



Instructional Guide



INSTRUCTIONAL GUIDE

GREETINGS!

Welcome to Level Up Health! Over the next ten weeks your students (or student) will have the opportunity to learn about a variety of core nutritional elements to help them live a healthier life. They will help aide Sarah Strong in freeing Planet Nutritia from the evil and unhealthy clutches of Lord Processor and The Junk Force.

Our program is designed to integrate seamlessly into your schedule by providing short and simple exercises that are proven to be effective at encouraging a healthy lifestyle with students. Exercises will have students completing various health related questions, reading nutrition labels, participating in exercises, and practicing healthy eating habits.

The exercises are aimed to be self-explanatory, and your assistance from time to time to explain components of each exercise will help the students further understand and enjoy the program.

This instructional guide should help give you everything you need to run a fun and effective program. If you have any questions at anytime, you can email me at jordan@leveluphealth.org.

Thanks you again, and Enjoy!

In good health,

Jordan Kent
Founder



**APPLE-FROOPER
"COREY"**

SARAH STRONG



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SUMMARY OF PROGRAM

The Level Up Health Program consists of ten “worlds” each containing various “levels”. Each world teaches one core nutritional element. For example, World 4: Sugar Slopes, focuses on sugar.

Each world is accompanied by a video online and will provide an informational page on the nutrition topic and a vocabulary section.

Each level within a world is represented by either 4-1, 4-2, 4-3, etc. and will have a name, such as “Careful Counter”. There is also one optional bonus level in each world, and one mandatory exercise level in each world.

Students will earn points for each level they complete, with some levels containing bonus points or partial credit. As students earn more points, they will “Level Up” and receive rewards that you have discussed with them.

You will maintain a running total of points that students earn during the program, and reward them when they reach a new level.

WORLD 1: CALORIE CAVES
THE ENERGY SOURCE


Welcome to Calorie Caves, the source of all food energy!

Calories are the fuel for your body, allowing you to do all kinds of things, such as playing, studying, thinking, sleeping, breathing and digesting food. Just to name a few. Name something that your body does and you need calories!

Foods come in all types of shapes, sizes, and flavors, and the amount of calories they contain per serving is very different as well.

In this world, you will learn how to figure out your daily calorie intake, how to tell how many calories are in an entire package of food, and most importantly, learn how to choose healthier foods in place of junk foods in order to get the best calories for your body.

Using this knowledge, you will be able to understand how to balance the calories you need with the activity you participate in on a daily basis.

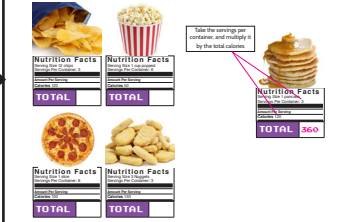


Introduction page gives students information about the world.

WORLD 1-3: CALORIE CAVES
CAREFUL COUNTER 30 POINTS

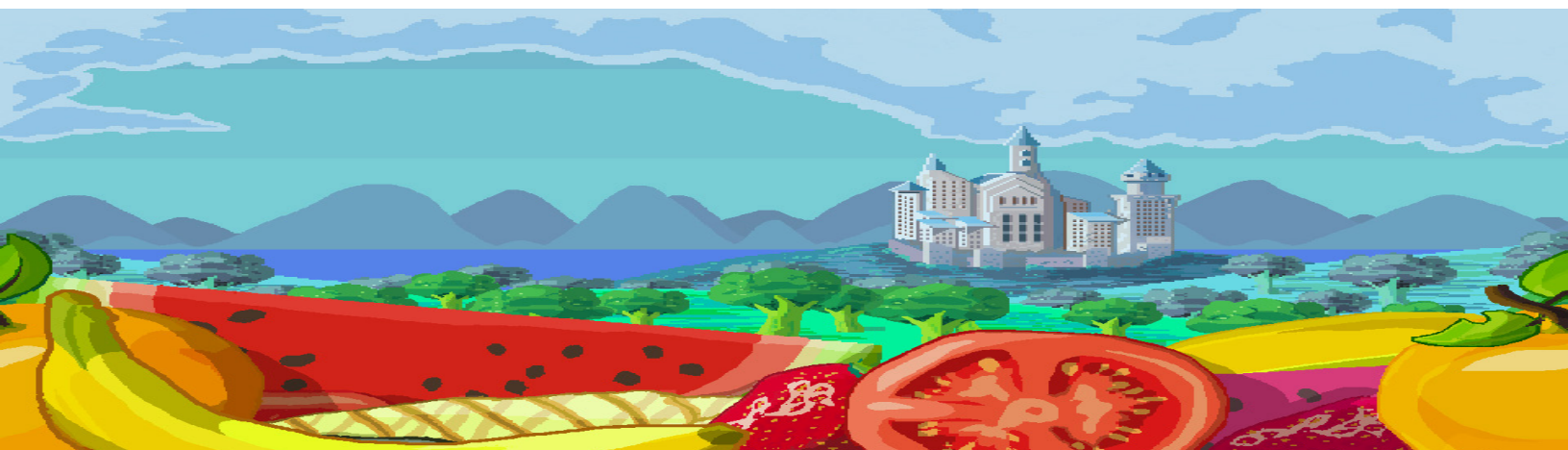
When it comes to making choices based on the Nutrition Facts label, it can be tricky to figure out how many servings are contained in a package of food. Often times, we eat more than the suggested serving size of a food because we don't realize that there may be several servings in one bag, box or container! For this exercise, you will estimate how much of a food you would normally eat and then calculate the amount of calories per serving.

