HAPPY HEALTHY ME...MOVING, MUNCHING & READING THROUGH MYPLATE FOR 4 TO 6 YEAR OLDS

Happy Healthy Me...Moving, Munching & Reading Through MyPlate for 4 to 6 Year Olds is a nutrition curriculum designed to provide young children with an introduction to nutrition. Children form lifetime dietary habits at a very young age. Early introduction of nutrition education can help them develop positive and healthful attitudes about food, physical activity and overall health. This curriculum is correlated to the Desired Results for Preschoolers.

Objectives:
- Children will expand the variety of foods they eat from all food groups.
- Encourage children to eat more fruits, vegetables and whole grains.
- Encourage children to eat more low fat and low sugar foods.

Lessons/Books:
Lesson 1. MyPlate
   Beastly Feast by Bruce Goldstone

Lesson 2. Vegetable Group
   Growing Vegetable Soup by Lois Ehlert

Lesson 3. Fruit Group
   Lunch by Denise Fleming

Lesson 4. Grain Group
   Bread, Bread, Bread by Ann Morris

Lesson 5. Protein Group
   Two Eggs, Please by Sara Weeks

Lesson 6. Dairy Group
   Kiss the Cow by Phyllis Root

Lesson 7. Snacks
   The Very Hungry Caterpillar by Eric Carle

Lesson 8. Kids on the Move!
   From Head to Toe by Eric Carle

Lesson 9. Wash Your Hands
   Wash Your Hands by Tony Ross
EATING HEALTHY FROM FARM TO FORK...
PROMOTING SCHOOL WELLNESS
KINDERGARTEN CURRICULUM

Eating Healthy from Farm to Fork...Promoting School Wellness is a nutrition education curriculum that makes the connection between local food systems, garden-based learning, school food service, and the establishment of healthy habits. These comprehensive materials integrate nutrition education into grade-appropriate lessons that are specifically designed around the Nutrition Competencies for California Children and directly correlated to the core subjects of the California Content Standards.

Experiential in nature, the lessons actively engage the children in learning about healthy choices for food and fitness. The materials support the development of a positive school wellness environment that recognizes the relationship between health and nutrition and academic achievement and school success.

Each lesson includes lesson introduction, objectives, nutrition competencies, teacher background information, two activities, making the connection, recipe activity, review, and parent letter.

Goals:
Children will make healthy food and exercise choices by developing positive attitudes towards foods and fitness.

Objectives:
- Expand their consumption of fruits, vegetables and grains.
- Expand the variety of their diets.
- Recognize MyPlate and identify it as a guide to eating healthy and exercise.
- Increase their understanding of the food continuum from farm production to consumption.

Lessons:
- Lesson 1—Essentials for Eating Healthy and Gardening
- Lesson 2—Food and Garden Safety
- Lesson 3—Getting Ready to Cook and Garden
- Lesson 4—Food and Garden Discovery - Vegetables
- Lesson 5—Food and Garden Discovery - Fruit
- Lesson 6—Food and Garden Discovery - Grains
- Lesson 7—Food and Garden Discovery - Protein
- Lesson 8—Food and Garden Discovery - Dairy
- Lesson 9—Get Moving at School and in the Garden
- Lesson 10—Food and Garden Choices and Diversity
EATING HEALTHY FROM FARM TO FORK...
PROMOTING SCHOOL WELLNESS
FIRST GRADE CURRICULUM

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Lessons:
- Lesson 1—MyPlate for Kids
- Lesson 2—Vary Your Vegetables
- Lesson 3—California Fruit Bowl
- Lesson 4—Grains—Fuel Our Body
- Lesson 5—Protein
- Lesson 6—Dairy...Calcium Foods
- Lesson 7—Food Safety
- Lesson 8—Get Active
EATING HEALTHY FROM FARM TO FORK...
PROMOTING SCHOOL WELLNESS
SECOND GRADE CURRICULUM

Eating Healthy from Farm to Fork...Promoting School Wellness is a nutrition education curriculum that makes the connection between local food systems, garden-based learning, school food service, and the establishment of healthy habits. These comprehensive materials integrate nutrition education into grade-appropriate lessons that are specifically designed around the Nutrition Competencies for California Children and directly correlated to the core subjects of the California Content Standards.

