



## FACT SHEET

Nutrition Education Program for Placer and Nevada Counties Children and Adults

### BRINGING NUTRITION INTO THE CLASSROOM

A UC CalFresh Nutrition Education Program Representative will present two hands-on lessons:

1. One at the beginning of the school year.
2. A review lesson in the Spring.

In addition, a Nutrition Educator can link teachers to other nutrition, physical activity, and gardening resources.

Teachers are provided:

1. A copy of the curriculum to use throughout the school year.
2. Nutrition newsletters.

All lessons can be linked to the Correlations of the California Standards.



We can help create a healthy school environment through:

- Supporting the school wellness policy
- Guidance to Smarter Lunchrooms

#### RESEARCH SHOWS

- Nutrition has a strong physical, emotional and intellectual impact on a child's ability to learn.
- It is easier to adopt a healthy eating pattern in childhood than to change food consumption behavior later in life.

### CURRICULUM OFFERED

#### GO GLOW GROW

This preschool curriculum teaches children about healthy foods and what they do for the body.

#### HAPPY HEALTHY ME

Combines stories and literacy with nutrition education.

#### EATING HEALTHY FROM FARM TO FORK

##### ...PROMOTING SCHOOL WELLNESS

A nutrition education curriculum that makes the connection between local food systems, garden-based learning, school food service, and the establishment of healthy habits. Available for Kindergarten, 1<sup>st</sup> Grade and 2<sup>nd</sup> Grade.

#### MY AMAZING BODY 1st Grade

#### GOOD FOR ME AND YOU 2nd Grade

#### IT'S MY CHOICE...EAT RIGHT! BE ACTIVE! 3rd Grade

These curricula promote healthy eating and physical activity. Children will gain skills to practice appropriate healthy behaviors.

#### NUTRITION TO GROW ON

A garden-enhanced nutrition education curriculum for 4<sup>th</sup> to 6<sup>th</sup> grade students that helps students make healthy food choices while learning about plants and horticulture.

#### EATFIT

A computer-based, highly interactive nutrition and fitness program for 6<sup>th</sup> to 8<sup>th</sup> grade adolescents.

### ADULT WORKSHOPS

Adult nutrition education is also available to parents at qualifying schools and those eligible for CalFresh.

Topics focus on making healthy food choices, buying on a budget, increasing awareness of food safety practices, the importance of physical activity, and using the garden as a learning tool.

- EAT AND PLAY TOGETHER
- PLAN, SHOP, SAVE AND COOK