

Curriculum Overview

Materials Needed for Curriculum

Materials for this program are available at peppyup.com

One week before program, purchase peppy up books, hard copy of book or e-book. Send home letter to parents and Grocery List, peppyup.com. Set up date for character Peppy skit at school see *video at peppyup.com*. Create goals based on food list if children need to eat their Best, Better, or Good or Eat their Best. Create incentives for children that are in top ten vs. all children. *I.e. Children that always eat their best get a strawberry plant vs cucumber plant. Children in top ten get a ball vs. jump rope.* Incentives can also be the top ten children get a medal from Peppy and other children get a certificate. See Food List

This program can be initiated with children during reading, gym, or health class. The program is designed for children 5th grade and under. Children 2nd grade and under review the basic curriculum.

Children in 3rd to 5th grade review the story and learn why there is an epidemic of Diabetes and how to prevent Diabetes in their family. They learn more about foods and why they are in each category on food list and food portions. They also learn about foods they can cook at home to help their family. Children can also learn about food groups and how much they should eat from each food group.

Curriculum can be completed in two 30-45 minute sessions.

-Session One: Book review for 45 minutes.

-Session Two: Children meet characters and turn in calendar.

Children eat their best and bring calendar to characters and receive a prize. See video on peppyup.com web site.

Curriculum can be completed in three 30-45 minute sessions. Curriculum recommended in three sessions if children in class are at high risk for Type 2 Diabetes and they are eating food on the Peppy Down list. Type 2 Diabetes is two to six times more prevalent in African Americans, Native Americans, Pima Indians, and Hispanic Americans living in the United States.

-Session One: Book review for 45 minutes.

- Section Two: Review Section on Diabetes.

- Session Three: Children meet characters reinforcing messages.

Children eat their best and bring calendar to characters and receive a prize

Food List Overview

The Goal of this program is to educate and motivate children through characters in the story about the benefits of eating their Best and exercising. The program raises awareness about what are the Best foods and helps children work together as a group to eat their Best.

The food list can be used as an educational tool or a motivational tool in school or at home. Have children circle Best, Better, or Good on food list and create incentive if they get eat Best foods. Incentives used are they meet Peppy and get a prize, a jump rope or garden plant, or they get to enter a raffle for prizes.

The food list has a Peppy UP list Best, Better, and Good foods, and a Peppy Down list. Children who are already eating their best and have the best food available should continue to Eat their Best. This group of children can learn about new foods on the best list they haven't eaten and learn about the portions they should eat. This group can help educate other children that are not eating the best food.

Children eating Good or Better Food should try to eat more of the best food and learn about portions for different foods.

Children eating all Peppy Down foods should eat best food if available but may want to alter between Best, Better, and Good Foods and move to Best foods over time. Discuss with these children how it takes time to change habits and their mom and dad may not have learned about what is best to eat. Have children work with their friends and family to Eat their Best.

Diabetes Overview

The book discusses the difference between Type 1 Diabetes and Type 2 Diabetes which in many cases is a preventable illness if they eat their Best. Children in 3rd to 5th grade can learn about the two different types of Diabetes, their family history of Diabetes and why different ethnic groups are more predisposed to Diabetes. Explain to children about their pancreas and how it works in their body. Explain how Diabetes affects the body. Teach them the warning signs for Diabetes for their mom and dad and why it is important to see their doctor regularly.

Peppy UP

Introduction of Book to Children

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Peppy lives in Atria and everyone and everything around him are healthy which helps him be strong, smart, and fast. Peppy is a fast runner, very strong, and is very smart. Peppy also inspires everyone to be as big and strong as they can be. He has a friend Techy that moves to his school and Techy didn't know what he should be eating and liked to watch TV and play video games with his friends. Techy also has a dog named Fries that loves to play video games and lie on the couch and eat French fries. Techy and Fries starting eating healthier with Pappy's help and they both felt better. Techy then loved to run and answers the questions right at school. He has more energy for class since he eats healthy food and doesn't fall asleep at his desk. Peppy has realized that not everyone knows what they should eat and stay healthy and feel energetic so he travels around the world to inspire others to ***Eat Their Best and Be Their Best.***

Everyone has different finger prints and will look different but you can be as smart, strong, and fast like Peppy by eating your Best and exercising. Today we will learn the story about Peppy and the four things that you can do to be stronger, smarter, and faster. He is traveling around the world to tell you his story and he wants you to help a friend, family member to eat and feel their best. People around you may not have heard his story and may not have learned about Peppy and know about what they should eat. He wants you to help everyone you know to Peppy Up.

Play Song: Optional: Download from Peppyup.com

Peppy UP

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There are four things that impact your health.

Environment: Place you live and how many hours you sleep.

Exercise

Genes: From your mom and dad

Food

Section 1: Environment

Read page 2-3 of story.

What things in your environment can impact your health?

Home, School, Town, Family, Friends.

Review healthy things about Peppy's environment. Page 2

Peppy's Town: Atria: Fruits, Fish, Park, People like to exercise, Less cars.

Healthy Breakfast.

Peppy's Friends, School Healthy

When your grandma and grandpa grew up their town may have been more like Peppy's town.

