

GOOD FOR ME...AND YOU!

A Nutrition Curriculum for Second Grade

Book-based Lessons

- ◆ **Lesson 1 - Eating Healthy is Good for Me...and You!**
Good for Me and You by Mercier Mayer
- ◆ **Lesson 2 - Breakfast is Good for Me...and You!**
The Hatseller and the Monkeys by Baba Wague Diakite
- ◆ **Lesson 3 - Healthy Snacks and Beverages are Good for Me...and You!**
Eat Well by Liz Gogerly
- ◆ **Lesson 4 - Exercise is Good for Me...and You!**
Wally Exercises by Steve Ettinger
- ◆ **Lesson 5 - Keeping Food Safe is Good for Me...and You!**
Food Safety by Sally Lee



Students make healthy food and exercise choices by developing positive attitudes and behaviors towards food and fitness.

Meets California State Department of Education's Grade-based Standards

- Common Core Standards for English Language Arts
- Health Framework and Content Standards
- Nutrition Competencies

Lesson Highlights

Provides over 10 hours of instruction plus other classroom enrichment activities.

- ◆ Teacher Background
- ◆ Group Book Reading
- ◆ Lesson Application
- ◆ Classroom Enhancements
- ◆ Tasting Activity
- ◆ Family Flyers
- ◆ Visual Support Pieces
- ◆ Interactive PowerPoint

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