The **Digging Deeper** curriculum is a comprehensive nutrition and fitness curriculum that uses hands-on activities that relate to things that interest preteens and teens, such as appearance and fitting in with their peers. Issues for preteens, such as getting enough calcium and making healthy fast-food choices, are covered in a kid-friendly format. Since sixth-graders are beginning to make more food choices, shop for food and cook meals, lessons also cover planning healthy meals using MyPyramid, shopping, food safety and food preparation.

**Lesson 1: Make Your Calories Count**
Students learn that calorie levels are based on age, gender and activity level, and they learn the difference between high-nutrient and low-nutrient foods. (Show-Me Standard IIB: 2a, 4a)

**Lesson 2: Inside MyPyramid**
Students learn to choose foods that contain the nutrients needed for adolescent growth and development (calcium, iron and folic acid). (Show-Me Standard IIB: 1b, 2a, 2b, 3a, 5a)

**Lesson 3: Strategies to Support a Healthy Body Image**
Students learn how to develop strategies to support a healthy body image, including emphasizing characteristics other than appearance. (Show-Me Standard IIB: 1a, 2a; IIA: 1a, 1b; IIB: 4a, 7a; IIIA: 6a)

**Lesson 4: Fit in Fitness**
Students learn the health benefits of incorporating physical activity into everyday life. (Show-Me Standard IIIA: 7a; VA: 6a)

**Lesson 5: Be a Smart Shopper**
Helps students identify the factors that influence food choices. Also covers analyzing food labels to find out which foods are good sources of calcium, iron and folic acid. (Show-Me Standard IIB: 8a; IIC: 2a, 3a)

**Lesson 6: Safety First**
Students learn good hygiene techniques to prevent the spread of disease, learn to pack safe sack lunches and snacks, and learn food safety techniques for the home kitchen. (Show-Me Standards IIIA: 1a)
Lesson 7: Life in the Fast Lane

Students learn power foods for peak performance, discover healthy snacks and develop decision-making skills through making fast-food choices. (Show-Me Standard: IIB: 5a, 6a)

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