Techy's Town: Page 3 Ventria: Candy, Super-Size, All you can eat, Big TV's, Super Size, Pop, Video Games.

When your mom and dad grew up their town started to become more like Techy's town and now your town looks like Techy's town.

What are things in your environment that are like Peppys?

Home

School

Family

Friends

What are things in your environment that are like Techys?

Home

School,

Family,

Friends

Why should you be more like Peppy? You will be stronger, smarter, and faster, you will protect your body from illness like Diabetes, Cancer, Heart Disease.

Discuss how you will be more like Peppy and how can you help your friend and family be more like Peppy. Reminding each other to exercise and eat healthy food.

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Read page 4-6

Techy was upset about moving to a new school, running late, he didn't eat breakfast and he didn't want to do the race.

Ask children if they ate breakfast?

Ask why breakfast is so important and what is the best breakfast?

What happened to Techy when he missed breakfast? He fell asleep and was very hungry before lunch.

You need to start your day with healthy food for fuel and energy.

Review breakfast foods on page 24.

Discuss sleep and how it is important to get eight hours sleep a day.

Section 2: Food: Peppy Up and Peppy Down Foods

Read Page 7-11

What did Peppy have for lunch? Page 7

Why did Peppy make his choices for lunch?

What did Techy want for lunch? Page 7

Why did Techy make his choices for lunch?

If Time Review portion size for lunch, 3rd to 5th grade Review how to pack lunch.

Ask children what is the most important part of their body that determines what they eat?

Their Hands because it picks up their food. One fist is a cup. Their stomach is a size of a fist. Review portion guide for food.

Review foods lunch lady gave Techy to eat. Page 8

He was thinking about other foods but he ate the food the lunch lady gave him.

Review packing lunch: Peppys lunch box or hot lunch. What he eats and how he packs his lunch.

Read page 9

Talk about stress at school, home, family, and friends.

Who is stressed in the story?

Peppy and Techy are stressed about going to school. Have to get up early and study and may not always fit in with your friends.

Peppy is stressed because he can't understand why Techy doesn't like to do the things he likes to do.

How does Peppy handle stress? Wants to play with his friends and get outside.

Peppy UP

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How does Techy handle his stress? Talks to his mom. Good.

What does Techys mom do to help him with his stress? Talks to him and gives him pie. They should listen to music; go for a walk with his mom and Fries.

What is the best way to handle your stress?

How does your family handle stress? Talk to your family about new ways to handle stress. Dance with mom and dad, go for a walk. Talk to your friends, your teachers.

Read Page 10 and 11: Techy's mom is encouraging him to do the race.

Peppy UP

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Section 3: Genes and Diabetes and other illnesses in family

Read Page 12-18

If there is a child in the class with Type One Diabetes? Explain Keesha has Type One Diabetes which is an illness she has because she can't make insulin. Talk about the pancreas, a gland by the stomach that makes insulin to break down sugar. Keesha needs to take insulin and not eat sugar because her pancreas can't make insulin. She always has to eat her best and exercise.

What happened to Tychy's mom? Tychy's mom has Type 2 Diabetes and her illness is caused from her genes and eating too much sugar. If you eat too much sugar it can harm your pancreas. Sugar tastes good but the inside of your body doesn't like sugar. Your pancreas has to work too hard to get rid of all the sugar you eat.

Can Techy get Type 2 Diabetes like his mom? Yes and if he eats healthy and exercises he can prevent getting Type 2 Diabetes.

Children 3rd to 5th grade: Discuss effects of Diabetes on your body. Discuss warning signs of Diabetes for mom and dad.

Section 4: Exercise and Health

Read page 19-23

Discuss Exercise and how it is good to exercise as much as you can. Techy used to like video games but now he likes running instead.

Set some goals with the class for exercise

Hand Out food list page 24-26 and calendar for food list.

Tell children Peppy travels around the world to motivate children to be healthy. Ask if they want to meet him? Give them the food list and calendar and discuss goals for your program.

Option One: You can use 3 stars for Best, 2 stars for Better, and 1 star for Good and add 1 star for every 30 minutes of exercise. Children with the most stars win the best prizes. Option 2 is to circle Best, Better, Good.

Bring calendar to Peppy and announce when he will visit school.

Tell children when he visits Peppy wants to hear

Peppy Up Peppy UP Eat Your Best Be Your Best!!!!

Example of School Feedback for Peppy Up:

Hi Patty...It was great meeting you today! I just wanted to take a quick minute to thank you for coming to our school today and spending your morning with our students and teachers. Your message is so important and we are very fortunate to have an organization like the Northern Illinois Diabetes Coalition and a wonderful dedicated person like you to help spread it and reach so many kids in the process. Your book is amazing and is a creative way to articulate to kids the importance of eating their best and being their best.

We are looking forward to seeing you again on Friday at our Fun Run and meeting "Peppy" too. Both of my kids came home and recited the "Peppy Up" cheer. I also heard a group of kids talking about "healthy foods" after school. They are all looking forward to bringing the handout home and picking "good", "better" and "best" foods for breakfast, lunch and dinner.

Thank you again. We are very fortunate to have you a part of our Fun Run too!

Best Regards,

Michele Larson
Brookview Elementary School
PTO Co-President