Figure out how many calories are in each serving, and then multiply that number by the amount of servings per food to figure out how many calories you truly eat when eating these foods.



Students complete levels to earn points.

Students earn rewards for each new level they reach as they accumulate points.



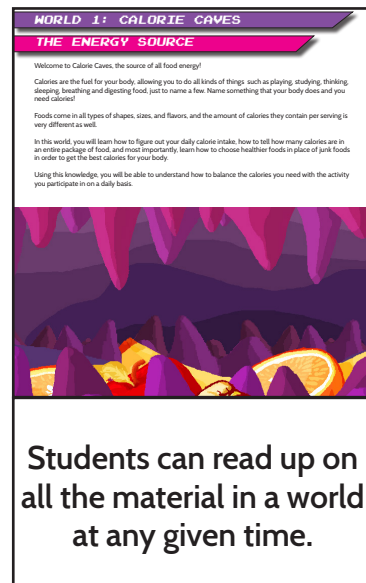
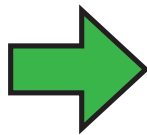
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STARTING THE PROGRAM

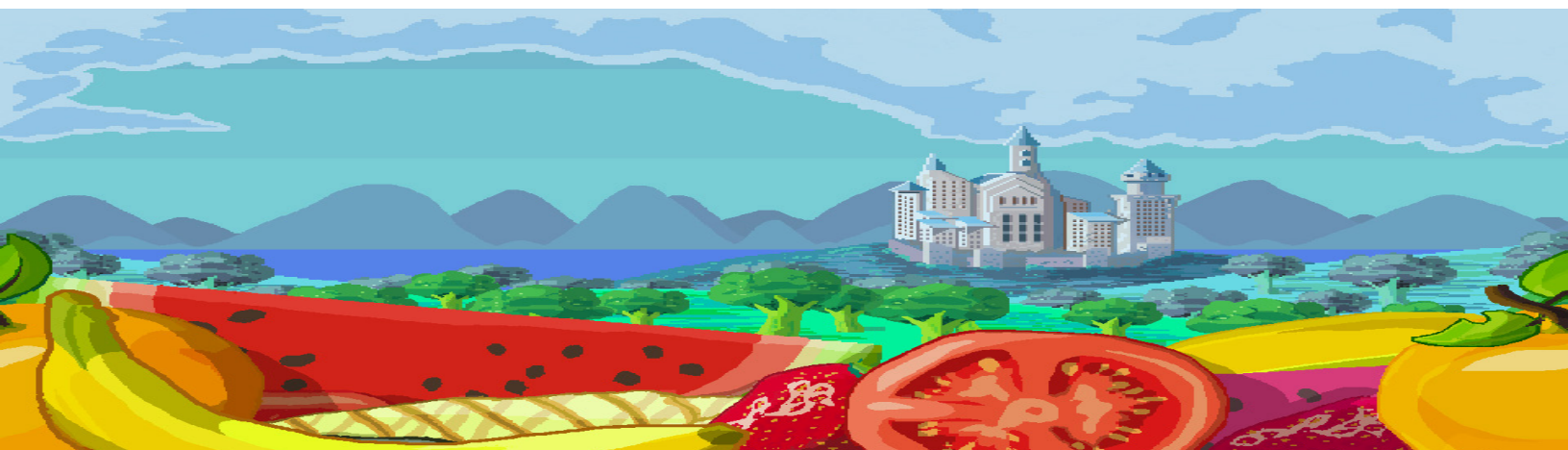
To start the program, play the first instructional video and have students open up to the introduction pages (page 1). This will provide background on what the students will be doing, and provide insight into the story.



Instructional videos will present all of material, vocabulary, and levels for each world.



Students can read up on all the material in a world at any given time.



