



**MATA**  
**MARTIAL ARTS**  
**TEACHERS' ASSOCIATION**

Martial Arts Teachers' Association  
Life Skills and Leadership Curriculum

# NUTRITION

*"There is enough in the world for everyone to live on happily  
and to be at peace with his neighbor."*

Harry S. Truman

Nutrition is this module of success  
in the Martial Arts Teachers' Association Curriculum.

When one hears the word 'Nutrition' one automatically thinks of food or diet. Nutrition encompasses much more than that. Nutrition is really the nourishment of not only the body by providing good food and exercise, but of the mind by providing knowledge and experiences as well.

As martial artists, it is important to keep good Nutrition in the forefront as an important part of your life. When your body is able to operate as a well-oiled machine, you are able to work toward your goals as a martial artists and in all areas of your life, with enthusiasm.

- ☐ Nutrition Worksheets
- ☐ Nutrition Lesson Quotes
- ☐ Pre-Test Letter
- ☐ Post Test Letter

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This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

# the big picture

## Week 1:

- |                   |                         |
|-------------------|-------------------------|
| <b>Lesson # 1</b> | What Is Nutrition?      |
| <b>Lesson # 2</b> | Nutrition Story / Drill |

## Week 2:

- |                   |                         |
|-------------------|-------------------------|
| <b>Lesson # 3</b> | Nutrition For Your Body |
| <b>Lesson # 4</b> | Nutrition Story / Drill |

## Week 3:

- |                   |                         |
|-------------------|-------------------------|
| <b>Lesson # 5</b> | Nutrition For Your Mind |
| <b>Lesson # 6</b> | Nutrition Story / Drill |

## Week 4:

- |                   |                            |
|-------------------|----------------------------|
| <b>Lesson # 7</b> | Benefits Of Good Nutrition |
| <b>Lesson # 8</b> | Nutrition Story / Drill    |

## Week 5:

- |                    |                         |
|--------------------|-------------------------|
| <b>Lesson # 9</b>  | Balanced Nutrition      |
| <b>Lesson # 10</b> | Nutrition Story / Drill |

## Week 6:

- |                    |                  |
|--------------------|------------------|
| <b>Lesson # 11</b> | Nutrition Review |
| <b>Lesson # 12</b> | Nutrition Review |

## TEST

Recommended study for instructors teaching this course:

Jane Brody's Nutrition Book  
by Jane Brody (Bantam Books)

Diet for a Small Planet  
by Francis M. Lappé (Ballantine Books)

## sample pre-test letter

Dear Mr./Mrs. (insert name),

(Insert name) has completed nearly all the requirements for (his/her) next rank and will be testing for (his/her) new belt shortly. In addition to having worked on (his/her) physical skills, (insert name) worked on (his/her) understanding of good nutritional habits play an important role in (his/her) life.

We feel that understanding nutrition is a major factor in how they live their life. In fact, we believe it is one of the reason people begin taking Martial Arts lessons in the first place. For the past few weeks your child has been working at building (his/her) values, integrity and teamwork skills.

We have discussed that good nutrition is an important facet of how we live. We also learned that by adopting and practicing good nutritional habits affect the way we are both physically and mentally. With this knowledge, your child now has a much better understanding of how good nutrition affects (his/her) life.

We're excited that we could be part of sharing such valuable life skills with (insert name) and encourage you to help build and reinforce (his/her) positive nutritional choices for the rest of (his/her) life. In fact, we're hoping that your child's exposure to these lessons on nutrition will allow (him/her) to positively respond to (his/her) nutritional decisions in life.

Yours Sincerely,

The Staff at (YOUR SCHOOL)

P.S. Don't forget (insert name) graduation on (date). We look forward to seeing you there!

# sample post-test letter

Dear Mr. & Mrs. (insert name),

Congratulations!

(Insert name) has passed (his/her) examination and, effective immediately, holds the rank of (insert rank). Not only has (insert name)'s improved physically, (he/she) has learned how good nutrition contributes to a dynamic and successful lifestyle. To us, and we're sure you'll agree, understanding nutrition is one of the reasons for taking Martial Arts lessons. All of us at (YOUR SCHOOL) are proud to have played a part in helping (insert name) understand how good nutrition plays a large part of everything (he/she) does.

For the next six weeks our curriculum will focus on improving (insert name)'s nutritional habits as well as developing another equally important life skill, (insert Life Skill). Over the next few weeks we will work to help your child improve (insert Life Skill). Our lessons and stories will focus on how to improve in this very important area.

When these lessons have been completed, (insert name) will be well on the way toward learning how to apply (insert Life Skill) in (his/her) life. Look out for our special Poster and our Quotes of the Month when you stop by the school. Oh, and please remember to do your part at home by encouraging your child to talk about these lessons with you. One is never too young to learn how to enjoy life to its fullest!

Yours Sincerely

The Staff at (YOUR SCHOOL)

PS. As always, if you have any questions at all about our program or your child's progress, please don't hesitate to call us at (insert phone number).

# curriculum notes

[illegible]



*"He who has health, has hope; and he who has hope,  
has everything."  
— Arabian Proverb*

week one  
**LESSON 1**

## What Is Nutrition?



- Students will learn the meaning of Nutrition.
- By the end of the lesson, students will understand what Nutrition is.

## ages 4-7

**N**utrition is a healthy diet for both the body and the mind. It means that you know the right foods to eat and activities to do to make you body healthy and to provide you with the energy you need to be successful at whatever you try.

(Have the students look at the Nutrition Poster and point out the many varieties of food represented).

When someone leads a life that includes good Nutrition, they are taking care of themselves and it shows, in how they eat, exercise, work and play.

