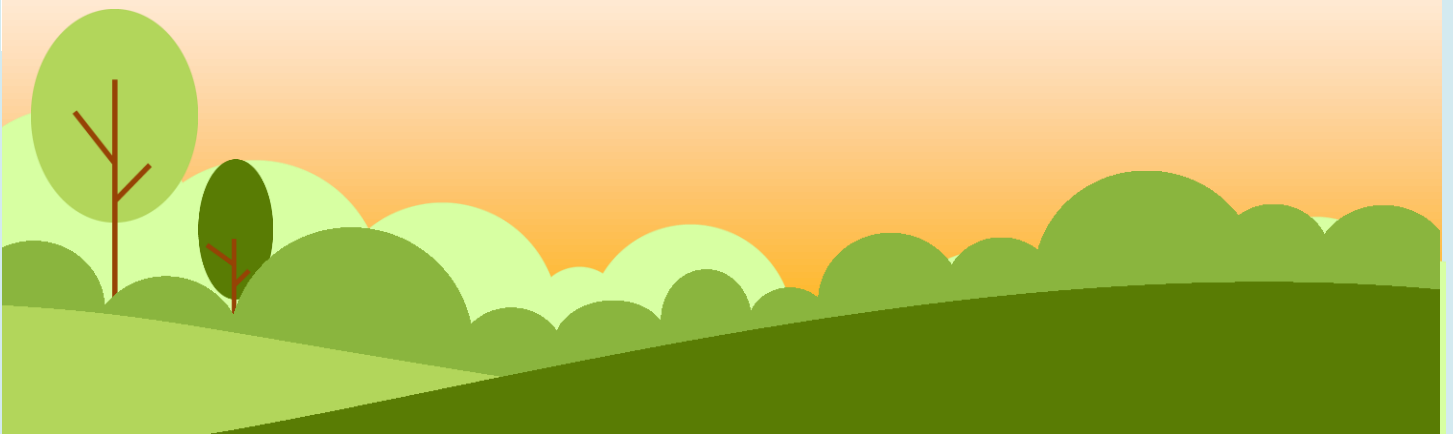


Potter the Otter Curriculum Toolkit



A Teacher's Guide



ABOUT YOUR POTTER THE OTTER CURRICULUM TOOLKIT:

Congratulations on receiving a Potter the Otter curriculum toolkit! Potter the Otter is a fictional character used as part of the Rethink Your Drink campaign to encourage young children to drink water. The purpose of this toolkit is to help decrease sugary beverage consumption among children and parents in Shasta County. This curriculum toolkit includes fun and interactive educational materials and activities for the classroom and home environment. The curriculum toolkit includes the following teacher and student materials: Potter the Otter reading books, poster, table tents, stickers, cut-out paper puppets, a musical CD, and coloring sheets. The toolkit includes the following parent materials: postcards, recipe cards, educational handouts and water pledges. The printable curriculum toolkit contents can be accessed at www.healthyshasta.org/rethinkyourdrink.htm and on the Potter the Otter curriculum toolkit CD. Thank you for your support in keeping our community healthy!

WHAT IS HEALTHY SHASTA?

A local collaborative dedicated to promote healthy and active living among north state residents. We joined forces out of concern over increasing rates of childhood obesity and chronic diseases such as type II diabetes. For more information, please visit www.healthyshasta.org or call 530-229-8428.

HEALTHY SHASTA'S STRATEGIC APPROACH – SUGARY BEVERAGES

Healthy Shasta's goal is to decrease consumption of sugary beverages by children and adults. Healthy Shasta has worked on decreasing access to sugary beverages to children and adults in schools, in the community, and at worksites. Sugary beverages are the single largest source of calories in the American diet and may increase risk of weight gain, obesity and diabetes. Educating the community about the benefits of water is important for reducing sugary beverage consumption.

CALIFORNIA DEPARTMENT OF PUBLIC HEALTH - RETHINK YOUR DRINK CAMPAIGN

The Rethink Your Drink Campaign is a public health initiative led by the California Department of Public Health. The Campaign's primary goals are to: 1) educate low-income Californians about healthy drink options, 2) help identify drinks with added sugar, and 3) make the link between consumption of sugar-sweetened drinks and health risks.