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LEVEL PAGES

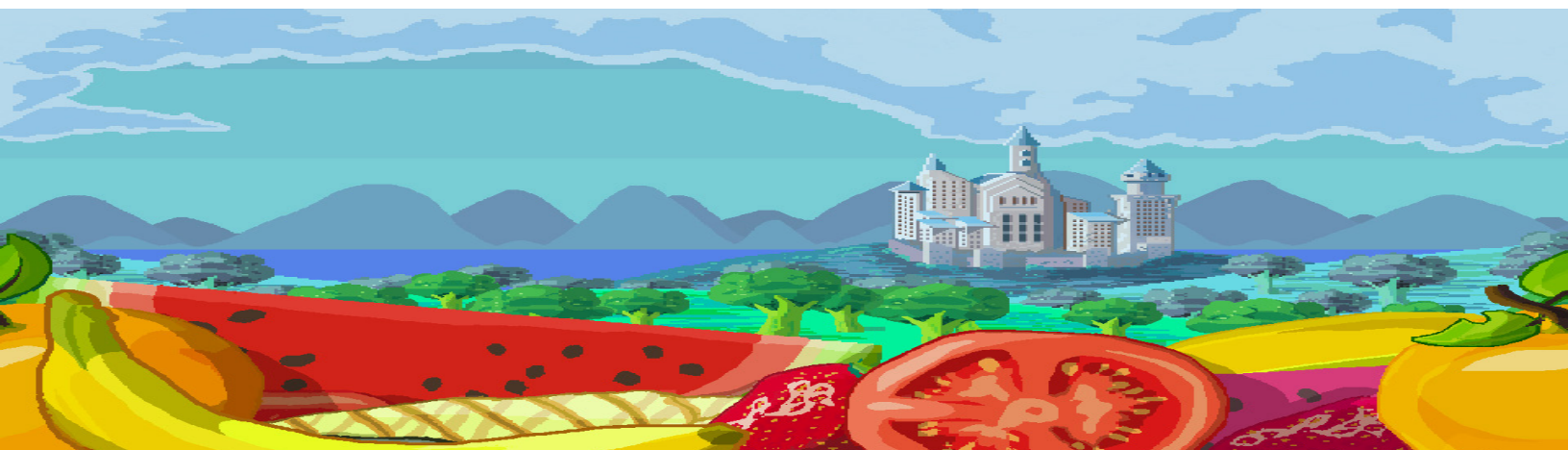
Level sheets will have the name of the level, the description for the level, places where students can fill in their answers, and the total points for the level.

WORLD 5-2: FAT FLAMESA

FAT FACTS 30 POINTS

When trying to determine the healthiest option to eat when eating fats, remember that it's not always the total amount of fat, but the type of fat found in each food! For this level, you will have the choice between two items. Choose the healthier item between the two based upon their nutrition labels. (Hint, usually the healthier option is the food that has fewer bad fats!)

1	2
WHEAT BREAD 	CAKE 
Total Fat 5g Saturated Fat 1g Polyunsaturated Fat 1g Monounsaturated Fat 3g	Total Fat 14g Saturated Fat 5g Polyunsaturated Fat 2.5g Monounsaturated Fat 6g
3	4
NACHOS 	AVOCADO 
Total Fat 19g Saturated Fat 8g Polyunsaturated Fat 2.3g Monounsaturated Fat 8g	Total Fat 21g Saturated Fat 3g Polyunsaturated Fat 4g Monounsaturated Fat 14g
5	6
ALMONDS 	BACON 
Total Fat 18g Saturated Fat 2g Polyunsaturated Fat 4g Monounsaturated Fat 12g	Total Fat 9g Saturated Fat 5g Polyunsaturated Fat 1g Monounsaturated Fat 43g
HOT DOG 	WALNUTS 
Total Fat 13g Saturated Fat 4g Polyunsaturated Fat 2g Monounsaturated Fat 7g	Total Fat 13g Saturated Fat 2g Polyunsaturated Fat 10g Monounsaturated Fat 1g



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BOSS BATTLE PAGES


At the end of each world, students will have a “Boss Battle” which is a short 8 questions quiz pertaining to the topics and levels they just covered in the world. Each question is worth 5 points, for a total of 40 points possible per quiz.

Boss Battles will typically take place on the last day of each week (Friday).

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BOSS: CALORIE CAVES

DONTNUT



It's time to face off against the boss of Calorie Caves, Dontrnut!

Dontrnut will try to pass hoards of calories into your system through the use of his sugary taste that never seems to fill you up.

In addition, Dontrnut likes to hide his nutrition information from you so that you don't know what exactly you are eating. Luckily for you, we can tell you exactly what he's made of, and not much of it is healthy!

Use the nutrition information provided to answer the questions and defeat Dontrnut, freeing Calorie Caves from the clutches of this pernicious pastry!

Nutrition Facts	
Serving Size 1 Dontrnut (1g)	
Amount Per Serving	
Calories 400	
<hr/>	
Total Fat 10g	20% Daily Value
Saturated Fat 6g	12%
Trans Fat 2g	4%
Cholesterol 10g	20%
Sodium 150mg	30%
Total Carbohydrate 25g	50%
Sugar 10g	20%
Added Sugar 10g	20%
Fiber 1g	2%
<hr/>	
Ingredients: ENRICHED UNBLEACHED WHEAT FLOUR, SUGAR, MILK, BUTTER, SODIUM	

Students will have this page in their books. They will reference the nutritional information during their Boss Battle quiz.

BOSS: CALORIE CAVES

DONTNUT

1) If one serving of pizza has 100 calories, and you eat two servings, how many calories did you eat?

A. 100 calories
B. 200 calories
C. 500 calories
D. 700 calories

2) Foods that contain a lot of calories in a small or single serving are called what?

A. Calorie intake
B. Total servings
C. Calorie-rich
D. Calorie need

3) The amount of food in one serving, as represented by the Nutrition Facts label is called what?