### Ask your students:

- **What is Nutrition?**  
(Nutrition is a healthy diet for both the body and the mind.)

**N**utrition is a healthy diet for both the body and the mind. It means that you know the right foods to eat and activities to do to make you body healthy and to provide you with the energy you need to be successful at whatever you try.

(Have the students look at the Nutrition Poster and point out the many varieties of food represented).

It is important that you take an active role in deciding to live a healthy lifestyle. You need to learn about nutrition in order to make good choices for your body and your mind.

## Ask your students:

- **What is Nutrition?**  
(Nutrition is a healthy diet for both the body and the mind.)

## adults

**N**utrition is the act of nourishing ones body by taking in food, or providing the body with what is needed to function properly.

When you understand what good nutrition is all about, it is important for you to make the right choices regarding your own health, and choose to give your body the right foods and the right kinds of exercise to live a healthy life.

One way to learn more about Nutrition is to study the Food Group Pyramid. You can see that the bulk of what you should be eating is not foods that are laden with fats and sugars. Be aware of what you are putting into your body and how it affects your performance both at work and at play.

## Topics for Discussion

- Are you currently living a healthy lifestyle with attention being paid to good Nutrition?
- How can changing your Nutrition plan improve your life?

*"You are what you eat." – Anon*

week one  
**LESSON 2**

# What Is Nutrition?



- Students will learn the meaning of Nutrition.
- By the end of the lesson, students will, through stories and a drill, understand more about what Nutrition is.

Discuss the following questions during warm up to remind the students of the previous lesson.

1. What is Nutrition?  
(Nutrition is a healthy diet for both the body and the mind.)

## children's story

### You Are What You Eat

Master Woo asked the class what the saying, "You are what you eat" meant. No one raised their hand except Bill. He was trying to be funny when he said, "I'm not sure what the saying means. I ate a bowl of oatmeal this morning, and I know I'm not oatmeal!"

Master Woo gave the following explanation to the class:

"The body is the direct result of what is put into it. If you nourish the body with good foods that have vitamins and minerals, you will have a healthy body that performs well. If you give your body a lot of chemicals through processed food, or give it a diet that is high in fats, you will have a body that is not able to function properly. So, you are what you eat, in that, what kind of nourishment you give your body is the kind of body you will have - healthy or not."

The class realized that it was important to think about what they were eating in order to live a healthy life.

### Ask your students:

- **When you think about the saying, "You are what you eat," are you happy with what you are?**

(Answers will vary.)

- **What are some ways you can improve what you are by what you eat?**

(Eat less junk food, have more vegetables or fruit daily, etc.)

## Make The Decision To Feel Better

Marie sat at her computer, nibbling on the burger she had just heating up in the microwave in the lounge. Another lunch at her desk; this was not how it was supposed to be. Especially after the subject discussed at her marital arts class the night before.

"You are what you eat." That had been the title of their discussion.

Marie knew that if anyone in her class had been able to watch her since she got up this morning, she would have died from embarrassment. Before the hamburger, what brought her to this moment of realization was a quick donut and coffee at the shop next to her office, a slice of cake from a birthday celebration for a coworker, and two sodas with caffeine to keep her awake.

She already felt like taking a long nap, and it wasn't too much past noon.

It didn't take much to realize that if she was what she had been eating, she wasn't what she wanted to be. She thought about the carrot sticks in her refrigerator and the cans of tuna in her pantry. It wouldn't take much to put together a lunch to bring to work. There were also plenty of ways to make breakfast better. Getting up a little earlier and eating at home was the most obvious.

Marie vowed to make tomorrow the first day of feeling good about being what she ate.

### Topics for Discussion:

- If you had someone watching you all day, would you be proud of your Nutrition habits?
- If you really 'are what you eat', are you happy with what you are?

# **DRILL**

## **Pyramid Power!**

This drill utilizes the Pyramid Worksheet and the Nutrition Poster to familiarize the student's with the basic food groups.

First, divide the class into even teams and make sure that each team has a copy of the Pyramid Worksheet.

Now, using the Nutrition Poster, point to and call out a particular food pictured and have the teams put that food into its correct food group. Note: In the case of some of the foods, i.e. the hamburger, hot dog or baked potato, the teams are required to correctly list all of the food groups represented.

After a few minutes, end the drill and have each team read their answers. The team with the most correct answers receives a healthy snack.

Option: Using a rope or some other marker, create a pyramid on the school's floor. Now, using the Nutrition Poster, point to a food and have one of the team members run to the appropriate level representing the food group of that food. Multiple food groups can be designated with other members of the team. The team that scores the most correct responses wins.



*"A healthy body is a guest chamber for the soul: a sick body is a prison."*  
— Francis Bacon

week two  
**LESSON 3**

# Nutrition For Your Body



- Students will learn what role Nutrition plays in a healthy body.
- By the end of the lesson, the student will know why Nutrition is important for a healthy body.

Discuss the following questions during warm up to remind the students of the previous lesson.

1. What is Nutrition?  
(Nutrition is a healthy diet for both the body and the mind.)

## ages 4-7

Everyone wants to be able to feel healthy. If you feel good, you will be able to do the activities that interest you. By eating a healthy diet and by making sure that you get some exercise every day, you will increase the probability of good health and, as a result, you will feel good!

Use the Pyramid Power! worksheet to help you make good food choices every day. Every time you want to grab a candy bar, grab a piece of fruit instead. The fruit has natural sugars that will give you the energy you need, without giving you the negative things a candy bar will. Choose to play outside after school instead of watching television. You will feel good about how you are taking care of yourself.

### Ask your students:

- **Why is good Nutrition important?**

(Nutrition is important in order to be healthy and feel good.)