The campaign hopes to shift consumption toward healthier, more affordable beverages, like water. At the same time, the Rethink Your Drink Campaign hopes to stimulate community-level partnerships and invite local environmental changes that will improve access, affordability and desirability of healthy beverages. For more information, please visit <http://healthyshasta.org/rethinkyourdrink.htm>

ACKNOWLEDGEMENTS:

Healthy Shasta wants to thank the following for their contribution to this curriculum toolkit.

- ❖ Anderson New Technology High School
- ❖ California Department of Public Health
- ❖ California WIC Program
- ❖ Center for Disease Control and Prevention/Fruit & Veggies More Matters
- ❖ City of Redding
- ❖ Frist 5 Shasta County
- ❖ *Network for a Healthy California*
- ❖ Redding Aquatic Center
- ❖ Redding Rancheria
- ❖ Shasta Community College
- ❖ Shasta County Opportunity Center
- ❖ Turtle Bay Exploration Park
- ❖ United States Department of Agriculture (USDA) Supplemental
- ❖ University of California Cooperative Extension

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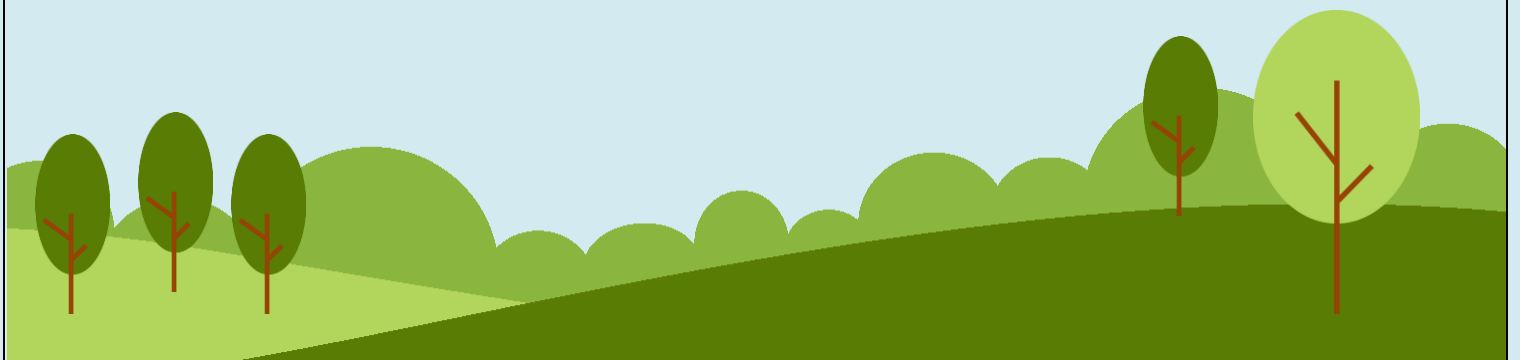
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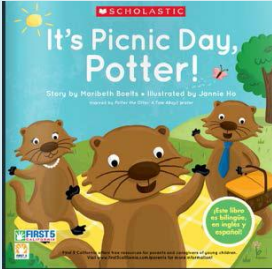

