March of Dimes?

It's a long-standing, highly respected nonprofit health organization that's leading the way in the fight to save babies from premature birth — the #1 cause of newborn death. Every year, more than half a million babies are born prematurely — and the number is increasing. The March of Dimes is funding research to find out why premature birth happens and what can be done to stop it. Our advocacy efforts in state and federal government are seeking expanded health coverage for mothers and babies. Our community programs are educating women about the signs of preterm labor and what to do if they have them. With your support, there's hope we will defeat premature birth and other threats to babies.

### What is *Change for America's Babies* school guide?

*Change for America's Babies* school guide is an easy to use, innovative and fun curriculum for K through 5. It will help you educate students about how to be healthy inside and out — through diet, exercise and volunteering to help babies be born healthy.

### Why is it so important?

The March of Dimes is here for all babies, especially those who need our help.

- More than half a million babies are born prematurely
- Babies born premature often face lasting disabilities such as cerebral palsy, mental retardation and learning problems, chronic lung disease, and vision and hearing problems
- More than 120,000 babies are born with birth defects

### What are the benefits of getting all your students involved?

- Youth who volunteer just one hour a week are 50 percent less likely to abuse drugs, alcohol, cigarettes or engage in destructive behavior. (Search Institute, 1995)
- Youth who volunteer are more likely to do well in school, graduate, vote and be philanthropic. (UCLA/Higher Education Research Institute, 1991)
- Students better understand the seriousness of preterm birth and the importance of healthy eating and exercise
- Students learn to set and achieve goals, and discover that they can make an impact in their community
- Everyone has fun!

### How does it benefit your school?

- Provides students a terrific way to learn about volunteering
- Rallies the students, parents, school and community around a fun-filled activity
- Extends healthy eating and exercise lessons into the classroom

You've been helped by the March of Dimes if:

- You've received a polio vaccine.
- Your baby or someone you know received lung surfactant therapy to treat respiratory distress syndrome.
- You're aware that alcohol, street drugs and tobacco use during pregnancy may cause serious birth defects.
- You're aware that folic acid may help prevent neural tube defects of the brain and spinal cord.
- You know the signs of preterm labor and what to do if they happen.

### Testimonials

"I've taught students for 36 years. This curriculum makes it really easy to show kids the value of a healthy lifestyle for themselves and their community."

Rose P.

New York, New York

"We have completed our coin fundraiser with the largest collection of coins I've ever seen. I have had so many positive remarks about this year's campaign. It has been our greatest March of Dimes fundraiser ever!"

Sharla H.

Dover, Arkansas



# IT'S EASY TO MAKE CHANGE...

## What's in this kit?

### Healthy Eating Lesson Plans & Activities

#### Lesson Plans

- What Food Group? (K-2)
- The Food Pyramid (3-5)
- Obesity (3-5)

#### Activities

- What Prematurity Looks Like
- Coin Collection for Premature Babies Assessment, National Standards, References

### Get Fit Lesson Plan & Activities

#### Lesson Plan

- Why Does Exercise Matter? (K-2) (3-5)

#### Activities

- Breathing Through a Straw
- Mile of Dimes®

#### Assessment, National Standards, References

### Fundraising Ideas & Resources

A sample coin collection box

A wall poster to track your efforts

100 flyers & 50 stickers

Registration form & Donation form

Your "Guide to Making Change"

A CD with all the resources you need:

- Letter to parents & Superintendent/Principal
- Registration form, Order form & Donation form
- Additional fundraising ideas & resources
- Canister Wrapper
- Poster
- Wall tracker
- Certificate

## Questions?

Email: [change@marchofdimes.com](mailto:change@marchofdimes.com)

Call: (914) 997-4541

Visit: [marchofdimes.com/change](http://marchofdimes.com/change)

## Here's how to participate in *Change for America's Babies*

**STEP 1:** Get approval from your principal or superintendent (a template letter can be found on the CD included in your kit)

**STEP 2:** Share these resources with other teachers to get them involved (appoint a main coordinator)

**STEP 3:** Sign up by completing the enclosed registration form

**STEP 4:** Use the enclosed lesson plans and activities in your class

**STEP 5:** Decide how your students are going to raise money

**STEP 6:** Download the materials you plan to use from the CD enclosed in this kit

**STEP 7:** Order your coin collection boxes and stickers (a limited amount of materials are available free of charge)

- a. Order by email: [change@marchofdimes.com](mailto:change@marchofdimes.com)
- b. Order from your local March of Dimes chapter
- c. Order by phone: (914) 997-4541

