

# Ordering eatfit

To implement **eatfit** and receive training contact your local county Cooperative Extension Representative.

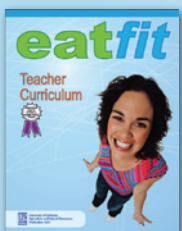
Name \_\_\_\_\_

Contact \_\_\_\_\_



### www.EatFit.net

Online eating analysis  
Recipes  
Exercise tips



### Teacher curriculum

9 lesson plans  
Lesson enhancements  
Common core state standards  
Content standards  
Recipes  
Answer sheets



### Student workbook

20-pages  
Magazine style booklet  
Activities for each lesson

[www.eatfit.net](http://www.eatfit.net)

**UC** | **University of California**  
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UC COOPERATIVE EXTENSION  
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EXPANDED FOOD & NUTRITION EDUCATION PROGRAM  
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# eatfit



# 99%

of students made an improvement in at least one of the four targeted content standard areas.

# 73%

of students improved their dietary behaviors.



Promoting positive nutrition and physical activity behaviors, while supporting academic achievement in your 6th, 7th, and 8th grade students.

# eatfit

is a goal setting curriculum designed to improve the dietary and physical activity behaviors of middle school students, as well as improve knowledge of the California Department of Education standards. **eatfit** includes a student workbook for every student, teacher curriculum, and a website and eating analysis found at [www.eatfit.net](http://www.eatfit.net).

Shilts MK, Horowitz M, Townsend MS. Effectiveness of guided goal setting in a dietary and physical activity intervention with low-income adolescents. *Int J Adolesc Med Health*. 2009; 20(1):111-122.  
Shilts M, Horowitz M, Townsend MS. An Innovative Approach to Goal Setting for Adolescents: Guided Goal Setting. *J Nutrition Education & Behavior*. 2004; 36:155-156.

The curriculum contains nine hands-on, experiential lessons. Topics include goal setting, label reading, fast food, breakfast, exercise, energy balance and advertising.

**eatfit** engages students in a personal self-assessment of eating and physical activity behaviors using [www.eatfit.net](http://www.eatfit.net). Based on the results, students set goals. The curriculum provides skill-building activities to help reach those goals.

## ACADEMIC ACHIEVEMENT\*

**99%** of students made an improvement in at least one of the four targeted content standard areas.

**34%** of students improved their Mathematical Reasoning skills.

**31%** of students improved their Statistics skills.



**61%** of students improved their Algebra and Functions skills.



**61%**

of students improved their Listening and Speaking skills.



\*Shilts M, Lamp C, Horowitz M, Townsend MS. Pilot study: Eatfit Improves 6th Graders' Academic Performance on Standardized Math and English Tests. *J Nutrition Educ Behavior*. 2009; 41: 127-131.  
Horowitz M, Shilts M, Lamp C, Townsend MS. A standards-driven evaluation of academic performance: an 8-step process for nutrition educators. *J Nutrition Educ Behavior* 2008; 40: 401-403.

## HEALTH IMPROVEMENT\*\*



**73%** of students improved their dietary behaviors

**58%**

of students improved their physical activity behaviors.



**69%** of students reported making at least one lasting improvement in physical activity level and/or working on making additional positive changes.

**74%**

of students reported making at least one lasting improvement in their eating choices and/or working on making additional positive changes.

\*\*Shilts MK, Townsend MS. A Goal Setting Intervention Positively Impacts Adolescents' Dietary Behaviors and Physical Activity Self-Efficacy. *J Youth Development* 2012; 7(4): 92-108.