Experiential in nature, the lessons actively engage the children in learning about healthy choices for food and fitness. The materials support the development of a positive school wellness environment that recognizes the relationship between health and nutrition and academic achievement and school success.

Each lesson includes lesson introduction, objectives, nutrition competencies, teacher background information, two activities, making the connection, recipe activity, review, and parent letter.

Goals:
Children will make healthy food and exercise choices by developing positive attitudes towards foods and fitness.

Objectives:
- Expand their consumption of fruits, vegetables and grains.
- Expand the variety of their diets.
- Recognize MyPlate and identify it as a guide to eating healthy and exercise.
- Increase their understanding of the food continuum from farm production to consumption.

Lessons:
Lesson 1—MyPlate
Lesson 2—Vary Your Vegetables
Lesson 3—Fruit
Lesson 4—Grains Get You Going!
Lesson 5—Vary Your Protein Food Choices
Lesson 6—Dairy Group...Calcium Rich Foods
Lesson 7—Food Safety
Lesson 8—Fitness is Fun
Appendix—Food Models
READING ACROSS MYPYRAMID

Reading Across MyPyramid is a nutrition and literacy program developed for Kindergarten through third grade. Children learn about food and nutrition by having children’s storybooks with food-related themes read to them and then participating in hands-on nutrition activities.

Each lesson includes lesson preview, nutrition objectives, lesson message, background information for the instructor, guidelines for discussion before and after reading the story, two hands-on activities, list of supplies needed, supplemental activities, other books children might enjoy, recipes, quiz, and letters to parents (to be signed by the instructor). The parent letters are available in Spanish.

Goals:
- To encourage children to make healthy food choices.
- To help children develop good health and nutrition habits.
- To promote reading and listening skills for 5-9 year olds.

Objectives:
- Expand the variety of foods from all food groups that children include in their diet.
- Add more fruits, vegetables, and grains to their diet.
- Construct a diet lower in fat and sugar.

Books/Lessons:

Lesson 1. Discovering MyPyramid
Grades K-1 I Will Never Not Eat a Tomato by Lauren Child
Grades 2-3 The Hungry Thing by Jan Slepian and Ann Seidler

Lesson 2. Great Grains and Bountiful Breads
Grades K-1 Bread, Bread, Bread by Ann Morris
Grades 2-3 Everybody Cooks Rice by Norah Dooley

Lesson 3. Versatile Vegetables
Grades K-1 Tops and Bottoms by Janet Stevens
Grades 2-3 The Ugly Vegetables by Grace Lin

Lesson 4. Fabulous Fruits
Grade K-1 Handa’s Surprise by Eileen Browne
Grade 2-3 How Do You Raise a Raisin? by Pam Munoz Ryan

Lesson 5. Marvelous Milk!
Grade K-1 Milk: From Cow to Carton by Aliki
Grade 2-3 COW by Jules Older

Lesson 6. Meat and Beans Power
Grades K-1 Green Eggs and Ham by Dr. Seuss
Grades 2-3 Mice and Beans by Pam Munoz Ryan
LESSON 7. Sensational Snacks
   Grades K-1   The Very Hungry Caterpillar by Eric Carle
   Grades 2-3   The Seven Silly Eaters by Mary Ann Hoberman

LESSON 8. Count Five for Variety!
   Grades K-1   Pete's a Pizza by William Steig
   Grades 2-3   Nothing Beats a Pizza by Loris Lesynski

LESSON 9. Kid's Physical Activity Pyramid
   Grades K-1   Can You Move Like an Elephant? by Judy Hindley
   Grades 2-3   Let's Exercise by Alice McGinty

LESSON 10. Don't Give Germs a Hand
   Grades K-1   Those Mean Nasty Dirty Downright Disgusting but...Invisible Germs
                by Judith Anne Rice
   Grades 2-3   Germs Make Me Sick! by Melvin Berger