- **What can good Nutrition and exercise do for you?**

(Nutrition and exercise can make you a healthy person and enable you to be the best you can be.)

**I**t is not always easy to stay focused on proper nutrition when so much of your time is spent at school. Sometimes, the quick and easy foods to pack are not the most nutritionally sound. If you buy your lunch at school, the most appealing foods there are not always the ones that are low in fat and sugars.

Make sure to give yourself enough time in the morning before school to eat a properly balanced breakfast and to pack a lunch that will not only taste good, but give you the energy you need to think and play effectively. (Refer to the Pyramid Power! worksheet).

## Ask your students:

- **Why is good Nutrition important?**  
(Nutrition is important in order to be healthy and feel good.)
- **What can good Nutrition and exercise do for you?**  
(Nutrition and exercise can make you a healthy person and enable you to be the

## adults

Once you have left the routine of going to school daily, and enter the workplace, your nutritional needs change. Gone are the days of walking all over campus, and more often than not, you're physical activity is limited to walking from your car to your desk. For those of you that stay at home to work, there is still a marked decline in physical activity as we get older because we depend so much on cars to take us where we need to go.

The best advice for maintaining health is by being aware of your changing nutritional needs and staying active. Regular exercise and proper diet will keep you alert, and both are great ways to release career related stress.

### Topics for Discussion

- How have your nutritional needs changed as you have gotten older?
- How can you lead a healthy life at home and at work?

*"Our body is a well-set clock, which keeps good time, but if it be too much or indiscreetly tampered with, the alarm runs out before the hour."*

— Joseph Hall

week two  
**LESSON 4**

## Nutrition For Your Body



- Students will learn what role Nutrition plays in a healthy body.
- By the end of the lesson, the student will know why Nutrition is important for a healthy body.

Discuss the following questions during warm up to remind the students of the previous lesson.

1. What is Nutrition?  
(Nutrition is a healthy diet for both the body and the mind.)
2. Why is good Nutrition important?  
(Nutrition is important in order to be healthy and feel good.)
3. What can good Nutrition and exercise do for you?  
(Nutrition and exercise can make you a healthy person and enable you to be the best you can be.)

## children's story

### The Right Fuel

Bill tried to concentrate on what Master Woo was saying, but all he really wanted to do was take a nap. The class got up to start participating in the drill, and Bill dragged himself up to follow.

Master Woo noticed Bill's slow response and asked him if anything was wrong. Bill told Master Woo that he was tired, but would give the drill a try. Master Woo asked Bill what he had eaten for dinner. Bill explained that he had gone to soccer practice after school, and hadn't had time to eat before class.

Master Woo said, "Bill, what if your Dad or Mom said that they did not have time to put gasoline in the car. Would you be surprised if the car did not run? You must fuel your body for it to run. Make time for good nutrition."

### Ask your students:

- **What kind of things could Bill have had for his meal that would have been quick to fix, but good for him?**  
(Fruit, vegetables, crackers and cheese, granola bar, etc.)
- **How is your body like the car that Master Woo described?**  
(Your body needs fuel (food) just like a car need fuel (gasoline).)

## Healthy Shopping

The new National Heart, Lung, and Blood Institute Obesity Guidelines say that you can reduce the time you spend cooking healthy by using a shopping list and keeping a well-stocked kitchen. Read the labels as you shop and pay attention to serving size and servings per container. Compare the total calories in similar products and choose the lowest calorie ones.

So, shop for quick low fat food items and fill your kitchen cupboards with a supply of lower calorie basics like the following:

- ☐ Fat free or low fat milk, yogurt, cheese, and cottage cheese
- ☐ Light or diet margarine
- ☐ Eggs/Egg substitutes
- ☐ Sandwich breads, bagels, pita bread, English muffins
- ☐ Soft corn tortillas, low fat flour tortillas
- ☐ Low fat, low sodium crackers
- ☐ Plain cereal, dry or cooked
- ☐ Rice, pasta
- ☐ White meat chicken or turkey (remove skin)
- ☐ Fish and shellfish (not battered)
- ☐ Beef: round, sirloin, chuck arm, loin and extra lean ground beef
- ☐ Pork: leg, shoulder, tenderloin
- ☐ Dry beans and peas
- ☐ Fresh, frozen, canned fruits in light syrup or juice
- ☐ Fresh, frozen, or no salt added canned vegetables
- ☐ Low fat or nonfat salad dressings
- ☐ Mustard and catsup
- ☐ Jam, jelly, or honey
- ☐ Herbs and spices
- ☐ Salsa

Source: The National Heart, Lung, and Blood Institute in cooperation with the National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health.

All of the above items will help fuel your body without weighing you down to inhibit your performance.

## Topics for Discussion:

- **How does your busy lifestyle contribute to your unhealthy eating?**
- **By using a list, can you minimize the unhealthy food purchases you make?**  
(Try changing your shopping habits over the next few weeks).

# DRILL

## Parts Is Parts!

The purpose of this drill is to familiarize the students with their body in a fun and challenging way. This can be as much of a drill for the children as for the adults.

The object of the drill is to name at least 10 body parts that are spelled with only three (3) letters. Use your white board or have a large piece of paper attached to the wall to write down the words. Have the students raise their hand and tell you the part. You can have them point it out as well. For older students, make it more of a challenge by dividing the class into two teams and give them a time limit to come up with the ten words. As time expires, have the teams compare lists. Even though this drill is designed to encourage understanding of our bodies, the winning team should receive a prize, i.e. granola bar, frozen yogurt, etc. Make sure all students receive some sort of healthy treat as well.

