

## **Healthy Body Image**

### **Teaching Kids to Eat and Love Their Bodies Too!**

#### **A curriculum for fourth through sixth grade Unit Introduction: Growth and**

**Change in Appearance** – Students will recognize that change is a natural part of life, understand that developmental change is expected for preteens and teens, and learn tools to manage these changes smoothly. (Show-Me Standard: IIA: 2a, 3a)

**The Development of Unrealistic and Negative Body Images in Western Society: How the Namuh learned to be content with who they were** – Students will develop historical and cultural perspectives on unhealthy body image in Western society. They will also learn the negative impact of mass media. (Show-Me Standard: IIA: 2a, 3a)

**Identity and Competency: More Than How We Look** – Students will recognize that there are many aspects to identity. (Show-me Standard: IIA: 3a)

**How Your Appearance Will Change in Puberty (gender specific)** – While recognizing that appearance is only one aspect of their identity, students will acknowledge that physical changes in puberty naturally draw attention to their body's appearance. (Show-Me Standard: IIA: 2a, 3a)

**Genetics: How Body Size and Shape are Determined**- Students will recognize that genetics are the greatest determinate of body size and shape. (Show-Me Standard: IIA: 2a)

**Internal Weight Regulation: the Metabolism Factor** – Students will recognize that the body's internal eight regulatory system defends the body's natural weight. (Show-Me Standard: IIA: 2a)

**"Sold" on Looks: The Influence of Mass Media** - Students will consider the role of looks. They will recognize how unrealistic media images can create misunderstanding and unhealthy expectations. (Show-Me Standard: IIC: 3a)

**Hunger and Eating: What Is and Is Not in Our Control?** – Students will discover there are predictable results when basic physical needs are deprived. They will understand the importance of trusting hunger to regulate how much to eat. (Show-Me Standard: IIA: 2a, IIB: 7a)

**Eating Well for Confidence in Your Natural Weight-** Students will begin the first of three lessons examining areas of influence on health and body image. (Show-Me Standard: IIB: 1b, 2a, 3a, 4a, 5a, 6a)

**Physical Activity for Confidence in Your Natural Weight** – Students will learn that physical activity pairs with eating well to feel competent and confident in their health and bodies. (Show-Me Standard: IIA, 1a)

**Compared to Whom? Selecting a Standard for Choosing Role Models** – Students will identify how fads and fashions may influence their choice of role models, and will learn to select positive, realistic role models. (Show Me Standard: IIC: 3a)

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