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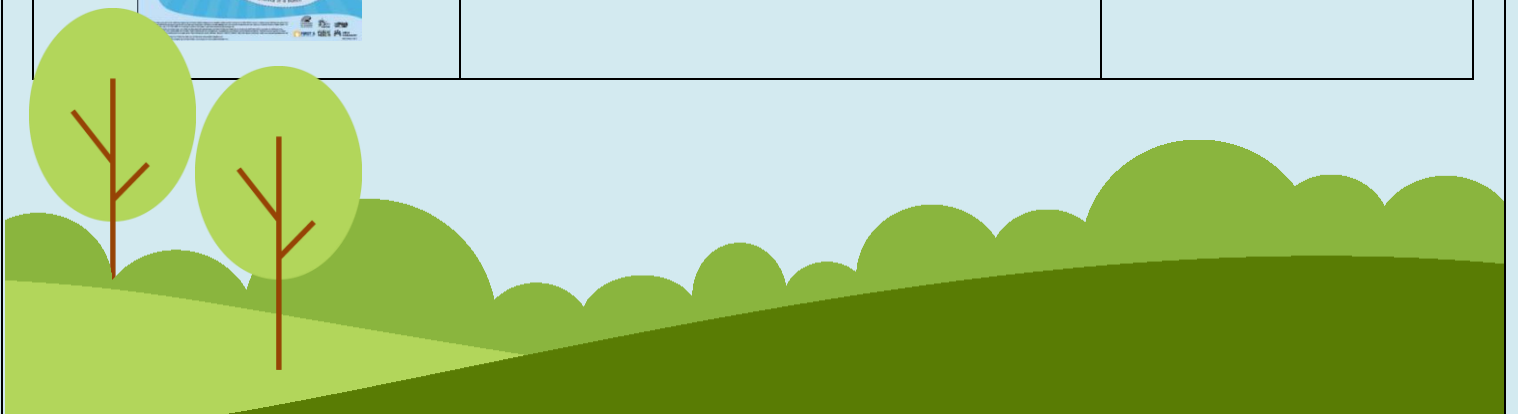


Student Classroom Materials



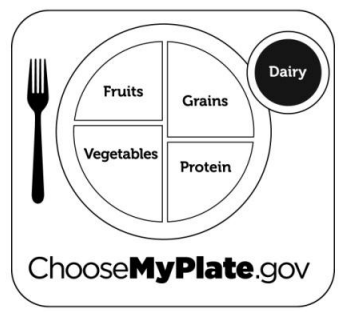


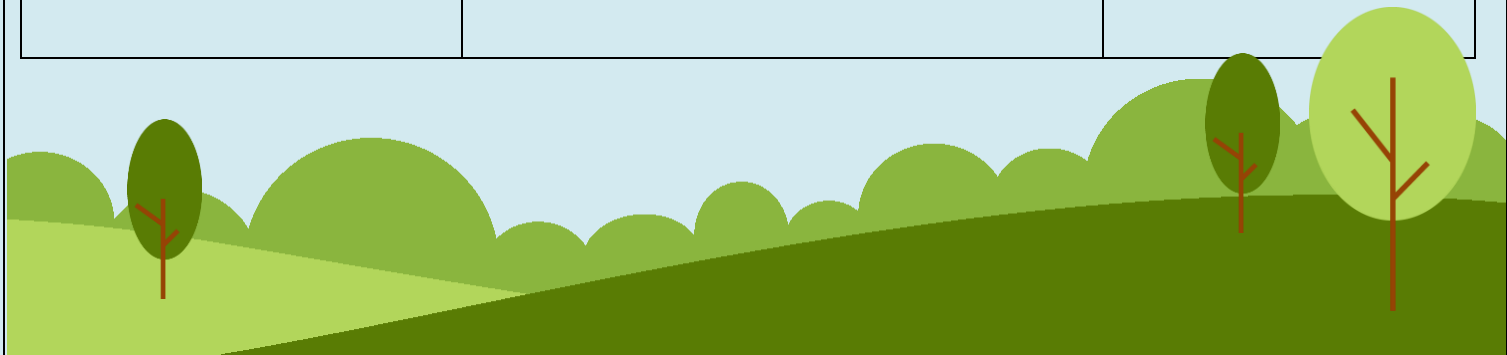
STUDENT CLASSROOM MATERIALS

Item	Description	Location
<p><i>Potter the Otter, A Tale About Water</i> book</p> 	<p><i>Potter the Otter</i> loves to drink water - and wants you to love to drink water too! The book also includes parent tips and an activity page for children. Your curriculum toolkit will come with enough books for each child to take one home.</p>	<ul style="list-style-type: none"> • Toolkit content
<p><i>It's Picnic Day, Potter!</i> book</p> 	<p>Follow Potter as he gets ready for a picnic by choosing healthy foods to pack and games to play with his friends. The book also includes activity pages for children. Your curriculum toolkit will come with enough books for each child to take one home.</p>	<ul style="list-style-type: none"> • Toolkit content
<p><i>Potter the Otter</i> puppets</p> 	<p>Potter the Otter and all of his animal friends are featured on this colorful cut-out page. Children can cut out each animal and glue or tape them to popsicle sticks to act out their own healthy beverage story.</p>	<ul style="list-style-type: none"> • Toolkit Content • <i>Potter the Otter</i> curriculum toolkit CD • HealthyShasta.org