Here is a partial list of some of the common, three-letter parts (in no particular order):

1. eye
2. ear
3. leg
4. lip
5. toe
6. lid
7. gut
8. rod (in the back of the eye)
9. egg (females)
10. arm
11. rib
12. jaw
13. hip
14. gum
15. cap (knee or skull)
16. fat

Option: Have the students write down 10 body parts with only four letters.



*"Any healthy man can go without food for two days  
- but not without poetry." - Charles Bauydelaire*

week three  
**LESSON 5**

## Nutrition For Your Mind



- Students will learn about Nutrition for their mind.
- By the end of the lesson, the student will see how proper Nutrition has a direct influence on their mind as well as their body.

Discuss the following questions during warm up to remind the students of the previous lessons.

1. What is Nutrition?  
(Nutrition is a healthy diet for both the body and the mind.)
2. Why is good Nutrition important?  
(Nutrition is important in order to be healthy and feel good.)
3. What can good Nutrition and exercise do for you?  
(Nutrition and exercise can make you a healthy person and enable you to be the best you can be.)

## ages 4-7

**J**ust as your body needs good food to make it healthy, your mind needs nourishment to help it to work properly. It is just as important to keep your mind 'nourished' as it is to keep your body nourished.

There is more than one way to feed your mind. Eating good foods not only will make you feel good, but will keep you mentally alert as well. Exercise will help you to get better circulation that will help your thinking process. Making it your goal to improve your knowledge by reading and studying will 'feed' your mind. Playing board games like, Scrabble and Monopoly (not video games) will improve the way your mind works and help you to nourish it.

### Ask your students:

- **Why is it important to think about Nutrition for your mind?**  
(Your mind needs nourishment to help it to work properly.)
- **How can you 'feed' your mind?**  
(You can 'feed' your mind by eating right, exercising your body, and exercising your mind through learning and play.)

**J**ust as your body needs good food to make it healthy, your mind needs nourishment to help it to work properly. It is just as important to keep your mind 'nourished' as it is to keep your body nourished.

There is more than one way to feed your mind. Eating good foods not only will make you feel good, but will keep you mentally alert as well. Exercise will help you to get better circulation that will help your thinking process. Making it your goal to improve your knowledge by reading and studying will 'feed' your mind. Playing board games like, Scrabble and Monopoly (not video games) will improve the way your mind works and help you to nourish it.

## Ask your students:

- **Why is it important to think about Nutrition for your mind?**  
(Your mind needs nourishment to help it to work properly.)
- **How can you 'feed' your mind?**  
(You can 'feed' your mind by eating right, exercising your body, and exercising your mind through learning and play.)

## adults

**I**t is very easy to believe that you have a complete exercise routine if you make to for exercise three times a week, you eat a healthy diet, and maintain a healthy weight for your height and age. While all of these things are essential to a healthy life, you would be remiss if you left out proper Nutrition for you mind.

A complete exercise routine includes daily exercise for your mind as well as your body. Don't forget to keep reading as a part of your daily habits. Stay aware of current events, and engage in conversation with co-workers or family members. Spend less time being fed information from the television or your computer, and more time feeding your mind positive information through books, newspapers, magazines, friends.

## Topics for Discussion

- How does your current lifestyle make it difficult to 'feed' your mind?
- What are some gradual changes you can make to improve Nutrition for your mind?

*"Eating without conversation is only stoking."*  
- Marcelene Cox

week three  
**LESSON 6**

## Nutrition For Your Mind



- Students will learn about Nutrition for their mind.
- By the end of the lesson, the student will see, through stories and a drill, how proper Nutrition has a direct influence on their mind as well as their body.

Discuss the following questions during warm up to remind the students of the previous lessons.

1. What is Nutrition?  
(Nutrition is a healthy diet for both the body and the mind.)
2. Why is good Nutrition important?  
(Nutrition is important in order to be healthy and feel good.)
3. What can good Nutrition and exercise do for you?  
(Nutrition and exercise can make you a healthy person and enable you to be the best you can be.)
4. Why is it important to think about Nutrition for your mind?  
(Your mind needs nourishment to help it to work properly.)
5. How can you 'feed' your mind?  
(You can 'feed' your mind by eating right, exercising your body, and exercising your mind through learning and play.)

## children's story

### Mind Travelers

Before school, most of the students spent time trading the latest game cards and talking about what the newest video game was all about. Mrs. Johnson, their teacher, noticed that they talked about little else.

One day, she decided to show the children what they were missing.

As they all filed into class, they could see a globe on the table at the front of the classroom. Little red stickers covered over half of the globe.

"Children," said Mrs. Johnson, "I have been to all of the places you see marked on the globe. I have seen many wonderful things and had many adventures."

"How is that possible?" asked one of the students.

"You are always here at school."

"Oh," Mrs. Johnson replied. "I have seen all of these places and never left my house. I have traveled by reading books. I want each of you to pick a book off of the shelf, and next week, each of you can tell the class about your travels."

The students were excited about the adventures of their 'travels'.

### Ask your students:

- **How many places have you traveled to lately?**  
(Answers will vary.)
- **How is reading Nutrition for you mind?**  
(It 'feeds' your mind knowledge.)

## Walking To Memory Lane

The following text taken from an article from The Associated Press, illustrates the importance of nourishing your body by exercise, and the benefits of that nourishment on your mind.

Study: Walks Help Boost Memory, Judgment  
By Joseph B. Verrengia  
© The Associated Press

LONDON (July 28) - For many of his 88 years, Harry S. Truman left reporters gasping for breath as he offered sharp-tongued commentary during his brisk morning walk.

John Glenn credits his celebrated return to orbit at age 77 to daily exercise, including a two mile power walk.

Now, brain researchers finally are catching up with senior pedestrians.