A. Total servings
B. Calorie
C. Calorie-rich
D. Serving Size

4) If you eat 4 slices of turkey each containing 50 calories, how many total calories did you eat? Example: (4 slices x 50 calories = 7)

A. 200 calories
B. 300 calories
C. 600 calories
D. 100 calories

5) How many calories are in one serving of Dontrnut according to his nutrition chart?

A. 400 calories
B. 600 calories
C. 500 calories
D. 700 calories

6) How many grams of sugars does Dontrnut have in one serving?

A. 12g
B. 33g
C. 60g
D. 80g

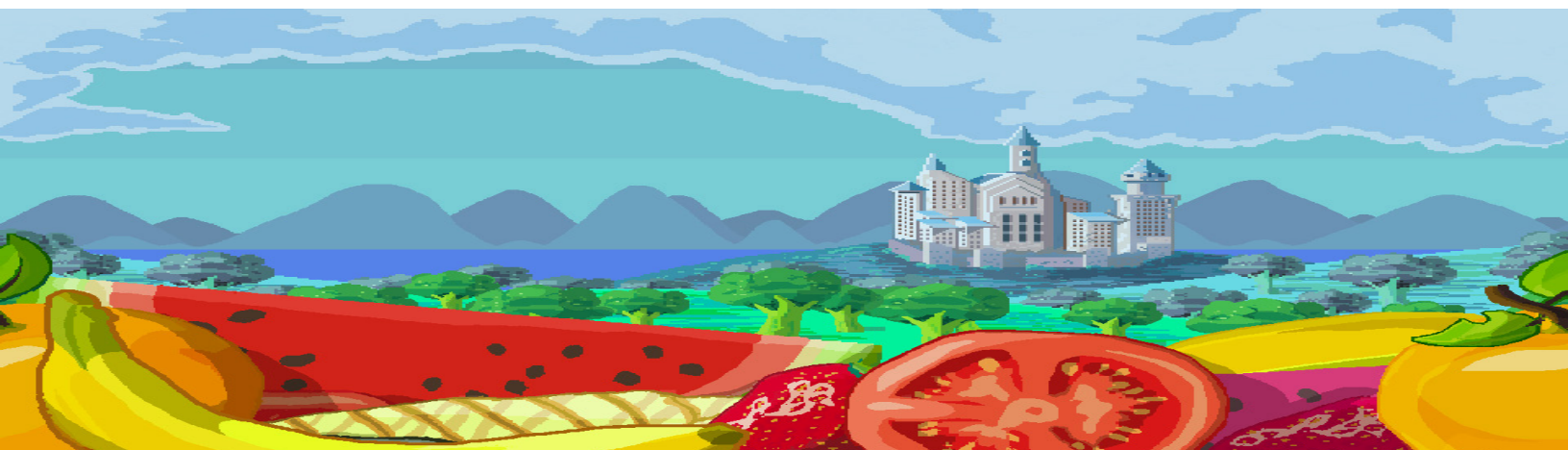
7) How many servings per container does Dontrnut have?

A. 4
B. 6
C. 8
D. 12

8) How many grams of total carbohydrates are in one serving of Dontrnut?

A. 20g
B. 55g
C. 140g
D. 2g

You will pass out and collect the questions the day of the Boss Battle quiz.



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PRODUCE HUNTER PAGES

Each week students will get a chance to earn points on top of those awarded by the levels in each world by eating various fruits and vegetables.

Each week, students will mark a fruit or vegetable they ate, and earn points for each item they ate. Points can only be earned once per week per item. In addition, students can try fruits or vegetables not listed on the chart by filling in their information in the blank spaces.

Students write down the amount of points for foods they ate.

Students can add up to five additional foods not listed, each one will be worth 3 points.

Add up the grand total of all fruits and vegetables at the bottom and record points earned.