**STEP 8:** Sign, copy and send home a letter to parents (template can be found on the CD included in your kit)

**STEP 9:** Have fun with *Change for America's Babies!*

**STEP 10:** Complete your donation form and send it in with your donations (completing the donation form will ensure your school receives proper recognition for your fundraising efforts)

## What to do with your donations:

At the end of your event(s), fill out your Donation form. Be sure to include proof of your online and Coinstar® donations when sending in your form. All Donation Forms should be sent to:

Change @ March of Dimes  
1275 Mamaroneck Avenue  
White Plains, NY 10605

1. By check — make checks payable to *March of Dimes*. Be sure to include your school name on the check
2. Online — go to [marchofdimes.com/change](http://marchofdimes.com/change) and make your donation (be sure to print proof of your online donations)
3. Local chapter — find your local chapter at [marchofdimes.com/change](http://marchofdimes.com/change)
4. Coinstar® Center — to find your local participating Coinstar Center, visit [marchofdimes.com/change](http://marchofdimes.com/change)



# Healthy Eating

## Lesson Plans

- What Food Group? (K-2)
- The Food Pyramid (3-5)
- Obesity (3-5)

## Activities

- What prematurity looks like (K-2) (3-5)
- Coin collection activities (K-2) (3-5)

## Brief Description

This lesson plan will focus on the importance of eating a nutritious, healthy diet that includes all major food groups.

## Learning Objectives

- Students will learn how what they eat contributes to how they feel, how much energy they have, and how well they sleep.
- Students will learn what they can do to help others live a healthy life.

## Key Words

Nutrition, healthy diet, junk food, nutrients, food pyramid, obesity

## Materials Needed

- Copies of the Food Pyramid images: <http://teammnutrition.usda.gov/kids-pyramid.html>
- My Pyramid Food Intake Patterns: <http://www.mypyramid.gov/professionals/index.html>
- Pictures of food and/or labels from foods at home (children to supply)
- Tape or glue sticks
- Containers for collecting coins (coffee can, milk box, etc) or pre-made coin boxes from the March of Dimes
- Photos of premature and healthy babies, ring, paper clip (regular not jumbo)
- Sugar, teaspoon, cup, and can or bottle of soda
- Seeds, soil, small pots or cups for planting (optional)

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# Healthy Eating Lesson Plans

## What Food Group? (K-2)

1. Ask students to bring in magazine pictures and/or labels from different foods at home. Create a large food pyramid on the classroom wall (using poster paper, a drawing on a chalk board, or reproduce a large image of the Food Pyramid: [www.mypyramid.gov](http://www.mypyramid.gov)). Ask what type of food they found: grain, vegetable, fruit, oil, milk or meat? Using tape or glue, have students place their food pictures in the appropriate part of the pyramid.
2. Discuss meaning of food portions. Ask why the oil category is so small compared to the others. Ask them to imagine drinking a whole glass of oil (instead of milk). Talk about how too much oil (and other fats) can be unhealthy and lead to excessive weight gain. Mention the daily requirements for specific age groups. (See MyPyramid Food Intake Patterns handout at: <http://www.mypyramid.gov/professionals/index.html> )
3. Create a class wall chart with one column labeled *Healthy Eating* and the other labeled *Junk Food*. Have students place pictures of foods into the columns and discuss results.

### Define *Healthy Eating*:

- A diet that emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products;
- includes lean meats, poultry, fish, beans, eggs, and nuts; and
- is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.

### List some of the benefits of *Healthy Eating*:

- feel better, look better, perform better in school
- shiny hair, strong teeth, good muscle tone, clear skin
- energetic, alert, able to sleep well

### Define *Junk Food*:

Foods that have little to no nutritious value but that are typically high in calories:

- Sugared sodas and juices
- Candy and sugared gum
- Oily potato chips, fat-filled cookies, etc.

### List some of the harmful effects of *Junk Food*:

- Lack of energy, poor concentration
- Weight gain, potentially leading to obesity
- High blood pressure, stroke, heart disease

Explain that all people need to eat a healthy diet, especially when they are young and their bodies are growing.