LESSON 11. Let's Make A Meal
   Grades K-1   Feast for Ten by Cathryn Falwell
   Grades 2-3   Spaghetti and Meatballs for All by Marilyn Burns
NUTRITION TO GROW ON

Goals:
- Gain the knowledge and skills needed to make healthy food choices
- Gain a greater appreciation of the land that provides the food

Designed to be:
- **Enjoyable** - In this curriculum the student is continually stimulated in an interactive environment.
- **Simple** - The curriculum minimizes preparation time. Few materials have to be gathered or prepared prior to each activity, and detailed background information is provided.
- **Integrative** - Each lesson is integrated with the published state content standards.
- **Adaptive** - Teachers are encouraged to adapt the curriculum to their own classroom setting.

Each lesson has a nutrition and gardening component.

**Lesson 1. Nutrition and Gardening.**
Nutrition: Covers the origin of food, the requirements of living things, and plant parts.
Gardening: Making and planting a mini greenhouse.

**Lesson 2. Nutrients We Need.**
Nutrition: Covers the definition and classes of nutrients, and why the human body needs them.
Gardening: Composting; creating worm bottles.

**Lesson 3. MyPlate for Kids.**
Nutrition: Presents the five food groups, nutrients in each and the concepts variety, proportionality, moderation, and activity.
Gardening: Planting the garden.

**Lesson 4. Food Math.**
Nutrition: Identifies the recommended daily amounts from each food group and the visual cues students can use to estimate portion of food.
Gardening: Weeding the garden.

**Lesson 5. Food Labels.**
Nutrition: Explain the various items on the Nutrition Facts label so that students can analyze and compare the nutritional value of foods.
Gardening: Constructing a bug box.

Continued on reverse
Nutrition: Covers the importance of physical activity to the heart and the relationship between the food children eat and their health and well-being.
Gardening: Fertilizing and watering the garden.

Lesson 7. Goal Setting.
Nutrition: Shows children how to incorporate some dietary guidelines into daily activities and how to set goals for healthy dietary habits.
Gardening: A close look at seed dispersal.

Lesson 8. Consumerism.
Nutrition: Identifies the techniques used by companies to sell food products, helping children become aware of how advertisements influence food choices.
Gardening: How plants attract insects for pollination.

Nutrition: Shows children how to make low-fat healthful snack.
Gardening: Harvesting fruits and vegetables from the garden.

The appendices provide written quizzes, web sites, and a list of companies and organizations that promote nutrition education.

This curriculum was tested on a variety of students in grades 3 through 6. After receiving comments from both teachers and students, it was revised and retested until both content and delivery were satisfactory.

Final results were formally evaluated in nine separate classrooms of 4th graders. On examination of the results, the authors found that students participating in the Nutrition to Grow On curriculum significantly improved their knowledge of nutrition and preference for vegetables. That finding is encouraging because preferences for vegetables are a known predictor of healthful dietary habits that may last a lifetime.
**EATFIT**

**Objective:**
To change the nutrition and fitness behaviors of middle school youth through nine activity packed lessons.

**Program Overview:**
- Program components include a curriculum, student workbook and website.
- The target audience is middle school student.
- It is designed for a classroom setting; easily adapted for after-school programs.
- Social cognitive theory drives the program’s behavior change strategies.
- Goal setting is used as the strategy in EatFit to change nutrition and fitness behaviors.
- Age appropriate motivators are used: appearance, energy, fitness, and independence.
- It debuts youth focused UC Davis Eating Analysis software program to assist in analysis of each youth’s personal eating pattern’s.
- Opportunities for skill building are provided through interactive problem solving activities.
- Experiential or hands-on learning is the educational method applied throughout.

**Curriculum Lesson Components:**
- Overview—will highlight the main reasons and justification for each topic.
- Timeline—a quick reference to show how each lesson should flow and approximately how long the sections will take.
- Objectives—by the end of each lesson, students should be able to accomplish the competencies listed.
- Getting Ready—check list of items that need to be prepared or obtained prior to the lesson.