A new study suggests that taking an invigorating walk gives older people's brains a good workout, boosting memory and sharpening judgment.

The experiment was conducted at the University of Illinois and reported in the journal Nature.

The mental benefits of walking were especially significant, researchers said, because the senior citizens had not exercised regularly before joining the study.

The experiment lasted six months. Walkers eventually were completing an hour-long loop around the university's campus three times a week.

Researchers administered a variety of simple tests to gauge the participants' ability to plan, establish schedules, make and remember choices and rapidly reconsider them if circumstances changes.

The walker's ability to perform these tasks improved by 25%, while the non-walkers showed little improvement.

Previous studies have shown that regular exercise may reduce the risk of developing Alzheimer's disease later in life, possibly because exercise enhances the production of certain hormones and other protective compounds in the brain.

## Topics for Discussion

- How has exercising helped you to nourish your mind?
- Do you find that your mental awareness varies based on your diet and exercise program?

# DRILL

## World Travelers

The drill can be used prior to warm-up or after cool-down during class. Its function is to allow the students to experience first-hand that they can “travel” without leaving the school, and that visualizing traveling is good nutrition for their minds.

You'll need a globe or a map of the world. Have the students study it and then have them pick an area or country that they would like to “visit.”

Next, have everyone lie down, close their eyes, take a few cleansing breaths, then, have them begin their “journey.” You may want to prompt them, if necessary, with suggestions that they are boarding a plane or a boat to begin their adventure.

Allow for a few minutes of silence to pass before announcing that the students must now “return.” Take a few moments while everyone is still to have some of the students share their “travels” with the class.

Repeat this drill throughout the week and note how the travels become more elaborate and colorful.

**Option:** For younger students, who may not have a complete understanding of the world, or even the United States yet, have them “travel” around their town or region.



*"An apple a day keeps the doctor away."*  
- Ben Franklin

week four  
**LESSON 7**

## Benefits Of Good Nutrition



- Students will learn some benefits of good Nutrition.
- By the end of the lesson, the students will know the benefits of good Nutrition.

Discuss the following questions during warm up to remind the students of the previous lessons.

1. What is Nutrition?  
(Nutrition is a healthy diet for both the body and the mind.)
2. Why is good Nutrition important?  
(Nutrition is important in order to be healthy and feel good.)
3. What can good Nutrition and exercise do for you?  
(Nutrition and exercise can make you a healthy person and enable you to be the best you can be.)
4. Why is it important to think about Nutrition for your mind?  
(Your mind needs nourishment to help it to work properly.)
5. How can you 'feed' your mind?  
(You can 'feed' your mind by eating right, exercising your body, and exercising your mind through learning and play.)

## ages 4-7

**W**hat happens when your favorite electronic toy's batteries run out? Can you still play with the toy? Nope. In order for it to work, it needs to have batteries that are well charged.

Just like your toy, the benefits of good nutrition are evident in how well your body works. If you feed your body good foods and exercise regularly, you will be able to use your body the way it was intended. Good nutrition enables you to think clearly, play hard, and stay active.

You might be able to function by eating junk food and never exercising, but you will probably not be able to function and feel well at the same time. A benefit of good nutrition is that you will not only be able to function, but will do it while feeling good physically, and feeling good about yourself.

### Ask your students:

- **What is one benefit of good nutrition?**  
(Good nutrition enables you to think clearly, play hard, and stay active.)
- **Can you function without good nutrition?**  
(You might be able to function by eating junk food and never exercising, but you will probably not be able to function and feel well at the same time.)

**W**hat happens when your favorite electronic toy's batteries run out? Can you still play with the toy? Nope. In order for it to work, it needs to have batteries that are well charged.

Just like your toy, the benefits of good nutrition are evident in how well your body works. If you feed your body good foods and exercise regularly, you will be able to use your body the way it was intended. Good nutrition enables you to think clearly, play hard, and stay active.

You might be able to function by eating junk food and never exercising, but you will probably not be able to function and feel well at the same time. A benefit of good nutrition is that you will not only be able to function, but will do it while feeling good physically, and feeling good about yourself.

## Ask your students:

- **What is one benefit of good nutrition?**  
(Good nutrition enables you to think clearly, play hard, and stay active.)
- **Can you function without good nutrition?**  
(You might be able to function by eating junk food and never exercising, but you will probably not be able to function and feel well at the same time.)

## adults

A rather obvious benefit of good nutrition is that good health will follow. It is obvious, but not always easy. By following a healthy eating program and exercising regularly, ideal body weight will be achieved and better physical performance is possible. While this advice is pretty straight forward, living a life based on good nutrition is one that takes commitment and diligence. The benefits are worth it.

A clear mind and fit body are benefits that will affect all aspects of your life. Good nutritional values will pay off to benefit everything you do.

### Topics for discussion

- What would be the biggest benefit to you at this time in your life, if you changed your nutritional habits?
- What are some small steps you can take to bring you nearer to your nutritional goals?

*"Food is an important part of a balanced diet."*  
- Fran Lebowitz

week four  
**LESSON 8**

# The Benefits Of Good Nutrition



- Students will learn some benefits of good Nutrition.
- By the end of the lesson, the students will, through stories and a drill, know the benefits of good Nutrition.

Discuss the following questions during warm up to remind the students of the pervious lessons.

1. What is Nutrition?  
(Nutrition is a healthy diet for both the body and the mind.)
2. Why is good Nutrition important?  
(Nutrition is important in order to be healthy and feel good.)
3. What can good Nutrition and exercise do for you?  
(Nutrition and exercise can make you a healthy person and enable you to be the best you can be.)
4. Why is it important to think about Nutrition for your mind?  
(Your mind needs nourishment to help it to work properly.)
5. How can you 'feed' your mind?  
(You can 'feed' your mind by eating right, exercising your body, and exercising your mind through learning and play.)
6. What is one benefit of good nutrition?  
(Good nutrition enables you to think clearly, play hard, and stay active.)
7. Can you function without good nutrition?  
(You might be able to function by eating junk food and never exercising, but you will probably not be able to function and feel well at the same time.)