Ask students to think about their choices for school lunch and morning snacks — what is a healthy choice? Examples include:

- Use skim or 1% instead of whole milk
- Drink fruit juices made from real fruit, rather than soda
- Eat an apple, raisins, grapes, carrots or other fruit/vegetable snacks instead of chips

### Classroom demonstration activity (10 minutes)

A 12 oz can of soda contains 40 grams of sugar or 10 teaspoons and contains approximately 150 calories. A 20 oz bottle contains 70 grams of sugar or 17 tsp and 250 calories. Measure into a cup the sugar equivalent of a can or bottle of soda and show to class. Discuss reactions.

### Classroom demonstration activity (3-5 days)

To further exemplify the importance of a healthy diet to a growing body, have the students plant seeds in two different pots – one labeled “healthy diet” the other labeled “junk food”. Over the next week, keep the “healthy diet” pot moist with water. Keep the “junk food” pot moist with sugared (non diet) soda. As plants sprout, discuss the difference between the seeds that were fed pure water as compared to the seeds that were fed sugared soda.

## The Food Pyramid (Grades 3-5)

1. Distribute a copy of the Food Pyramid to each student. Discuss the food groups, including serving size for their age level:

**Grains** are vital for the health and maintenance of our bodies. *KEY MESSAGE: Your daily diet should include: whole grain bread, cereal, crackers, rice, or pasta.*

**Fruits and Vegetables** can help prevent heart disease, high blood pressure, diabetes, and cancer. Some examples of fruits and vegetables are: Dark green veggies, orange veggies, and dry beans and peas. *KEY MESSAGE: It's important to eat a variety of fruit and vegetables; go easy on fruit juices.*

**Milk and milk products** can reduce the risk of low bone mass throughout the life cycle. Nutrients in milk include calcium, potassium, vitamin D, and protein.

*KEY MESSAGE: Drink low-fat or fat-free milk. If you are lactose intolerant, drink lactose-free products or other sources of calcium.*

**Meat and Beans** are a source of many nutrients including protein. Proteins function as building blocks for bones, muscles, cartilage, skin, and blood. *KEY MESSAGE: Choose lean meat and poultry. Vary your diet with fish, beans, peas, nuts, and seeds.*

**Oils** are fats that are liquid at room temperature, like the vegetable oils used in cooking. Oils come from many different plants and from fish. *KEY MESSAGE: Make most of your fat choices from fish, nuts, and vegetable oils. Limit solid fats like butter, stick margarine, shortening, and lard.*

2. Explain that a balanced diet includes eating three meals a day. Ask students to record their meals for two days. Then compare them to the recommendations for their age. *KEY MESSAGE: Emphasize that it is especially important not to miss breakfast.*
3. Summarize the components of a healthy diet:
  - A diet that emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products;
  - includes lean meats, poultry, fish, beans, eggs, and nuts; and
  - is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.
4. Talk about how nutritional requirements vary from person to person, depending on age, sex, size, level of activity, and many other factors. Give examples of athletes (require more calories), children with diabetes (limited refined sugar), infants (only breast milk or formula), etc.

## Obesity (Grades 3-5)

1. Define Obesity:
  - Weight is 10 percent higher than what is recommended for age and height
  - May have reduced energy or interests and reluctance to enter into social relationships
  - Obsession with eating and/or food
  - Most commonly begins in childhood between the ages of 5 and 6, and during adolescence
2. Ask students to describe what can be done to prevent obesity:
  - Exercise
  - Healthy food choices
3. Discuss some ways that students can get help if they know or suspect a friend is obese (see additional references at the end of this section).
  - Talk to parents and family members
  - Ask physical education teacher or coach for information or help
  - Talk to a school guidance counselor
  - Speak with the school nurse



# Healthy Eating Activities

## Mission Awareness Activity: What Prematurity Looks Like

Time: 10-15 minutes

Purpose: To visually demonstrate prematurity and why being born too soon is a problem.

Materials: Photos of premature and healthy babies, ring, paper clip (regular not jumbo)

Instructions: Show photo comparisons of babies born prematurely (too soon, before 37 weeks of pregnancy) and babies born full term and healthy. Ask students to describe the differences in what they see in the pictures.