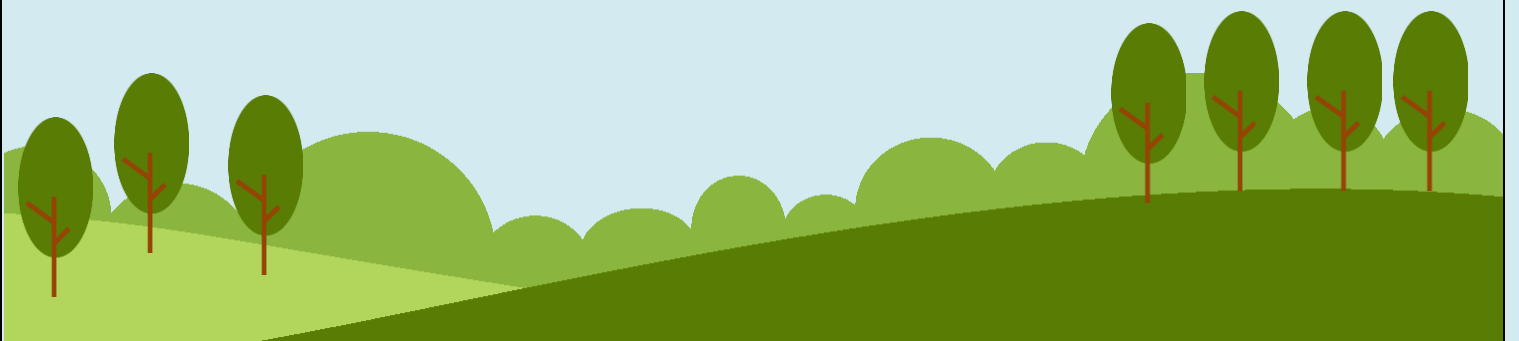


STUDENT CLASSROOM MATERIALS




Item	Description	Location
<p>Potter the Otter stickers</p> 	<p>Each roll of stickers contains images of <i>Potter the Otter</i> and his friends' drinking water. These stickers may be given to students instead of treats for good behavior.</p>	<ul style="list-style-type: none"> • Toolkit content
<p>Potter the Otter coloring activity sheet</p> 	<p>This black and white coloring activity sheet will keep little hands busy. These coloring activity sheets can be posted in the classroom.</p>	<ul style="list-style-type: none"> • Toolkit content • <i>Potter the Otter</i> curriculum toolkit CD • HealthyShasta.org
<p>Choosemyplate.gov coloring activity sheets</p> 	<p>This black and white coloring activity sheet will get children familiar with the ChooseMyPlate.gov logo. These coloring activity sheets can be posted in the classroom.</p>	<ul style="list-style-type: none"> • Toolkit content • <i>Potter the Otter</i> curriculum toolkit CD • HealthyShasta.org





