

# Metabolic Magic Mini-Interventions

## Partners in Food and Fitness

*(Suggested usage: After Case Study 2, Case Study 3)*

Middle school students pair up and mentor younger students about healthy food and fitness choices. i.e.–Partners in lunch, after school activities, etc. Create a lesson or activity to do with their mentees or plan out an ongoing project where they check-in regularly with each other.

### Guidelines:

- Middle school students will discuss the value of mentoring younger students in the area of healthy food and physical fitness.
- Middle school teachers/facilitators will coordinate with teachers/facilitators at the grade school to develop a plan to allow mentor/mentee experiences.
- Students will discuss and decide how to approach mentoring the younger students.
- Students will create a survey for fifth graders to discover eating and physical fitness habits.
- Students will work together to develop a lesson plan(s) to present to the younger students based on the results of the survey.
- Teachers at both levels create permission forms for parents/guardians.
- Students plan time to meet with mentees with the teacher's guidance.
- Younger students come to the middle school classroom for a planned lesson and assignment of mentors.
- Both mentors and mentees agree to keep food and activity journals to share when they meet.
- Mentors meet mentees twice each month during the semester or school year as allowed by scheduling.
- Mentors utilize email, handwritten notes or another form of communication to send "healthy habit" reminders to mentees daily or weekly.
- Community engagement: End of school year picnic with physical activities and games along with healthy lunches that the mentors and mentees create and share.