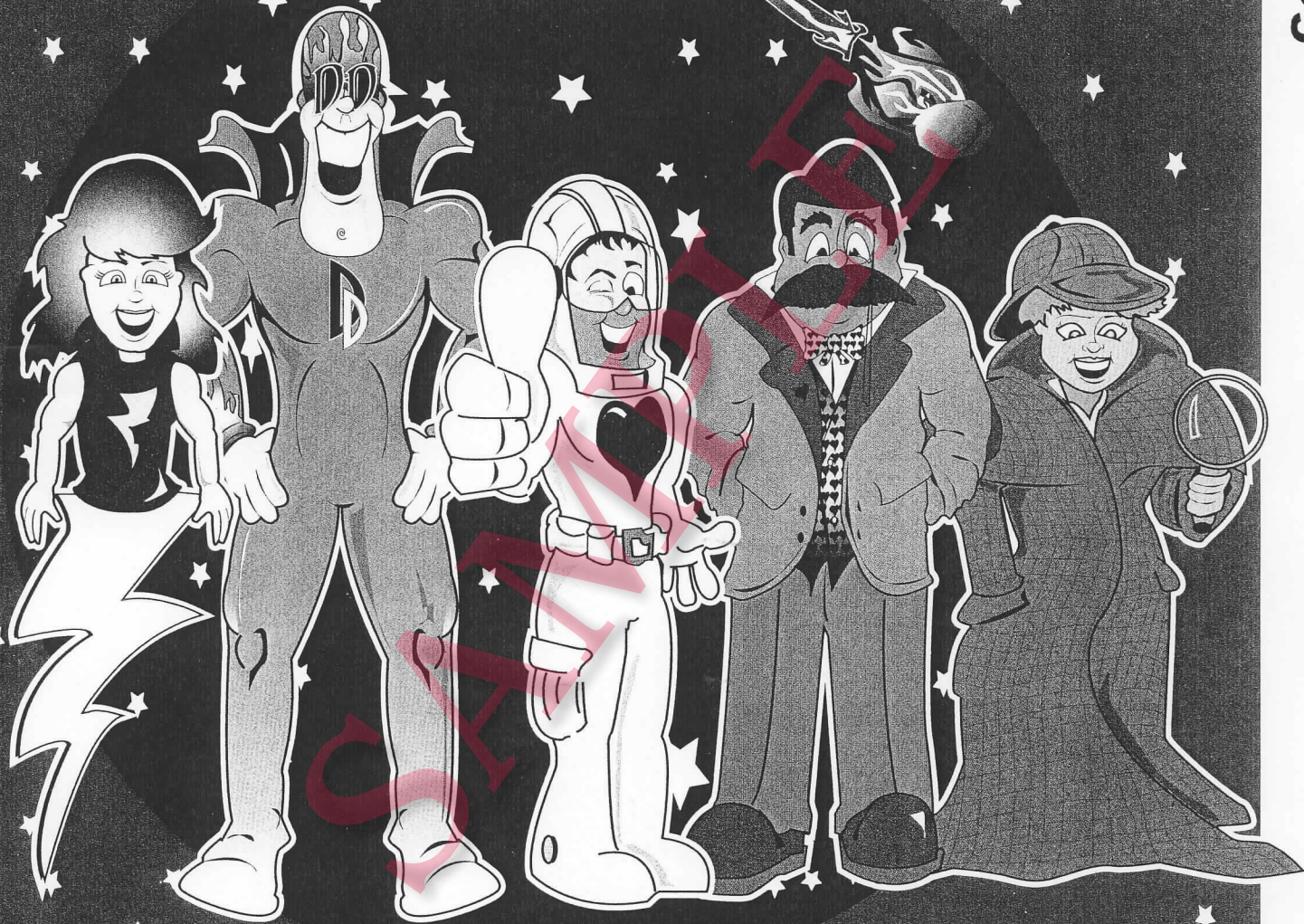


# HEARTY HEARTY & FRIENDS



## 3RD GRADE CURRICULUM



Go for Health Series



## Table of Contents

CATCH Intervention Programs .....	vii
Session 1: Hi There, Earthlings .....	9
Session 2: Hearty Goes on a Mission .....	25
Session 3: Cereal of the Stars .....	33
Session 4: Hearty and His Friends Land on Earth .....	41
Session 5: Hearty and Flash Meet Sittin' Sam .....	57
Session 6: Flash's Favorite Fast Food .....	71
Session 7: Hearty and Dynamite Meet Food Fat .....	79
Session 8: Hearty and Dynamite Meet Food Fat ... Again .....	93
Session 9: Dynamite Sticks .....	105
Session 10: Hearty and His Friends Learn about Salt and Sodium ...	113
Session 11: Hearty and His Friends Go on a Salt Search .....	131
Session 12: Hearty's Stellar Sundae .....	143
Session 13: Hearty Learns about Heart Health Around the World ...	151
Session 14: Hearty and His Friends Get Ready to Leave Earth .....	159
Session 15: Supersonic Soda and Popcorn Party .....	169
Family Component .....	182
Food Service Requisitions .....	223
FYI: For Your Information .....	229

# Introduction

## ♥ *Hearty Heart and Friends*

### *Hearty Heart Home Team*



#### I. Background of CATCH

The Child and Adolescent Trial for Cardiovascular Health (CATCH) was a multi-site research study that built on the significant progress that had been made in school health education in the 1980's and 1990's. During the past decade a revolution in school health research has taken place. The experimental designs now being used reflect behavioral models derived from social psychology. Prior to 1980, the goal of school health education programs was restricted to providing knowledge of physical and social well-being. Changes in behavior were at best an assumed consequence of greater knowledge of health.

The need to promote behavior changes related to school health programs was recognized in 1964, with the landmark Surgeon General's Report on the health consequences of cigarette smoking. The significant reductions of adult smoking noted in the 1970's were not paralleled by reductions in smoking rates among adolescents. This continues to be the case even in to the 21<sup>st</sup> century.

Therefore, CATCH was designed as a research study with the goal of demonstrating the effectiveness of school health education for motivating healthier behavior among children. The curricula that was developed for CATCH provide skills training in healthier eating, physical activity, and non-smoking patterns.