LEVEL UP
HEALTH

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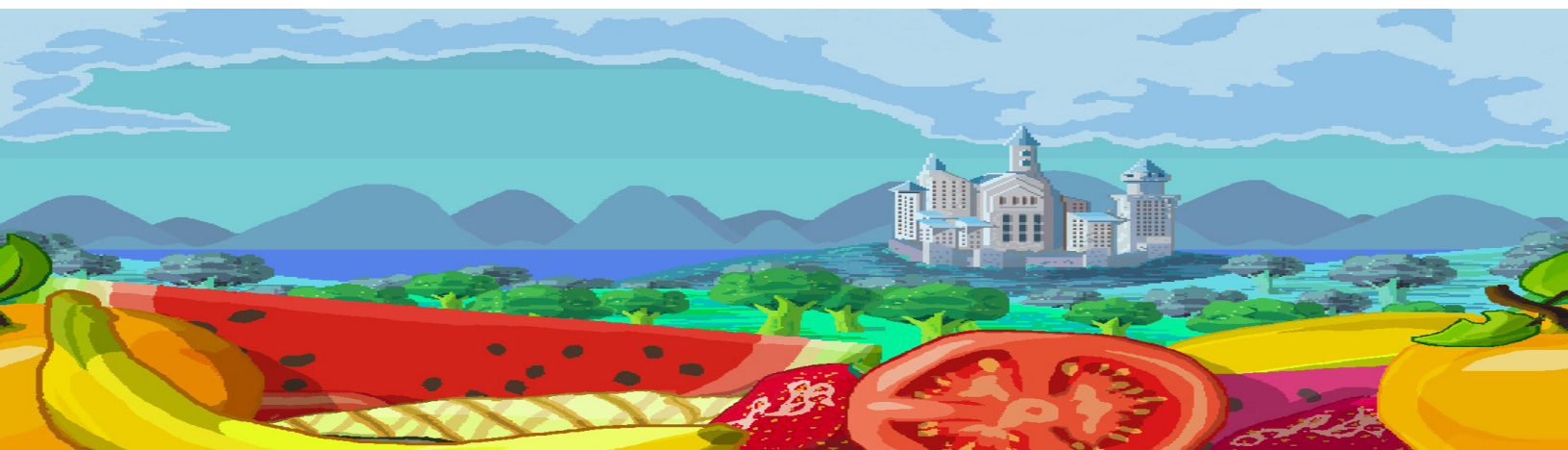
WORLD 1: CALORIE CAVES

PRODUCE HUNTER CHART

Earn additional points at each level by trying any of the fruits or vegetables listed below. For each item you try, write the amount of points it is worth in the "PTS" column, then add up your total score. You can also earn 3 points for any new item you can find and try. Just fill in the name of what you tried in the green shaded area. Remember, you can only get points one time for each item, so try as many different items as you can!

1 POINT			2 POINTS			3 POINTS		
ITEM	#	PTS	ITEM	#	PTS	ITEM	#	PTS
Apples	001		Bell Peppers	017		Artichoke	033	
Bananas	002		Blueberries	018		Asparagus	034	
Blackberries	003		Broccoli	019		Avocados	035	
Carrots	004		Cantaloupe	020		Brussels Sprouts	036	
Celery	005		Cauliflower	021		Cabbage	037	
Garlic	006		Cucumbers	022		Jicama	038	
Grapes	007		Grapefruit	023		Kale	039	
Lettuce	008		Green Beans	024		Spinach	040	
Onion	009		Honeydew	025		Squash	041	
Oranges	010		Kiwi	026		Zucchini	042	
Peaches	011		Mangos	027				
Pineapple	012		Nectarines	028				
Potatoes	013		Pears	029				
Strawberries	014		Peas	030				
Tomatoes	015		Plums	031				
Watermelon	016		Sweet Potatoes	032				
TOTAL			TOTAL			TOTAL		

TOTAL POINTS



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ALTERNATE LEVEL PAGES

If there is any reason a student cannot do a particular level, they may choose to do an alternate level page.

These pages have students pick a fruit or vegetable on their produce chart, then research and record important nutritional information about it.

Alternate level pages will provide the same amount of points as the level students are replacing with it.

Students write down the level they will be replacing this page with.

Students list the name of the fruit or vegetable they are researching.

Students must list various nutritional information about the fruit or vegetable.

ALTERNATE LEVEL PAGE

PRODUCE DETECTIVE

Use this sheet in place of any level that you do not wish to do. Write the name of the level and its point total that you are doing this in place of.

Your assignment is to select any fruit or vegetable from your Produce Hunter Chart, then look up its nutritional information to fill out the form below.

You may reference any nutritional information labeled on the packaging, or any information about the fruit or vegetable you find online.

Turn this sheet in with your point total sheet at the end of the world.

LEVEL:

TOTAL POINTS

FRUIT/VEGETABLE

SERVING SIZE

CALORIES

TOTAL FAT

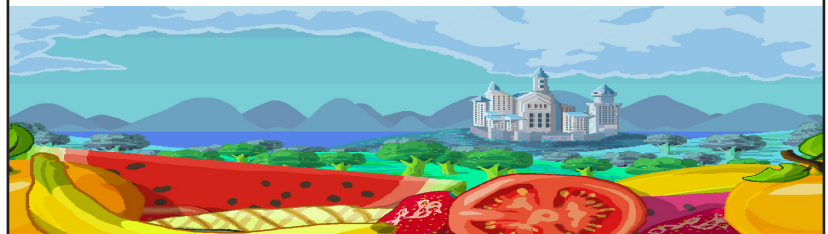
CARBOHYDRATES

PROTEIN

SUGAR

FIBER

SODIUM



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ANSWER KEY

At the end of the PDF curriculum, after a few blank pages, we have included an answer key for you to reference.