## children's & adult's story

### Your Music Box

Master Woo gathered the students into a circle around him and had them sit on the mat. From a bag, he took two music boxes. He opened them both, and set them on the floor. Both boxes played music for a few moments. Gradually, one of the boxes played slower and slower and finally stopped altogether.

"What has happened?" Master Woo asked the class.

"All you have to do is wind that one up," said one of the students as he pointed to the run-down music box.

Master Woo picked up the box and wound the key and set the box back down. It played merrily next to the other.

"How is your body like that music box?" asked Master Woo.

The students didn't know what to say.

Master Woo explained, "If you do not wind up your body by giving it good nutritious food, it will wind down. If, instead, you feed your body good food and lead a nutritious life, it will run as smoothly as this music box. You will get from your body what you put into it."

### Ask your students:

- **What kind of a diet will make your body run down?**  
(Too many sweets, fatty food, lack of fruit and vegetables.)
- **What are some of the benefits to a healthy, nutritious diet?**  
(You will have energy and feel good.)
- **Has your lifestyle, and particularly your eating habits, affected your body?**
- **How have you changed your eating habits to keep your body from running down?**

## It Takes More Than A Seed

This drill is designed to show the students that quite a few things contribute to their physical well-being.

First, choose one student to be the 'Seed.' Have that student lie down, and make themselves as small as possible.

Next, have four or five students be the soil and have them gather around the seed. They help the seed up and form a line behind the seed.

The seed then goes around the room, and as the line behind it passes by other students, those students, as rain or sunlight add to the line and follow the seed.

While the whole class is moving together, remind them that they were once single elements, and as gathering together, they contribute to the growth of the seed. Without them, the seed would not grow.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



*"To become a thoroughly good man is the best prescription for keeping a sound mind and a sound body." – Francis Bowen*

week five  
**LESSON 9**

## Balanced Nutrition



- Students will learn what Balanced Nutrition is all about.
- By the end of the lesson, the students will see how important it is to find a balance for their Nutritional goals.

Discuss the following questions during warm up to remind the students of the previous lessons.

1. What is Nutrition?  
(Nutrition is a healthy diet for both the body and the mind.)
2. Why is good Nutrition important?  
(Nutrition is important in order to be healthy and feel good.)
3. What can good Nutrition and exercise do for you?  
(Nutrition and exercise can make you a healthy person and enable you to be the best you can be.)
4. Why is it important to think about Nutrition for your mind?  
(Your mind needs nourishment to help it to work properly.)
5. How can you 'feed' your mind?  
(You can 'feed' your mind by eating right, exercising your body, and exercising your mind through learning and play.)
6. What is one benefit of good nutrition?  
(Good nutrition enables you to think clearly, play hard, and stay active.)
7. Can you function without good nutrition?  
(You might be able to function by eating junk food and never exercising, but you will probably not be able to function and feel well at the same time.)

## ages 4-7

Could you live without ever having another hamburger? Of course you could. Would you want to? Probably not. Could you survive without ever playing another video game or watching another movie? Yes, you could. Would that be any fun? No, it wouldn't.

Just like in the Martial Arts, the important thing to remember is to do everything with balance. Balance out the hamburger, french fries and soda you want on the weekend, with a healthy diet of good foods that are good for you throughout the rest of the week.

Play video games or watch television, but set limits for yourself so that you have enough time to feed your mind and body with more nutritional things.

One way you are making sure you have balanced Nutrition is by studying the Martial Arts. Keep up the good work!

### Ask your students:

- **What does Balanced Nutrition mean?**

(Balanced Nutrition means making sure that you have just the right amount of everything to make your life healthy.)

**W**hat would life be like without any fast food restaurants, no video games, no movies, no candy? Well, we could definitely survive, but some of the fun would be gone. Keeping good Nutrition a priority does not mean eliminating all of those things. It means that you need to balance out what you choose to indulge in, with what you know is better for you.

Just like in the Martial Arts, the important thing to remember is to do everything with balance. Balance out the hamburger, french fries and soda you want on the weekend, with a healthy diet of good foods that are good for you throughout the rest of the week.

Play video games or watch television, but set limits for yourself so that you have enough time to feed your mind and body with more nutritional things.

One way you are making sure you have balanced Nutrition is by studying the Martial Arts. Keep up the good work!

## Ask your students:

- **What does Balanced Nutrition mean?**

(Balanced Nutrition means making sure that you have just the right amount of everything to make your life healthy.)

## adults

There are many people that lead perfectly happy lives by adhering to very strict dietary and social regimes; never missing indulgences that many find pleasing. Never would junk food pass their lips, and lazing about in front of the television would be a crime.

This lifestyle is not for everyone.

Most often, all that is needed is a balance of good Nutrition and an occasional indulgence. The mind and body will thrive if you make it a priority to follow a nutritious program without the need to be militaristic.

Your choice to study the Martial Arts will help you to maintain a balance in your life.

### Topic for Discussion

- How is your life out of balance in regards to nutrition?
- How has your Martial Arts training helped you to achieve more of a balance?

*"It is a wearisome disease to preserve health by too strict a regimen."*  
— Francois de La Rochefoucauld

week five  
**LESSON 10**

## Balanced Nutrition



- Students will learn what Balanced Nutrition is all about.
- By the end of the lesson, the students will, through stories and a drill, see how important it is to find a balance for their Nutritional goals.