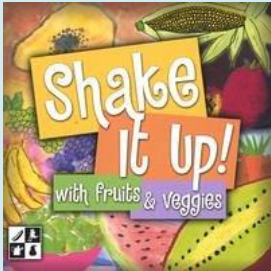
Teacher Classroom Materials

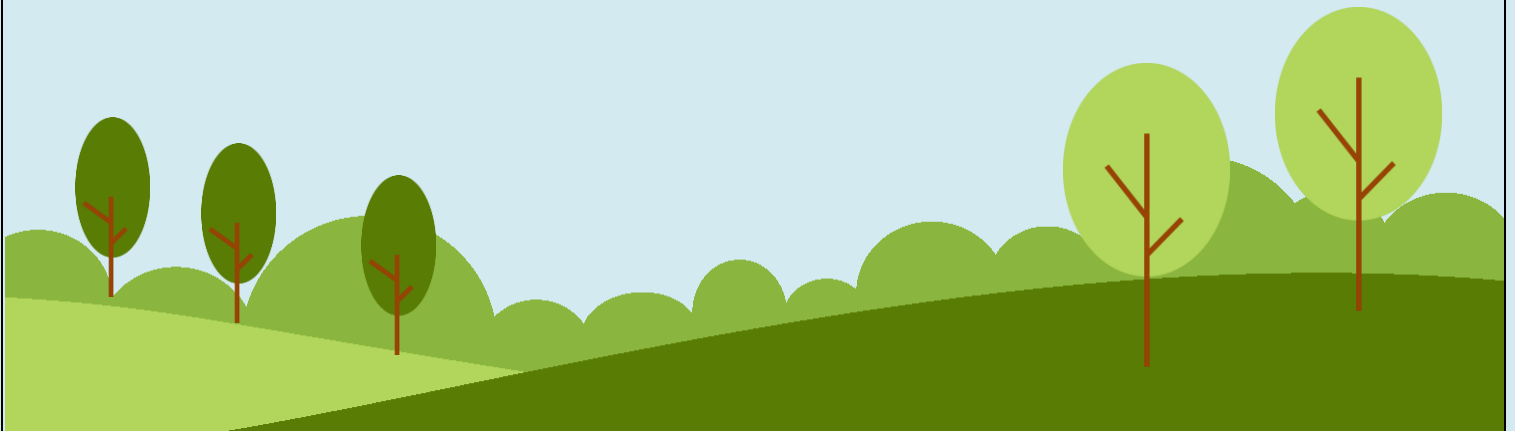


TEACHER CLASSROOM MATERIALS




Item	Description	Location
<p>Potter the Otter poster</p>  <p>The poster features a cartoon otter named Potter holding a glass of water. It includes the text 'Potter the Otter Loves to Drink Water' and 'A la Nutria Potter le encanta tomar agua'. Below the illustration are two columns of tips in English and Spanish, along with the 'rethink' logo.</p>	<p>This colorful bilingual poster featuring <i>Potter the Otter</i> may be hung up in the classroom to remind children to drink water.</p>	<ul style="list-style-type: none"> • Toolkit content • <i>Potter the Otter</i> curriculum toolkit CD • HealthyShasta.org
<p>PowerPlay! Go for H2O poster</p>  <p>The poster shows a cartoon character running while holding a water bottle. It says 'GO FOR H2O Drink Water Every Day!' and 'POWER PLAY!'. Three callouts state: 'It's free! Carry a water bottle.', 'The body needs water to live!', and 'It helps our eyes, nose, and mouth!'. At the bottom, it says 'Eat Healthy. Be Active. Have Fun!'.</p>	<p>This Go for H2O! may be hung up in the classroom to remind children to drink water.</p>	<ul style="list-style-type: none"> • Toolkit content
<p>Potter the Otter table tents</p>  <p>The table tents feature a colorful illustration of Potter the Otter and other animals. They include the text 'Potter the Otter Loves to Drink Water' and 'A la Nutria Potter le encanta tomar agua'. The tents provide tips in both English and Spanish, such as 'Drink water when you are thirsty' and 'Be a Role Model! Drinking water... Participating in activities/sports...'. The 'rethink' logo is also present.</p>	<p>These table tents can be used to provide classroom and office décor. The table tents include educational messages to remind teachers and parents to drink water.</p>	<ul style="list-style-type: none"> • Toolkit content • <i>Potter the Otter</i> curriculum toolkit CD • HealthyShasta.org