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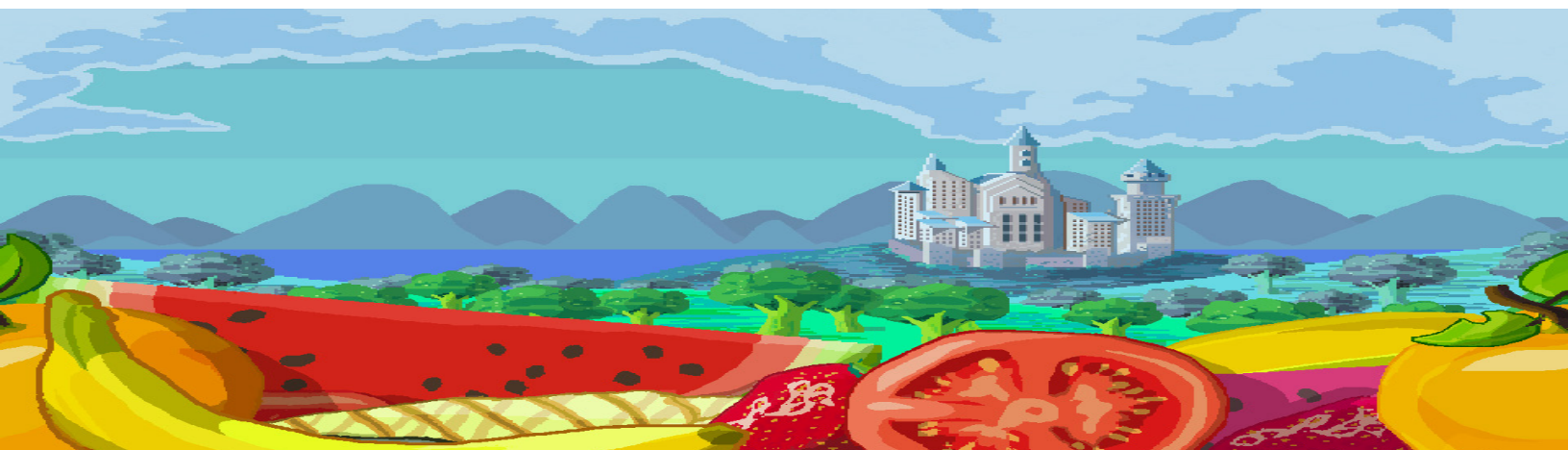
WORLD 2-3: VITAMIN VALLEY

BAG CHECK 30 POINTS

We talked earlier about "Extra Baggage Foods" and you will recall that these are foods that provide nutrients but they also contain a lot of processed ingredients, sugar, and unnecessary calories. These are most commonly found in sweetened cereals, beverages and packaged foods. There is an extra baggage food listed for each vitamin and mineral we have talked about. Circle the statement that indicates why the food is unhealthy and then write down a healthy food substitute for the "Extra Baggage Food".

Students should have one substitute food written in replace of the Extra Baggage food.

VITAMIN A	VITAMIN B COMPLEX	VITAMIN C
PRE-SWEETENED CEREAL	WHITE BREAD ROLLS	FRUIT SNACKS
		
PUFFED CORN AND RICE LOTS OF ADDED SUGAR 11 VITAMINS AND MINERALS	HIGH CALORIES PER ROLL ENRICHED FLOUR BAKED ROLLS	CONTAINS FRUIT JUICE HIGH VITAMIN C CONTAINS HIGH SUGAR
CALCIUM	IRON	
ICE CREAM	CEREAL BARS	
		
LOW FAT MILK HIGH CALORIES PER SCOOP ADDED FRUIT	COATED IN SUGAR WHOLE GRAINS HEALTHY FATS	



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COLLECTING POINTS

Students will turn in an end of world page at the end of each week. You can choose to either grade their performance with our answer key, or simply award participation points.

Reference these end of world sheets to add up a student's total according to how you want to grade (performance or participation.)

Once you have collected this, you will record the points for each student.

Students write down their score for each world they have completed.

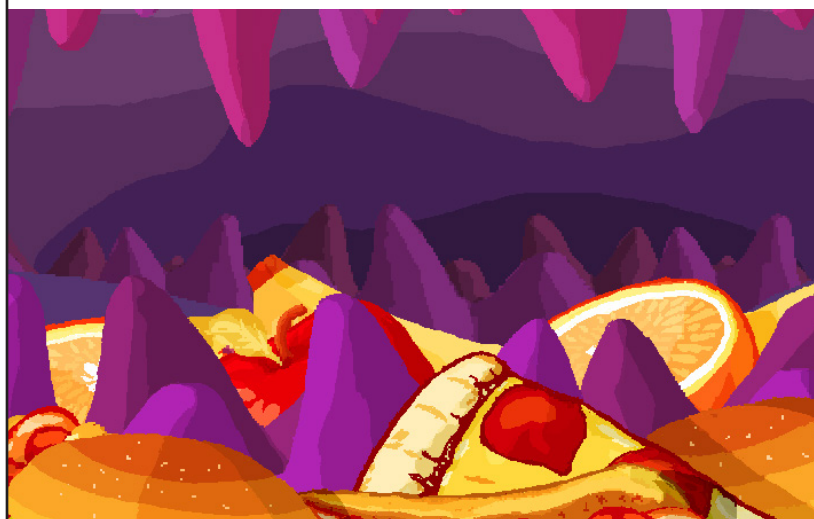
A parent or guardian will sign off on the total points for each student after reviewing their work.