Discuss the following questions during warm up to remind the students of the previous lessons.

1. What is Nutrition?  
(Nutrition is a healthy diet for both the body and the mind.)
2. Why is good Nutrition important?  
(Nutrition is important in order to be healthy and feel good.)
3. What can good Nutrition and exercise do for you?  
(Nutrition and exercise can make you a healthy person and enable you to be the best you can be.)
4. Why is it important to think about Nutrition for your mind?  
(Your mind needs nourishment to help it to work properly.)
5. How can you 'feed' your mind?  
(You can 'feed' your mind by eating right, exercising your body, and exercising your mind through learning and play.)
6. What is one benefit of good nutrition?  
(Good nutrition enables you to think clearly, play hard, and stay active.)
7. Can you function without good nutrition?  
(You might be able to function by eating junk food and never exercising, but you will probably not be able to function and feel well at the same time.)
8. What does Balanced Nutrition mean?  
(Balanced Nutrition means making sure that you have just the right amount of everything to make your life healthy.)

## children's story

### The Upside Down Pyramid

Master Woo showed the class a picture of a pyramid that was standing on it's point, not it's wide base.

"Class," he said, "What is going to happen to this upside down pyramid?"

"It's going to fall over!" they all shouted.

"That's right," said Master Woo. "Trying to balance on the tip, with all the weight resting on the tiny point, will not keep the pyramid up."

Then Master Woo showed the class a picture of the food group pyramid, with the food groups listed, and the recommended servings listed on it. He explained that the wide base represented the foods that the body needs the most of, and as the pyramid rose to a point, the items that should be limited in the diet were in smaller portions.

"Just like the food pyramid," said Master Woo, "You need to make sure that you are balancing your body on the foods that are good for it; the ones on the base. If you try and function using the foods at the point, you will be as stable as the upside down pyramid."

### Ask your students:

- **Looking at the food pyramid, what foods are at the smallest section?**

(Fats, sugars, snack foods?)

- **What foods are at the base?**

(Grains, breads, etc.)

- **How can you plan your diet by using the food pyramid?**

By following the recommending servings of each food on the pyramid, and limiting your intake of food closer to the top.)

## How can I feel great? How can I look good? What's for dinner?

The answers to your questions are all easy to find. All you have to do is look at the USDA's food pyramid and its many layers for different types of food. Unlock the secret of a healthy diet by referring to the pyramid for your food choices. You will also find out what constitutes a serving size for easy weight management and optimum health.

Start at the bottom. Spend lots of time eating in the lower areas — where the grains and vegetables are. Spend less time at the top, where the air is thinner, and sweets and fats lie in wait for unsuspecting dieters. Choose carefully from the middle layers — the meat, poultry, fish, dry beans, eggs, and nuts group and the dairy group. If you pick wisely from each group, you'll end the day with lots of energy but no excess weight.

By balancing your unwise choices with plenty of smart ones, you can lead a healthy nutritious life with no ill affect.

### Ask your students:

- How closely are you following the pyramid's recommendations?
- How do you see the food pyramid helping you to find a nutritional balance?

## ***DRILL***

### Pyramid Puzzle

This is a variation to the Pyramid Power! drill of Week 1, Lesson Two in that your students will have to create the Food Pyramid from the knowledge they have gained over the past weeks.

Begin by building a pyramid shape on the floor with a rope or other markers. Now, divide the class into six (6) groups. Each group will represent one of the food groups of the Food Pyramid. Have the Nutrition Poster up and in view so the students can refer to it .

Have the first team stand in the first level, have this team name all of the foods that they can in one minute that fit here. Note: Have a Black Belt keep track by writing them down. Follow with the next group, then the next until the top of the pyramid is complete.

Now, review the list and make sure that each level has the correct food in its group. The team with the most, wins.



*"You don't have to cook fancy or complicated masterpieces – just good food from fresh ingredients."*  
— Julia Child

week six  
**LESSON 11**

## Nutrition Review



- Students will review the lessons on Nutrition.
- The students will review the information they have learned about Nutrition.

Discuss the following questions during warm up to remind the students of the pervious lessons.

1. What is Nutrition?  
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2. Why is good Nutrition important?  
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8. What does Balanced Nutrition mean?  
(Balanced Nutrition means making sure that you have just the right amount of everything to make your life healthy.)
9. How can you plan your diet by using the food pyramid?  
(By following the recommending servings of each food on the pyramid, and limiting your intake of food closer to the top.)

## ages 4-7

**Y**ou have learned that what you put into your body, directly effects how your body will perform. You know that Nutrition plays a very important role in your life, and that it is important to play close attention to your body's nutritional needs.

Over the past few weeks, we have talked about feeding both your body and your mind. By eating the proper foods, exercising (including your Martial Arts study) and making sure your mind is properly stimulated, you will be able to better accomplish your goal of living a healthy life.

Nutrition is giving your body and mind what it needs to work for you!

### Ask your students:

- **What is the most important new thing you have learned during our study of Nutrition?**  
(Answers will vary.)
- **Can someone explain the Food Pyramid to the group?**  
(Give a number of students the opportunity to answer.)

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## Ask your students:

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(Answers will vary.)
- **Can someone explain the Food Pyramid to the group?**  
(Give a number of students the opportunity to answer.)

## adults

**Y**ou are what you eat. There is no getting around the significance of that statement. You know that Nutrition plays a vital role in how you look and feel and, ultimately, how you function day to day.

Over the past few weeks, you have looked closely at the role Nutrition plays in your life. You can see how it is important to have proper Nutrition for both your mind and body. It is also important to have a balanced approach when it comes to your Nutritional needs.

