

Road of Life

cancer prevention for kids

Elementary Cancer Prevention Curriculum

Keeping Kids Healthy for Life

version 3.0

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Thank you for choosing to integrate the *Road of Life: Cancer Prevention for Kids* curriculum into your lesson plans. At *Road of Life*, we believe good health begins with knowledge. Children spend a large portion of their lives at school, where teachers strive to foster a love of learning. The *Road of Life* curriculum is meant to enhance the well-being of children in a creative and interactive manner so they can take these skills with them beyond the classroom. We also believe this curriculum will help students take responsibility for their health by learning healthy habits at an early age.

The 31 lesson curriculum is aligned with the following standards:

- ★ National Health Education standards
- ★ Ohio Academic Content Standards Benchmarks
- ★ Ohio Academic Content Standards Indicators

Our Curriculum is available free of charge:

- ★ On CD in 3 formats: Adobe PDF, Word 1997-2003, Word 2003.
- ★ On our website, www.roadoflife.org
- ★ Individual lessons are available for download at www.TeachForward.org/tf

Other services we offer:

- ★ Professional Development Series for continuing education credits
- ★ Printed premium version of curriculum available for purchase at www.lulu.com



General Health

- Introduction to Health
- Community Physical Activity Options
- Healthy Community
- Introduction to Media Influence
- Advertising Food and Drink
- Personal Goal Setting
- Personal Image
- Time Management
- Review Lesson #1
- Conclusion to Health Lessons

Nutrition

- Food Groups & the Food Guide Pyramid
- Growing Essentials
- Reading Nutrition Labels
- Fruits & Vegetables Inside & Out
- 5 to 9 a Day
- The Importance of Breakfast
- Snack Math
- Food is our Energy Source and More
- The Importance of Water
- To Drink or Not to Drink
- Making Healthy Choices in Restaurants
- Review Lesson #2

Physical Activity

- Active Every Day
- Cardiovascular Health
- Stretching
- Review Lesson #3

Tobacco Use Prevention

- Healthy Alternatives to Smoking
- Talking to Peers about Tobacco
- Health Risks & Costs of Tobacco & Tobacco Use
- Secondhand Smoke
- Review Lesson #4