



Getting Started Guide



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**



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Welcome to Rev It Up!

Rev It Up! is a nutrition and physical activity curriculum for high schoolers. *Rev It Up!* was developed to use with Supplemental Nutrition Assistance Program – Education (SNAP-Ed) and Expanded Food and Nutrition Education Program (EFNEP) classes. But it can be used by teachers, after-school sites, summer camps, or any other place you may have high schoolers.

Lesson Plan Developers

Rev It Up! was developed by researchers at Rutgers University and South Dakota State University:

- **Gemma Bastian, Ph.D., RDN, LN**, is an assistant professor at South Dakota State University. She researches how to improve programs that help kids and teens eat healthier. Dr. Gemma is part of research teams that help improve EFNEP and SNAP-Ed. She has also led an LGBTQ+ teen youth group in the past and knows a lot about working with groups of teens!
- **Het Desai-Shah, Ph.D.**, is a graduate of Rutgers University. She has developed many materials for the New Jersey SNAP-Ed and EFNEP programs. Dr. Het also did a lot of the research on *Rev It Up!*'s development for her Ph.D. project.
- **Debra Palmer-Keenan, Ph.D., M.Ed.**, is a professor emerita at Rutgers University. She led the New Jersey SNAP-Ed for 23 years and the New Jersey EFNEP for 27 years. Before that, Dr. Deb was a high school science teacher in Cincinnati, Ohio. So, she knows a lot about how to work with teens!

Activity Creators

- **Lesson 1: Can't Stop Me Now!:** Het Desai-Shah, Gaspar Clacer and Debra M. Palmer-Keenan
- **Lesson 2: MyPlate Family Face-off:** Kerry Silverman, Het Desai-Shah, Gaspar Clacer and Debra M. Palmer-Keenan
- **Lesson 3: Drink for Your Health!:** Gaspar Clacer, Het Desai-Shah and Debra M. Palmer-Keenan
- **Lesson 4: C-Store Trivia:** Gaspar Clacer, Het Desai-Shah, Carmen Oriol-Robledo and Debra M. Palmer-Keenan
- **Lesson 5: Sustainability Dash:** Gemma Bastian, Danielle Buro and Debra M. Palmer-Keenan

- **Lesson 6: Veg Out!:** Het Desai-Shah, Gaspar Clacer, Neeka Tabatabaei, Xinyi Li and Debra M. Palmer-Keenan
- **Lesson 7: Take Control of Your Portions!:** Gemma Bastian, Het Desai-Shah, Gaspar Clacer and Debra M. Palmer-Keenan
- **Lesson 8: Wash Up and Cook Safe!:** Het Desai-Shah, Gaspar Clacer and Debra M. Palmer-Keenan
- **Lesson 9: Mission Possible!:** Het Desai-Shah, Gaspar Clacer and Debra M. Palmer-Keenan
- **Lesson 10: Rev It Up! World Games:** Gemma Bastian, Gaspar Clacer, Dwayne Curry and Debra M. Palmer-Keenan

Who can use these lesson plans?

Anyone can! *Rev It Up!* was designed to be used by anyone who wants to teach teens about nutrition and physical activity. The lesson plans and materials were made with SNAP-Ed/EFNEP education in mind. All the lesson plans are written at a 4th-6th grade level to make them very easy to read. A motivated high schooler could even learn these lessons to teach to a group of younger teens!

How does Rev It Up! work?

Rev It Up! has 10, short, fast-paced lessons. They were made for high school class settings. So, each lesson can be done in about 35 minutes. However, if you have more time, there are ways to make each lesson longer. For example, you can have longer exercise segments or have the teens work on goal setting or a group project.

Rev It Up! has 4 guiding principles in its design:

1. **Make it a Game!** Many of the things we teach in *Rev It Up!* are done as a game. This makes the lesson fun for the teens. Plus, they like to compete with their peers! Many of the games are based on popular TV shows (like Family Feud® or Jeopardy®) or on concepts fun to teens, like secret agents or sporting events.
2. **Make it Active!** Teens learn best with hands-on activities. So, we get them out of their chairs to play games and do exercises. For example, we use videos from the *Walk Indoors!* videos developed by Rutgers researchers to get the teens involved in moderate-to-vigorous physical activity (MVPA).
3. **Make it Practical!** Teens like knowing how the

info they learn can be applied to their lives. How many times have you heard a teen say, “When am I going to use this in the real world?” In *Rev It Up!*, we target the food choices teens often have control over, like snacks, drinks, and restaurant choices. That way, they can apply what they learn to make healthy choices now and in the future.

4. **Make it Together!** *Rev It Up!* is not possible without working closely with the school or site where you teach. We designed the lessons to work in classroom settings. They are not meant to replace content needed to be taught in health, physical education, or science class. Instead, *Rev It Up!* is best used as a supplement to what they are learning. They can use what they learn from *Rev It Up!* to apply healthy eating and exercise to their daily lives. Make sure the teacher/site leader understands *Rev It Up!*’s intent before you begin teaching.

What do I need to know about teens?

Teens’ learning styles differ quite a bit from youth and adults:

- They can be hard to engage or motivate
- They need to be able to apply what they learn in the real world
- They often challenge those in charge to learn (so they seem defiant)
- They care more about their friends than parents or teachers
- They easily lose track of time and lose focus

All these factors can make teens really hard to teach! But when teens are focused on learning, they can be creative, fun, and energetic!

Here are some tips we have used to engage teens in *Rev It Up!*:

- **Be silly!** Many teens like to think they are “too cool for school.” But they really like it when someone in charge, like a teacher, is a little silly. We have chances to get silly in each of the *Rev It Up!* lessons, from acting like a game show host to being a secret agent! The more you lean into it, the more the teens will engage.
- **Keep them on track!** Teens lose track of time easily. So, you will need to work hard to keep them focused. Class periods are quite short, and the lessons are action-packed. Be prepared to redirect and refocus them on activities. Find ways to shorten parts of the activity that are not about nutrition or physical activity. For example, split the teens into teams yourself instead of letting them choose teams. Also, choose which team goes first rather than flipping a coin or finding some other way to pick the team order.
- **Use your classroom teacher!** If you are a guest teacher in a classroom, use the regular teacher to help manage the teens. Their teacher is an expert; she/he deals with them every day! The teacher can help if small problems arise, like behavioral issues. The teacher should also take charge if there is an emergency.

Where can I find information about future *Rev It Up!* updates?

Rev It Up! continues to undergo updates to improve its content. We are in the process of moving all lesson plans and materials to the SDSU Extension website at extension.sdstate.edu. The Walk Indoors! videos will continue to be hosted at efnep.rutgers.edu/.



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