- Pass around some paper clips and ask students to imagine a baby so small that their foot is the size of the paper clip
- Pass around or show students a ring and ask them to imagine a baby so small that the ring fits around their whole arm or leg
- Ask students to find out from their parents how much they weighed when they were born. Ask if anyone in the room was born prematurely (too soon) or knows someone who was – and to tell their story, if they are comfortable talking about it. Ask students born prematurely to bring in photos.
- Connect the activity to the mission of the March of Dimes:

*The mission of the March of Dimes is to improve the health of babies by preventing birth defects, premature birth and infant mortality.*

Kids can help babies born too soon by raising money for the March of Dimes. The money is used to fund research, community services, education and advocacy initiatives that save babies.

## Service Learning and Fundraising Activity: Coin Collection for Premature Babies

Time: 1 week to 1 month

Purpose: To engage students in an activity that helps save babies from being born too soon

Materials: Containers for collecting coins (coffee can, milk box, etc) or premade coin boxes from the March of Dimes. Visit [www.marchofdimes.com/change](http://www.marchofdimes.com/change) for more information and resources.

Instructions: Ask students to collect coins that will help babies have the best chance at a healthy life.



## Healthy Eating Assessment (Grades 3-5)

1. What is a “healthy diet”?

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2. Which of the following is a fruit:

- Banana
- Apple
- Orange
- Grape
- All of the above

3. Which of the following is a vegetable:

- Chocolate
- Peanuts
- Roast beef
- Oil
- None of the above

4. Which one of these is not part of the recommended Food Pyramid:

- Whole grains
- Fruits and Vegetables
- Sweets
- Meat and Beans
- Not sure

5. What does the March of Dimes do?

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Note: Reproducible assessment sheets can be found on the CD included in your kit.

### Answer Key: Healthy Eating Assessment

1. The components of a healthy diet are:
  - A diet that emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products;
  - includes lean meats, poultry, fish, beans, eggs, and nuts; and
  - is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.
2. All of the above
3. None of the above
4. Sweets
5. The Mission of the March of Dimes is to improve the health of babies by preventing birth defects, premature birth, and infant mortality.



## National Standards

### National Health Education Standards

1. comprehend concepts related to health promotion and disease prevention to enhance health
2. analyze the influence of family, peers, culture, media, technology and other factors on health behaviors
5. demonstrate the ability to use decision-making skills to enhance health
7. demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks
8. demonstrate the ability to advocate for personal, family and community health

### National Standards for Family and Consumer Sciences Education

#### 14. Nutrition and Wellness

### Standards for the English Language Arts

7. conduct research on issues and interests by generating ideas and questions, by posing problems
12. use spoken, written and visual language to accomplish their own purposes (e.g., for learning, enjoyment, persuasion and the exchange of information).

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## Sources of Data for this Chapter

American Academy of Child and Adolescent Psychiatry  
March of Dimes  
March of Dimes Team Youth®  
US Department of Agriculture, Center for Nutrition  
Policy and Promotion, MyPyramid.gov

[aacap.org](http://aacap.org)  
[marchofdimes.com](http://marchofdimes.com)  
[marchofdimes.com/youth](http://marchofdimes.com/youth)  
[mypyramid.gov](http://mypyramid.gov)

## References for Kids

GirlsHealth.gov  
Healthy eating and active living for kids  
March of Dimes Team Youth:  
MyPyramid.gov for Kids  
Team Nutrition  
KidsHealth

[4girls.gov](http://4girls.gov)  
[Kidnetic.com](http://Kidnetic.com)  
[marchofdimes.com/youth](http://marchofdimes.com/youth)  
[mypyramid.gov/kids](http://mypyramid.gov/kids)  
[fns.usda.gov/tn/](http://fns.usda.gov/tn/)  
[kidshealth.org/kid/](http://kidshealth.org/kid/)

## References for Parents and Professionals

Action for Healthy Kids  
American Academy of Child and Adolescent Psychiatry  
March of Dimes (for parents and professionals):  
March of Dimes nacersano® (Spanish)  
Team Nutrition  
US Department of Agriculture, Center for Nutrition  
Policy and Promotion, MyPyramid.gov

[actionforhealthykids.org](http://actionforhealthykids.org)  
[aacap.org](http://aacap.org)  
[marchofdimes.com](http://marchofdimes.com)  
[nacersano.org](http://nacersano.org)  
[fns.usda.gov/tn/](http://fns.usda.gov/tn/)  
[mypyramid.gov/professionals](http://mypyramid.gov/professionals)



# Get Fit

## Lesson Plan

- Why Does Exercise Matter? (K-2) (3-5)

## Activities

- Breathing Through a Straw (K-2) (3-5)
- Mile of Dimes (K-2) (3-5)

## Brief Description

This lesson plan will focus on the importance of regular exercise to your health.