WORLD 1: CALORIE CAVES

WORLD CLEAR!

WORLD 1-1	
WORLD 1-2	
WORLD 1-3	
WORLD 1-4	
WORLD 1 BONUS	
WORLD 1 EXERCISE	
PRODUCE HUNTER	
TOTAL	

ADULT SIGNATURE



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TRACKING POINTS

You can add up and write down your student's points as they progress through the curriculum. To help assist you in keeping track of your student's scores, we have a Microsoft Excel spreadsheet that has pre-installed formulas to easily keep track of scores and tell you the current level your students are at.


There is a separate page for each world. Simply enter in the names of your students on the left, then fill in their scores as they make their way through the program.

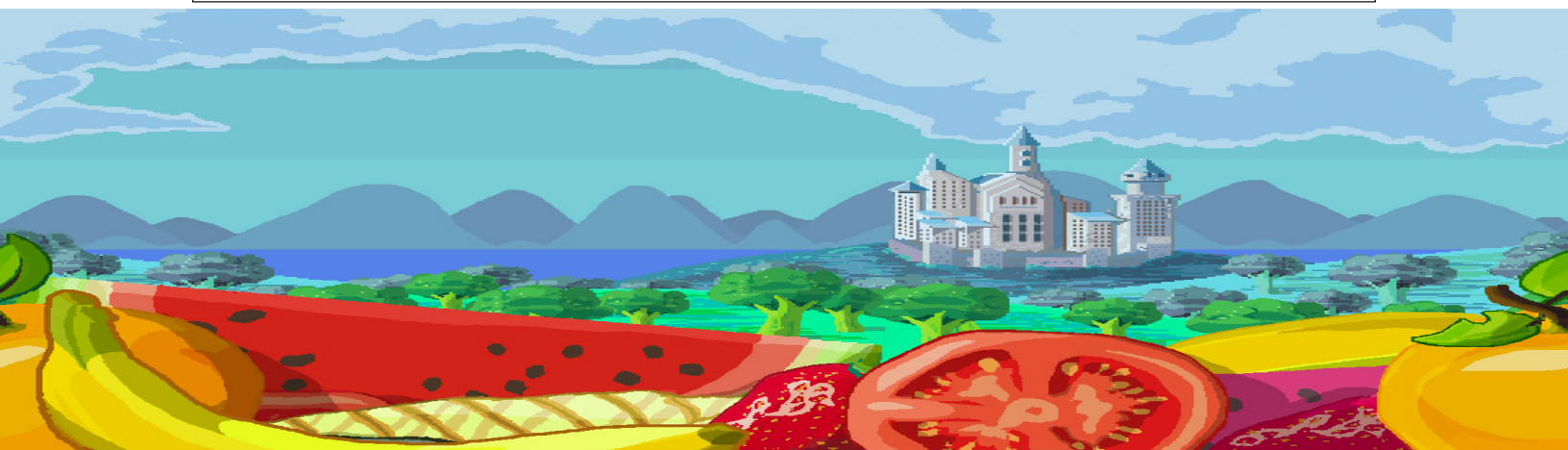
The spreadsheet will automatically update the student's overall points and what their current ranking should be at. Use this ranking number to pass out the appropriate Level Up wristbands at the beginning of each week.

Enter in scores for each student as they complete each level

							
FIRST	LAST	Current Points	World 2-1	World 2-2	World 2-3	World 2-4	World 2 Bonus
Jordan	Kent	489	30	40	30	30	30

Total scores and current level will be auto-populated. Reference this when its time to reward a new level.

				
World 2 Exercise	World 2 Produce Hunter	Boss Battle	World 2 Total Points	Current Level
40	24	35	259	4



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LEVEL ACHIEVEMENTS

As students accumulate points, they will “Level Up”. At each new level they reach, you will reward them with something you have chosen.


You can decide to either pre-fill out rewards, or select them as your student reaches a new level. You can find this sheet in the introduction pages of the curriculum.

LEVEL UP HEALTH

LEVEL CHART

Parents/Teachers: Collaborate with your child/students to create a reward for each new level they reach.

	POINTS	REWARD FOR EACH NEW LEVEL
LEVEL 1	0-99	
LEVEL 2	125-249	
LEVEL 3	250-374	
LEVEL 4	375-499	
LEVEL 5	500-649	
LEVEL 6	650-799	
LEVEL 7	800-999	
LEVEL 8	1000-1199	
LEVEL 9	1200-1399	
LEVEL 10	1400-1599	
LEVEL 11	1600-1799	
LEVEL 12	1800-1999	
LEVEL 13	2000-2199	
LEVEL 14	2200-2499	
LEVEL 15	2500+	



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SAMPLE WEEK

The Level Up Health program should take 10 weeks to complete with each world being covered in one week.

Here is a snapshot of what a typical week would look like:

MONDAY:

- Pass out any new wristbands that students earned.
- Play video for the new world.
- Answer any questions students may have.

MID WEEK:

- Remind students about their Produce Hunter charts.
- Ask if students have any questions about the levels.

