

Shaping Healthy Choices Program – Gain-Framed and Loss-Framed Messages

Curriculum	Module	Gain-Framed Message	Loss-Framed Message
Healthy Choices in Motion	Module 1: The Benefits of Physical Activity	Make your heart and lungs stronger with activities that get your heart pumping!	Your heart and lungs may not be as strong when you are inactive.
	Module 2: Physical Activity Recommendations	Have more energy by getting at least 60 minutes of moderate/vigorous activity each day!	You may not have as much energy when you get less than 60 minutes of moderate/vigorous activity each day.
	Module 3: Components of Physical Fitness	Build muscle and get stronger by doing all 5 components of physical fitness!	You may not get as strong or build as much muscle if you don't do all 5 components of physical fitness.
	Module 4: We Need a Variety of Physical Fitness	Strengthen all of your different muscles by trying all kinds of new physical activities!	You may not strengthen all of your muscles if you only do the same kinds of physical activities.
	Module 5: Being a Physically Active Person	Being physically active can help you sleep better!	Being inactive may cause you to sleep poorly.
Discovering Healthy Choices	Module 1: Introduction to Nutrition, Agriculture and gardening	Be adventurous! Eat a variety of fruits and vegetables to help you get many different nutrients.	Don't be picky. Eating only a few kinds of fruits and vegetables limits the nutrients you get.
	Module 1.3	Gardens are a great way to learn about how different vegetables are grown.	Missing out on gardening means missing out on learning how different vegetables are grown.
	Module 2: Getting Physically Active	Get nutrients to help your heart, brain, and lungs work better by making healthy food choices!	Unhealthy food choices may not give you all the nutrients to help your heart, brain, and lungs work better.
	Module 2.3	Get stronger by doing a combination of light,	You might not get as strong if you don't do a

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		moderate, and vigorous intensity exercises!	combination of light, moderate, and vigorous intensity exercises.
	Module 3: Nutrients We Need	Eating a variety of healthy foods gives you energy to play and feel strong!	You may not have enough energy to play and feel strong if you don't eat a variety of healthy foods.
	Module 3.3	Eat a lot of different vegetables to get a variety of nutrients!	When you only eat the same foods, you may not get a variety of nutrients.
	Module 4: Food Math	Understand what's in your food by reading the Nutrition Facts Label.	You may not know what's in your food unless you read the Nutrition Facts Label.
	Module 4.3	Use measuring tools to know how many servings you're eating.	You may not know how many servings you're eating if you don't use measuring tools.
	Module 5: MyPlate	Make at least half of your plate fruits and vegetables to feel good and have more energy to play!	You may not feel as good and have as much energy to play if you don't make at least half of your plate fruits and vegetables.
	Module 5.3	Rock the rainbow by eating colorful vegetables from all 5 MyPlate subgroups to power up your body!	Not eating vegetables from all 5 MyPlate subgroups means your body may not feel as powerful.
	Module 6: Food Labels	The Nutrition Facts label is a great place to check which nutrients are in your food. Your body needs lots of nutrients to be strong!	Your body needs lots of nutrients to be strong. You won't see which nutrients are in your food when you ignore the Nutrition Facts label.
	Module 6.3	The Nutrition Facts label can help you choose foods with the nutrients you need to be active.	When you ignore the Nutrition Facts label it can be harder to choose foods with the nutrients you need to be active.
	Module 7: Consumerism	Be smart! Pay attention and don't let commercials trick you into buying unhealthy	When you don't pay attention to commercials, you may be tricked into buying unhealthy foods

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		foods because of prizes and cartoon characters.	because of prizes and cartoon characters.
	Module 7.3	Eat the rainbow! Different colored fruits and vegetables have many different nutrients to fuel your body.	If you don't eat fruits and vegetables of all colors of the rainbow you may not get as many nutrients to fuel your body.
	Module 8: Making Healthy Snacks	Eat healthy snacks, like a smoothie made from fruit and yogurt, to power your body with healthy nutrients!	When hunger strikes and you don't make healthy snacks, like a smoothie made from fruit and yogurt, you may miss out on nutrients to power your body.
	Module 8.2	Make creative snacks, like finger salads, to enjoy vegetables in new ways!	You may get bored of eating your vegetables if you don't make creative snacks, like finger salads.
Cooking Up Healthy Choices	Module 1: Fresh Fall Salad	Discover new healthy foods by trying foods from different regions and cultures!	You may miss out on new healthy foods when you don't try foods from different regions and cultures.
	Module 2: Black Bean and Vegetable Tostada Ole	Fill up on healthy foods by eating foods with protein and fiber!	You might not stay full as long when you don't eat foods with protein and fiber.
	Module 3: Veg-Out Chilean Stew	Strengthen your body's defenses with veggie-packed foods, like the Veg-Out Chilean Stew!	Without veggie-packed foods, like the Veg-Out Chilean Stew, your body's defenses may not be as strong.
	Module 4: Delicious Dunking Dip	For a tasty snack, dunk your favorite veggies and whole-grains in the Delicious Dunking Dip!	Not all dips are good for your body. You might miss out on great nutrients if you choose unhealthy dips.

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	Module 5: Stir-It-Up Stir Fry	Make fun vegetable stir-fries to easily get many different vegetables in one bite!	Not making fun vegetable stir-fries means it may be harder to get many different vegetables in one bite.