TEACHER CLASSROOM MATERIALS



Item	Description	Location
<p>Rethink Your Drink smoothie recipe cards</p>  <p>The image shows a recipe card for 'Paradise Freeze'. It includes a list of ingredients: 1 large banana, 2 cups strawberries, 2 ripe mangoes (chopped), and a cup of ice cubes. The preparation steps are: 1. Combine all ingredients in a blender container, blend until mixture is smooth, and 2. Pour into glasses and serve. A small photo shows three glasses of the smoothie. Logos for 'rethink your drink' and 'California State University' are visible at the bottom.</p>	<p>These recipes can be demonstrated in the classroom and be sent home for parents to make with their children. No sugar is added to the recipes.</p>	<ul style="list-style-type: none"> • Toolkit content • <i>Potter the Otter</i> curriculum toolkit CD • <i>HealthyShasta.org</i>
<p>Rethink Your Drink Cucumber Mint Breeze recipe cards</p>  <p>The image shows a recipe card for 'Cucumber Mint Breeze'. Ingredients include 1/2 cup sliced cucumbers and 1-2 sprigs of fresh mint. Preparation steps: 1. Fill pitcher halfway with ice, 2. Add sliced cucumbers and mint, 3. Fill with water. Chill for at least 30 minutes before serving, and 4. Store in refrigerator and drink within 24 hours. A photo shows a pitcher of the drink with a lemon slice. Logos for 'rethink your drink' and 'California State University' are visible at the bottom.</p>	<p>Flavor your water with fruits, vegetables, and herbs as a wonderful alternative to sugary drinks! This flavored water recipe can be used in the classroom and be sent home with parents to make with their children.</p>	<ul style="list-style-type: none"> • Toolkit content • <i>Potter the Otter</i> curriculum toolkit CD • <i>HealthyShasta.org</i>
<p>Shake it Up with fruits & veggies musical CD</p>  <p>The image shows the cover of a CD titled 'Shake it Up! with Fruits & Veggies'. The cover features a vibrant collage of various fruits and vegetables like apples, bananas, grapes, and carrots. The title is written in a playful, bubbly font.</p>	<p>This fruit and vegetable themed musical CD will get children excited about eating their fruits and vegetables. This CD can be played during class activities (e.g. coloring, crafting, playtime).</p>	<ul style="list-style-type: none"> • Toolkit content