**Lessons:**
1. Foundation: How much do you really know?
2. What Are You Eating? Let’s rate your eating.
3. Get Psyched for Fitness: Are you ready for the challenge?
4. Energy: Get plugged in for more power!
5. Food Label Fax: Sending you a message
6. Got Breakfast? Milk it for all its worth
7. Body Work: Under construction
8. EatFit @ Fast Food: What a whopper of an idea
9. TV Training: Tune-in to this.
JUMP START

Jump Start’s cross-curricular lessons encourage students to eat healthy, keep moving, and become smart consumers and involved citizens.

Jump Start motivates students with:

- Creative, stand-alone lessons that integrate physical activity, nutrition, and mass media with community service, language arts, math, science, social studies, and more.
- Lessons that support team building among teachers, coaches, and nutrition staff as well as parents, local businesses, and the greater community.
- Optional extension activities that link to various parts of the curriculum.

Jump Start covers relevant, real-life, topics:

- The ABC’s of Healthy Eating: Students use MyPyramid to compare what they eat with healthy eating recommendations. Includes Spanish-language handouts.
- Let’s Get Physical: Students experience the benefits of incorporation physical activity into their daily lives while assessing their personal level of physical activity. Includes Spanish-language handouts.
- Teens Making a Difference: Students explore the importance and impact of their opinion and actions, then identify a project they want to work on to make a positive difference in their school or community.
- Advertising’s Hidden Messages: Students critically examine advertisements so they can become smarter, savvier shoppers and then develop their own advertising campaign.
- It’s in the Label-The Food Label: Students compare fat content of similar foods by learning to read the “Nutrition Facts” on food labels.
- Have It You Way Fast Food: Students plan how to eat a healthier fast food meal after learning ways to cut the fat in their fast food.
- Eating to Win: Student athletes learn how to keep the competitive edge during sporting events by focusing on healthy pre-game meals and adequate fluid intake.
- Making News-Primer on the News Media: Students write a news story after learning about the media’s impact and their ability to use the media as a resource for showcasing students’ community service work and other positive actions.

Give students a Jump Start because keeping active and eating smart give students a better start!
GO GLOW GROW

Go Glow Grow is a nutrition curriculum developed for preschool children. In conjunction with the book Go Glow Grow: Foods for You, children learn about healthy eating as well as exercising and the importance of hand washing.

Using a simplified version of MyPyramid, children will make the connection between healthy foods and what they do for the body. The Grains Group is called the Go foods; they help you run and jump and play all day. The Fruits and Vegetables Groups are Glow foods; they help make your hair shine and eyes sparkle. The Milk and Meat/Beans Groups are the Grow foods; they help you to grow bigger and stronger.

Each lesson includes teacher background information, two activities, snack recipe, and review questions. There is also a take home letter which tells parents what their child has learned as well as an activity and snack to make at home.

Objectives:

- Teach young children to identify healthy foods.
- Teach young children to understand the benefits of eating healthy foods.
- Promote an active lifestyle in young children.
- Expose children to food safety techniques such as hand washing.
- Establish life-long healthy habits in young children.

Lessons:

1. Overview—introduces children to MyPyramid. Grouping foods into categories is probably a new concept for many preschoolers. They will learn about foods that “make children Go, Glow, and Grow.”
2. Go—teaches children about the grains food group. It identifies the types of foods that are in this group and about the benefits they provide.
3. Glow—teaches children about the fruit and vegetable food groups. It identifies the types of foods that are in these groups and the benefits they provide.
4. Grow—teaches children about the milk and meat & beans food groups. It identifies the types of foods that are in these groups and the benefits they provide.
5. Hand washing—teaches children the importance of hand washing. Children learn when and how to wash their hands. Establishing healthy routines, such as hand washing in the early years in important.
6. Exercise—teaches children the importance of exercise. The key point for children to remember is that exercise can be fun.

Children are not born with the ability to make wise food choices. They learn about food and nutrition through exposure to a variety of foods. Preschool is the ideal age to encourage healthy habits. It is easier to teach children about good nutrition then it is to change established unhealthy eating habits. Healthy habits learned in childhood will last a lifetime.