Proper Nutrition is a lifelong goal and will give your body and mind a lifetime of good performance!

### Topic for Discussion

- **How have you changed your outlook on Nutrition over the course of this module?**

(Answers will vary.)

*"What sound does a sound mind and body make?"*  
- Anon.

week six  
**LESSON 12**

## Nutrition Review



- Students will review the lessons of Nutrition.
- The students will review the information they have learned about Nutrition.

Discuss the following questions during warm up to remind the students of the previous lessons.

1. What is Nutrition?  
(Nutrition is a healthy diet for both the body and the mind.)
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(Balanced Nutrition means making sure that you have just the right amount of everything to make your life healthy.)
9. How can you plan your diet by using the food pyramid?  
(By following the recommending servings of each food on the pyramid, and limiting your intake of food closer to the top.)

## children's story

### Green Eggs & Ham

Most everyone has heard the story of "Green Eggs and Ham." A character named Sam tries to convince his friend to eat a meal of green eggs and ham. Throughout much of the story, Sam's friend refuses, saying he doesn't like green eggs and ham. Finally, the friend tries one bite, just to get Sam to leave him alone. The friend realizes that he really does like the taste of the dish and enjoys the rest of the meal.

Sometimes, we can be just like Sam's friend. We can say we don't like to eat certain foods before we even try them, or just because someone tells us they are good for us.

Most foods that are good for you, taste good too! Try something new today and share what you learn with a friend.

### Ask your students:

- **Have you ever said you didn't like a certain food without trying it first?**  
(Answers will vary.)
- **What is one food that you don't think you would like, and you haven't even tried it yet?**  
(Answers will vary.)
- **Don't you think it would be wise to give it a try?**  
(Yes!)

## The Godfather Of Fitness

The fitness expert Jack La Lanne will be 85 in 1999, and that is hard to believe. He doesn't look it! Wherever Jack appears in public, young people flock to him. Older people feel Jack has found the fountain of youth.

Jack La Lanne is America's Number 1 Physical Fitness Expert and Guru, often called "The Godfather of Fitness". It was not always this way with Jack. "As a kid," Jack flatly states, "I was a "sugarholic". I was a junk food junkie! It made me weak and it made me mean. It made me sick. I had boils, pimples, and I was nearsighted. Little girls used to beat me up! Mom prayed...the church prayed. At the age of 15 when I heard pioneer nutritionist Paul Bragg speak at the Oakland City Womens' Club in the San Francisco bay area, I finally realized that I was addicted to sugar." Bragg promised that if Jack would exercise and eat a proper diet, he could achieve good health. With great determination, he set out to build a totally new Jack La Lanne.

He discovered that the Berkeley YMCA had a set of weights and began experimenting with them. Before long, Jack achieved the muscular, healthy body of his dreams. "I became a voracious reader and I absorbed everything that would help me to improve myself. Grey's Anatomy was my bible. In 1936, Jack was 21 years old. "I was 40 years ahead of my time," he said, "but by then I knew more about

the workings of the muscles in my body than most doctors. People thought I was a charlatan and a nut," Jack says. "The doctors were against me - they said that working out with weights would give people heart attacks and they would lose their sex drive; women would look like men. Even the coaches predicted that athletes would get muscle bound and didn't want them to work out with weights. What I was doing was scientifically correct, starting with a healthy diet and now everyone knows it. Today all the world class athletes work out with weights."

Jack La Lanne is an example of someone who took what he learned about Nutrition and used it to improve his life and the life of others. You have the knowledge and the ability to make a difference in your life using Nutrition!

## Topic for Discussion

- **What have you realized about your Nutritional choices that can be changed to make a difference in your life?**
- **How is Jack La Lanne's life, at 85, better than your own?**
- **How can that change?**  
(Pick a favorite drill from the past few weeks and/or redo the Pyramid Puzzle drill, Week 5, Lesson 10).

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"You are what you eat."

Anon



"An apple a day keeps the doctor away."

Ben Franklin



"Time flies like an arrow, but fruit flies like a banana."

Anon.



"Food is an important part of a balanced diet."

Fran Lebowitz



"Food is the most primitive form of comfort."

Sheilah Graham

"You don't have to cook fancy or complicated masterpieces - just good food from fresh ingredients."

Julia Child



"What is food to one man is bitter poison to others."

Lucretius



"Part of the secret of success in life is to eat what you like and let the food fight it out inside."

Mark Twain



"At my age the bones are water in the morning until food is given them."

Pearl S. Buck

"Our minds are like our stomachs; they are whetted by the change of their food, and variety supplies both with fresh appetites."

Quintilian



"Any healthy man can go without food for two days - but not without poetry."

Charles Baudelaire



"Eating without conversation is only stoking."

Marcelene Cox



"To be always intending to live a new life, but never find time to set about it - this is as if a man should put off eating and drinking from one day to another till he be starved and destroyed."

Sir Walter Scott

"You can tell alot about a fellow's character by his way of eating jellybeans."

Ronald Reagan



"If it weren't for Philo T. Farnsworth, inventor of television, we'd still be eating frozen radio dinners."

Johnny Carson



"He who has health, has hope; and he who has hope, has everything."

Arabian Proverb

"A healthy body is a guest chamber for the soul; a sick body is a prison."

Francis Bacon

“Our body is a well-set clock, which keeps good time, but if it be too much or indiscreetly tampered with, the alarm runs out before the hour.”

Joseph Hall



“To become a thoroughly good man is the best prescription for keeping a sound mind and a sound body.”

Francis Bacon



“It is a wearisome disease to preserve health by too strict a regimen.”

Francois de La Rochefoucauld



“What sound does a sound mind and body make?”

Anon