## Learning Objectives

- Students will learn how exercise contributes to how they feel, how much energy they have, and how well they sleep
- Students will engage in an activity that helps others live a healthy life

## Key Words

Exercise, energy, flexibility, physical fitness, physical play, activity, movement

## Materials Needed

- Paper and crayons or colored pens
- Coffee stirrers or straws
- Containers for collecting coins (coffee can, milk box, etc) or premade coin boxes from the March of Dimes

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# Get Fit Lesson Plans

## Why Does Exercise Matter? (K-2) (3-5)

1. Define exercise. Ask students to stand up and stretch. Then ask them to run in place (as they are able) or walk around the classroom. After they are seated again, ask them whether that activity counts as exercise. Have students name their favorite forms of exercise, and then least favorite forms. Create a class chart.
2. Explain how exercise helps your body. Exercise (physical movement or play):
  - Builds muscles and makes you stronger
  - Boosts your energy level and mood
  - Makes it easier to handle stress and feel better about yourself
  - Improves your flexibility so that you can move with ease
  - Promotes health now and in the future

*KEY MESSAGE: Kids should get some amount of exercise each day, (30-45 minutes) unless there is a physical or medical problem that affects the ability to exercise safely.*

3. What does Physical Fitness mean? Cover the following points:
  - You are physically fit when you look, feel and are able to do your best.
  - When you are physically fit you can do tasks full at energy, whether schoolwork or activities with family and friends.
  - Fitness also can influence how you feel emotionally and your ability to pay attention.
  - Physical movement and play are a basis for a healthy lifestyle.

*KEY MESSAGE: Regular exercise is part of a healthy lifestyle.*

4. What happens if you never get any exercise? Cover potential consequences:
  - Weight gain and obesity
  - Type 2 diabetes
  - High Blood Pressure
  - Vulnerability to other diseases

*KEY MESSAGE: Lack of exercise can cause health problems that stay with you through adulthood.*

5. Have students draw a picture or write a list of their favorite form of exercise. For older students, have them create an Action Plan for Weekly Exercise by listing what they will do Monday through Sunday and check off each one as it is done.



## Get Fit Activities

### Mission Awareness Activity: Breathing Through a Straw

Time: 5-15 minutes

Purpose: To give students an experience of what it is like to be born too soon (premature).

Materials: Small coffee stirrers or straws (one per participant)

Instructions: Hand out a stirrer to each student. Ask students to breathe through the straw for as long as they are able. Explain that the difficulty that they have breathing through the straw is what it is like for babies who are born too soon and with underdeveloped lungs to breathe. (NOTE: students who have medical issues may not be appropriate for this exercise.)

Connect the activity to the mission of the March of Dimes:

*The Mission of the March of Dimes is to improve the health of babies by preventing birth defects, premature birth, and infant mortality.*

Kids can help babies who are born too soon (and who have difficulty breathing) by raising money for the March of Dimes. The money is used to fund programs of research, community services, education, and advocacy.

### Service Learning and Fundraising Activity: Mile of Dimes®

Time: 1 week to 1 month

Purpose: To engage students in an activity that helps babies born too soon

Materials: Ribbon (measured out to 5,280 feet, which equals one mile), posters, and other materials to promote event. See Mile of Dimes step by step guide on the enclosed CD.

Instructions: Ask students to raise a Mile of Dimes by collecting dimes from their friends, neighbors, and family. Explain that if they collect enough dimes to create a full mile, they will have raised more than \$9,000 to help babies be born healthy.



## Get Fit Assessment (Grades 3-5)

1. Exercise can help: (check all that apply)
  - Make you stronger
  - Boost your energy level & mood
  - Make it easier to handle stress
  - Feel better about yourself
  - All of the above
  - Not sure
2. It is recommended that kids get exercise every day, unless there is a physical or medical problem that affects the ability to exercise safely
  - True
  - False
  - Not sure
3. What is the benefit of maintaining a healthy weight? (check all that apply)
  - Lowers your risk of illnesses
  - Increased energy
  - Increased confidence
  - Decreased stress
  - All of the above
  - Not sure
4. What are the consequences of not exercising at all? (check all that apply)
  - Weight gain
  - Obesity
  - Type 2 diabetes
  - High Blood Pressure
  - Vulnerability to other diseases
  - All of the above
  - Not sure
5. What does the March of Dimes do?  