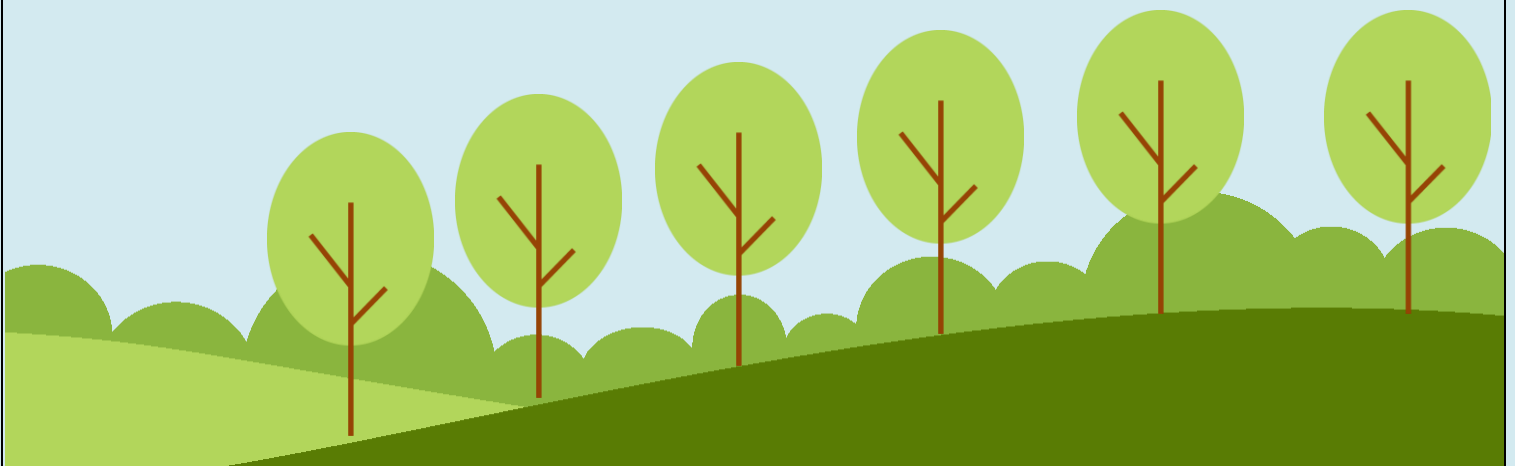


TEACHER CLASSROOM MATERIALS

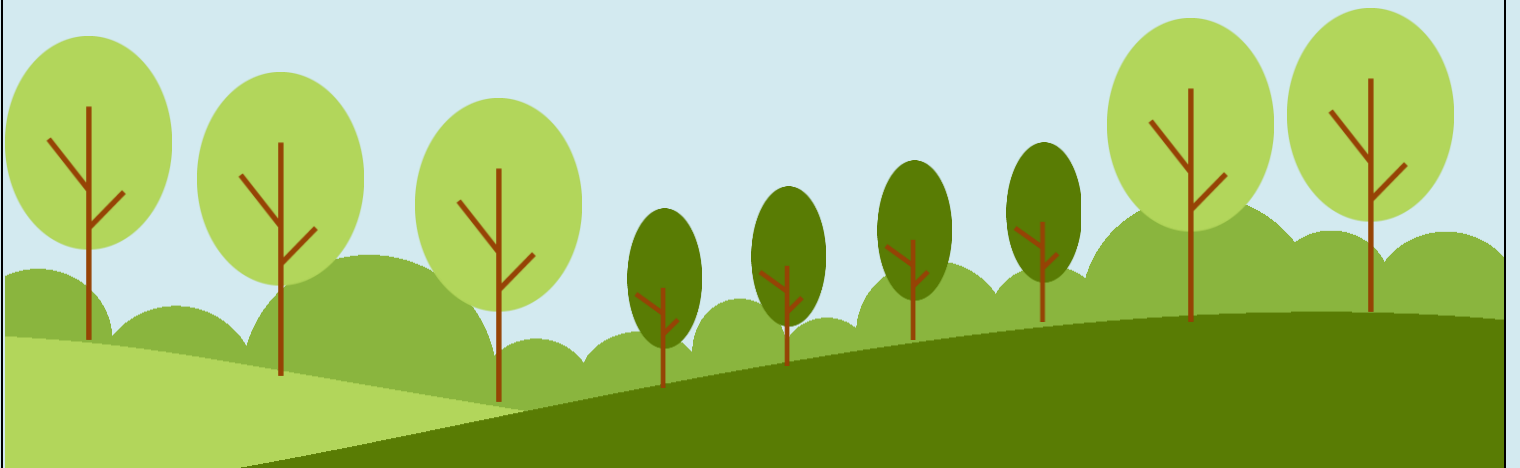
Item	Description	Location
<p>Classroom Activities handout</p> 	<p>Activity ideas for teachers to teach children the benefits of drinking water while making drinking water fun.</p>	<ul style="list-style-type: none"> • Toolkit content • <i>Potter the Otter</i> curriculum toolkit CD • HealthyShasta.org
<p>Build a Healthy Plate with Less Added Sugars handout</p> 	<p>This handout gives teachers healthy eating tips for when food is served in the classroom (e.g. snack time, class parties).</p>	<ul style="list-style-type: none"> • Toolkit content • <i>Potter the Otter</i> curriculum toolkit CD • HealthyShasta.org
<p>Potter the Otter postcard</p> 	<p><i>Potter the Otter</i> and all his animal friends are featured on this postcard, along with education messages to encourage drinking water. These postcards can be used for class/appointment reminders and notes to parents.</p>	<ul style="list-style-type: none"> • Toolkit content • <i>Potter the Otter</i> curriculum toolkit CD • HealthyShasta.org

TEACHER CLASSROOM MATERIALS




Item	Description	Location
<p><i>Rethink Your Drink</i> certificate</p> 	<p>For use by teachers to recognize individuals (e.g. teacher's assistant, parent helper) who participate in nutrition education on healthy beverages.</p>	<ul style="list-style-type: none"> • Toolkit content • <i>Potter the Otter</i> curriculum toolkit CD • HealthyShasta.org
<p><i>Potter the Otter</i> curriculum toolkit CD</p> 	<p>All printable curriculum toolkit materials can be accessed on the <i>Potter the Otter</i> curriculum toolkit CD.</p>	<ul style="list-style-type: none"> • Toolkit content

