



**HOLT, RINEHART AND WINSTON**

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## Students Play Health Coach with New Interactive Health Curriculum From Holt

**AUSTIN, Texas. – July 3, 2006** — Students can have fun learning how to balance food and fitness choices for better health with a new program from Holt, Rinehart and Winston ([www.hrw.com](http://www.hrw.com)). Holt today announced the release of Exploring Food and Fitness Choices Interactive CD-ROM -- an interactive computer program that builds middle and high school students' decision-making skills regarding nutrition and physical activity through a videogame-like experience.



The Exploring Food and Fitness Choices Interactive CD-ROM is based on the USDA's MyPyramid. When playing the game, students assume the role of a personal health consultant for a client and plan a multi-day menu of food items and exercise based on their client's food and fitness goals. The appealing program for youth includes many "teachable moments" where students learn the positive *and* negative consequences of their decisions. It includes practical tips for incorporating healthy practices into everyday living such as resources on how to

visualize amounts of food and advice on easy ways to add fruits and vegetables to one's diet.

The CD, which includes both English and Spanish versions, can be used by a single user or during a teacher's classroom presentation. Teachers can use the Teacher's Guide to Classroom Presentations to demonstrate examples of healthy choices and poor choices regarding nutrition and physical activity. The Teacher's Tips and Notes give extra help for successful teaching strategies.

Exploring Food and Fitness Choices was recently honored with a Gold Award in the 2006 Summit Creative Awards in the category for Children's Interactive Media ([www.summitawards.com](http://www.summitawards.com)). "Choices" was selected from thousands of entries from 26 countries.

The software for the Exploring Food and Fitness Choices was developed by Fusion Learning Systems, Inc. in conjunction with Holt, Rinehart and Winston.

### About Holt, Rinehart and Winston

*Holt, Rinehart and Winston is a leading publisher of textbooks and educational materials for grades six through 12 and is part of Harcourt Education, a global education provider serving students and teachers in PreK through grade 12, adult learners, and readers of all ages. The Harcourt companies are Harcourt School Publishers; Holt, Rinehart and Winston; Harcourt Achieve (including the Rigby, Steck-Vaughn, and Saxon imprints); Harcourt Assessment; Classroom Connect; and Harcourt Trade Publishers. For further information, please call (800) 992-1627 or visit [www.hrw.com](http://www.hrw.com) or [www.harcourt.com](http://www.harcourt.com).*

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