

**Eat, Read and Move**  
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**Abstract:**

This unit will focus on finding the right balance between good nutrition and physical activity for developing a healthful lifestyle for students, then hopefully their families in making healthy food choices, while exercising daily. The students will learn how to make healthy food choices, read nutrition labels, research information on the internet and make exercising a way of life. Many students arrive at school with bags of candy, snacks and sodas. Many are obese and/or not in good physical condition. The ultimate goal of this unit is to make the students aware of making healthy food choices and the appropriate use of exercise, a way of life, and, for some, a career in the Public Health field. The students will recognize the importance of utilizing healthy eating habits and lifestyle changes by making healthy food choices, good nutrition and exercise.