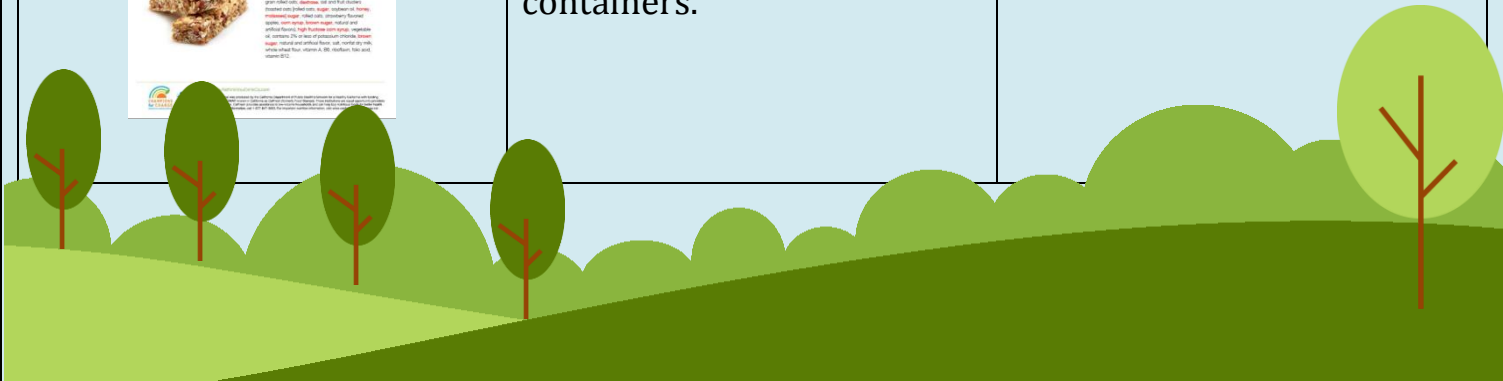


Parent Materials





PARENT MATERIALS

Item	Description	Location
<p style="text-align: center;">Rethink Your Drink pledge</p> 	<p>The <i>Rethink Your Drink</i> pledge encourages drinking water instead of sugary beverages. This pledge can be sent home with parents to sign and put on the refrigerator.</p>	<ul style="list-style-type: none"> • Toolkit content • <i>Potter the Otter curriculum toolkit CD</i> • HealthyShasta.org
<p style="text-align: center;">Beverages: Make Every Sip Count handout</p> 	<p>This information sheet can be used to support healthy beverage education. This handout teaches parents how to choose more healthful beverage options and how to read a beverage food label.</p>	<ul style="list-style-type: none"> • Toolkit content • <i>Potter the Otter curriculum toolkit CD</i> • HealthyShasta.org
<p style="text-align: center;">Show Me the Sugar! handout</p> 	<p>This handout can be used to teach parents how to recognize the names of “hidden” sugars in the ingredients list on food containers.</p>	<ul style="list-style-type: none"> • Toolkit content • <i>Potter the Otter curriculum toolkit CD</i> • HealthyShasta.org



PARENT MATERIALS

Item	Description	Location
<p style="text-align: center;">Juice or Fruit Drinks? handout</p> 	<p>This educational handout discusses the benefits of fruit juice, the maximum recommended juices allowance per day, and how to read beverage food labels.</p>	<ul style="list-style-type: none"> • Toolkit content • <i>Potter the Otter</i> curriculum toolkit CD • HealthyShasta.org
<p style="text-align: center;">MyPlate 10 Tips handouts</p> 	<p>These 10 Tips flyers discuss <i>chooseMyPlate</i> concepts and how a parent can be a healthy role model for their child.</p>	<ul style="list-style-type: none"> • Toolkit content • <i>Potter the Otter</i> curriculum toolkit CD • HealthyShasta.org





**For more information on Healthy Shasta or Potter the Otter, please visit:
www.healthyshasta.org/rethinkyourdrink.htm**