FRIDAY:

- Collect signed point sheets from students.
- Pass out Boss Battle quiz, then collect when students are done.
- Update point totals for students on Excel spreadsheet.



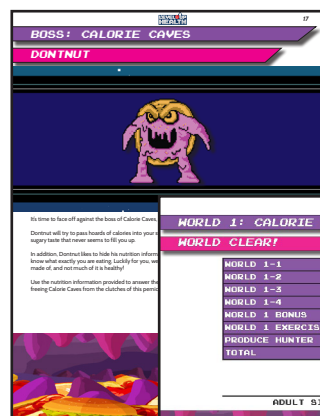
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WORLD 1: CALORIE CAVES

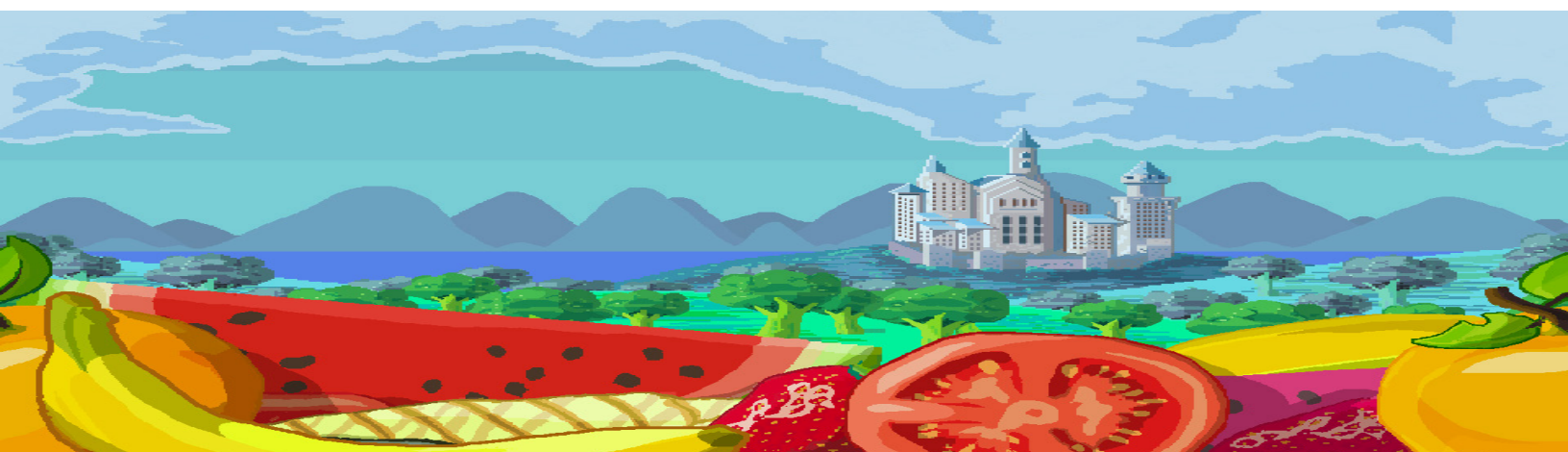
PRODUCE HUNTER CHART

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ITEM	PTS	ITEM	PTS	ITEM	PTS
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Bananas	002	Blueberries	018	Asparagus	034
Blackberries	003	Broccoli	019	Avocados	035
Carrots	004	Cantaloupe	020	Brussels Sprouts	036
Celery	005	Cauliflower	021	Cabbage	037
Caulis	006	Cucumbers	022	Okra	038
Cranberries	007	Cranberries	023	Kale	039
Lettuce	008	Green Beans	024	Spinach	040
Onion	009	Honeydew	025	Squash	041
Oranges	010	Kiwifruit	026	Zucchini	042
Peaches	011	Mangoes	027		
Pineapple	012	Nectarines	028		
Potatoes	013	Pears	029		
Strawberries	014	Peas	030		
Tomatoes	015	Plums	031		
Watermelon	016	Sweet Potatoes	032		
TOTAL		TOTAL		TOTAL	
TOTAL POINTS					



WORLD 1: CALORIE CAVES	
WORLD CLEAR!	
WORLD 1-1	
WORLD 1-2	
WORLD 1-3	
WORLD 1-4	
WORLD 1 BONUS	
PRODUCE HUNTER	
TOTAL	
ADULT SIGNATURE	



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HELPFUL FAQs

Where can I find the link to videos?

Video links can be found on our website: www.leveluphealth.org. Click on Resources/Videos and scroll down for links. For digital books, videos can be accessed by clicking on the “Play Video” buttons.

Where do I keep track of levels my student reaches?

There is a level tracking sheet at the beginning of the curriculum you downloaded, in the Introduction section.

Where can I find the Excel spreadsheet, or alternate level guides?

On our website, go to Resources and scroll down for the link.

I have a student who does not have access to resources to complete a level, what can I do?

Have the student complete an alternate level page. This can be found on our website at Resources/Videos

I can't find my answer key!

Your answer key is included in the downloadable PDF. It is at the end of the regular curriculum after a few blank pages.