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6. Breathing through a straw demonstrates:
  - How hard it is for babies with underdeveloped lungs to breathe
  - How physically fit you are
  - Why a straw is not a toy
  - Not sure

Note: Reproducible assessment sheets can be found on the CD included in your kit

### Answer Key: Get Fit Assessment

1. All of the above
2. True
3. All of the above
4. All of the above
5. The mission of the March of Dimes is to improve the health of babies by preventing birth defects, premature birth, and infant mortality.
6. How hard it is for babies with underdeveloped lungs to breathe



## National Standards

National Association for Sport and Physical Education

NPH.K-12.2 MOVEMENT CONCEPTS  
NPH.K-12.3 PHYSICAL ACTIVITY  
NPH.K-12.3 PHYSICAL ACTIVITY  
NPH.K-12.4 PHYSICAL FITNESS  
NPH.K-12.7 UNDERSTANDING CHALLENGE

National Health Education Standards

NPH-H.K-4.1 HEALTH PROMOTION AND DISEASE PREVENTION  
NPH-H.K-4.3 REDUCING HEALTH RISKS  
NPH-H.K-4.6 SETTING GOALS FOR GOOD HEALTH

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## Sources of Data for this Chapter

American Academy of Child and Adolescent Psychiatry  
GirlsHealth.gov  
March of Dimes  
March of Dimes Team Youth®  
Nemours Foundation: KidsHealth  
The President's Council on Physical Fitness and Sports

[aacap.org](http://aacap.org)  
[4girls.gov](http://4girls.gov)  
[marchofdimes.com](http://marchofdimes.com)  
[marchofdimes.com/youth](http://marchofdimes.com/youth)  
[kidshealth.org/parent](http://kidshealth.org/parent)  
[fitness.gov](http://fitness.gov)

## References for Kids

GirlsHealth.gov  
Healthy eating and active living for kids  
KidsHealth for Kids (Nemours Foundation)  
March of Dimes Team Youth

[4girls.gov](http://4girls.gov)  
[Kidnetic.com](http://Kidnetic.com)  
[kidshealth.org/kid/](http://kidshealth.org/kid/)  
[marchofdimes.com/youth](http://marchofdimes.com/youth)

## References for Parents and Professionals

American Alliance for Health, Physical Education,  
Recreation and Dance (AAHPERD)  
KidsHealth for Parents (Nemours Foundation)  
March of Dimes (for parents and professionals):  
March of Dimes Nacersano® (Spanish)  
The National Women's Health Information Center,  
US Department of Health and Human Services  
Office on Women's Health

[aahperd.org](http://aahperd.org)  
[kidshealth.org/parent](http://kidshealth.org/parent)  
[marchofdimes.com](http://marchofdimes.com)  
[nacersano.org](http://nacersano.org)  
  
[4woman.gov](http://4woman.gov)



## Fundraising Ideas

Here are just a few ideas about things you can do to make a *Change for America's Babies*.

All of these ideas can easily be adapted to meet the interests and abilities of your students.

- *Have students set a fundraising goal.* Make sure that it's realistic. Goals give everyone something to work towards. It adds to the team spirit.
- *Download a Change for America's Babies canister wrapper from your CD (or from [marchofdimes.com/change](http://marchofdimes.com/change)).* Have your students decorate a water jug for students' donations. Have students guess how much the container weighs. The student who is closest has his or her name read in the school's morning announcements.
- *Conduct a Mile of Dimes.* Find more details on how to conduct a Mile of Dimes on your CD or at [marchofdimes.com/change](http://marchofdimes.com/change)
- *Ask students to donate one week's allowance to Change for America's Babies.* Suggest that they can offer to do extra chores around the house in exchange for a donation.
- *Have students take home a Change for America's Babies box and ask the whole family to drop in change.*

You can find more fundraising ideas and resources on your CD or at [marchofdimes.com/change](http://marchofdimes.com/change).

**CHANGE**  
for America's  
**Babies**



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