CATCH was implemented and evaluated in four regional sites by researchers at Tulane University School of Public Health and Tropical Medicine – New Orleans, University of California – San Diego, University of Minnesota –

Minneapolis, and University of Texas – Houston, among school populations in those regions that included a large number of multi-cultural students representing the greater United States school population.

CATCH set as its goal to change policies and practices of schools in order to effect changes in health risk factors and risk-related behaviors. These changes, if spread across the entire population of children and maintained, should have a substantial impact on subsequent disease rates in the United States.

## II. Curriculum Outcomes

Students will be able to identify and understand the major concepts of the **Hearty Heart and Friends/Hearty Heart Home Team** curriculum, including identifying lower-fat and lower-sodium foods as the most healthful foods to eat and identifying regular “active” exercise as the most healthful physical activity.

## III. Curriculum Description

### A. Theory

The **Hearty Heart and Friends/Hearty Heart Home Team** curriculum is based on social learning theory, which suggests that most health behaviors are social behaviors that are learned in a social context. The curriculum targets changes in specific environmental, personal, and behavioral factors that influence children’s health behavior. Specifically, it encourages changes in the environment that would support healthful eating and physical activity patterns in children by providing opportunities to eat more healthful snack foods and to engage in physical activity by promoting role models for healthful eating and physical activity; and by creating peer support for selecting more healthful foods and doing regular physical activity.

The curriculum focuses on changes in specific cognitive or personal attributes, especially children’s knowledge about more healthful food selections and types of physical activity; their values about health, nutrition, and physical activity; and the sense of self-efficacy they have with food selection and preparation, as well as their physical activity patterns.

Finally, **Hearty Heart and Friends/Hearty Heart Home Team** encourages changes in behavioral factors that support healthful eating and physical