UC Preschool N	utrition Education Kits- Nutrition (	Objec	tives	and A	Activ	ities	Alignn	nent																																
							s the spec		ective h	as been	n fulfille	d by thi	s activ	ity																										
		habet Fiesta habet Fiesta Soup	ad Sequence Cards uit and Veggie Recall we Like the Alohabet	imping Your Way Through the bhabet	arobics imal Counting	mp Rope Activity #2 Jybook Felt Board	n You Move Like an Elephant?	Imal wasks lor Mixing We Need Mater	ading Activity-Flipchart M. The Picky Eater	aating a Complete Meal covering MyPyramid	/ Food Art od Group Corners	ting the Alphabet ting A Rainbow	isical Chairs onic Spy	sue Art Work	DVD rm to Table Coloring & soling Activity	od to Source Maze	rvest I time Game cing Food to Source tato Digging	ast for 10 ast for 10 reading activity	ocery Shopping #1 king Vegetable Soup	ting Away the Groceries - Ind tting Away the Groceries - oup	een Eggs and Ham imal & Plant Protein Mobile	g Critters itching the Ending Sounds	m I Am Relay <mark>owing Vegetable Soup</mark> Inforing AM. Tasta Burds	ess What's Inside - Ind ess What's Inside - Ind ess What's Inside - Group	py inting a Garden	here Does That Grow	nda's Surprise lance Handa's Basket wing Like the Animals	ange Juice Activity 10 Took What	<mark>ishing your Hands</mark> rm Coloring	w Many Times Did I Wash My nds lke Your Own Germ ssina Alond A Germ	d Light Green Light isible Germs	ppy Healthy Monsters DVD nd & Stretch Like Elmo	mo's Hot Tomato Game we Along Elmo	amp Your Lunch hat's Edible ss the Cow	w Puppet asuring Dairy Foods	k Luella Relay k Process Game Cube - Ind	k Process Game Cube - oup n the Dairy Food on the Cow	rt the Dairy Food nch	unting and Weighing Fruit and ggies itrand Vebetable Rinoo	in and Vegetable Puzzles if Racing und FV
1 Consumer Behavior a	how to pay with money/knowledge of	AF	Fr.	Alp	An	Sto	Ca		o a ci	ë ë	E G	Ea	Mu	Fa	Ag Fa	e e	La Ро	E E	Σ	Pu Gr	An	Eg Ma	S G	5 5 5	Pa	N N	Ba Ha	S IN	Ge	Ha Ma Pa	Re	Ha Be					Bir Gr	So	e Co	E E 8
1 Consumer Behavior b	b how to weigh produce																																						Х	
1 Consumer Behavior consumer B	how to read grocery list how to bag groceries																		X X																					
2 Food Source/Origins/Gardening a	where food groups come from													X	x x	х	X X		^				x		X	х								X	< X					4
2 Food Source/Origins/Gardening b	knowledge of parts of the plant													X	Х																									
2 Food Source/Origins/Gardening of 2 Food Source/Origins/Gardening of	how to plant a seed/garden processing and transportation													X	x x								X													x x	x			
2 Food Source/Origins/Gardening e	e plant vs. animal													X	X	Х					Х																~			
2 Food Source/Origins/Gardening f	variety of forms of food (corn tortilla vs. popcorn)															X	v				X																			
2 Food Source/Origins/Gardening g 3 Food Preparation	Seasonality how to measure foods	х														,	X																		X	(				
3 Food Preparation b	how to use utensils (knife, grater, fork, peeler, juicer, pitcher)	Х																	Х			Х						Х												
3 Food Preparation	how to clean foods kitchen safety																Х																							4
3 Food Preparation 0 3 Food Preparation 6	how to read a recipe																																							
3 Food Preparation f	prep raw fruits and vegetables, peel banana, tear lettuce, peel orange																						X					Х												
3 Food Preparation g 4 Food Safety a	Steps to preparing a meal chill/room temp foods (separate, when ok to eat)									х					x			X	_	x x		Х										$\square$	+++							╉┽┿┽┥
4 Food Safety	don't eat raw animal foods														^					^ ^																				4
4 Food Safety of	food contamination (5 second rule)																			Х																				
4 Food Safety c 5 Cultural Foods a	i okay to eat/not safe (sucking on grape) knowledge of geography as related to food orgins																																	X						
	where food comes from/cultural & ethnic orgins																										X													
6 Physical Activity a	DRDP skills - different types of movement		Х		Х	XXX		X	Х																							Х								
6 Physical Activity to 6 Physical Activity to 6	personal space locomotor skills (hop, jump, skip) see standards/aerobic				x	x x x		X X	X		×																×					X	X			x				
6 Physical Activity	muscular strength				^			~	~																		~					X	~			~				
6 Physical Activity	e flexibility		X																	Х												Х								
6 Physical Activity f 6 Physical Activity c	limiting TV rhythm				x	X X	x						х																											
6 Physical Activity	directionality/distance				X	X X		Х	Х				Х																			Х								
6 Physical Activity i	safety rules		v			v	v,	v	v													Х	V				v													
6 Physical Activity j 6 Physical Activity	balance pace		X					X X	X														^				^						X							X
6 Physical Activity I	hand-eye coordination																																Х							Х
6 Physical Activity r 7 Hygiene a	n cooperative teamwork washing hands, how/when		Х															X											v	v	v					Х	Х			Х
7 Hygiene b	b brushing teeth, how/when, flossing																												^	~	~									
	blowing nose/sneezing/coughing/bathing																														Х									
7 Hygiene e 8 Eating Etiquette a	e what is a "germ", how we get sick Place setting																												XX	XX										
8 Eating Etiquette	gross eating habits (open mouth, spitting out)																																							
8 Eating Etiquette	excusing yourself								X																															
8 Eating Etiquette 6	how to behave at a restaurant								X																															
8 Eating Etiquette f	conversational skills (passing/rude talk)																																							
	serving self kitchen terms (pot. stove) Garden terms	_									_					_		X				_	x										+++							
9 Names (vocabulary) of foods t			х							х		X		X									X																)	
9 Names (vocabulary) of foods	cooking adjectives (grated, sliced) & food															$\square$									Х		X											X		X
	MyPyiamid logo intro. non-foods vs. edible									Х	XX																							x						
10 Classifying Foods b	4 food groups								X	ХХ																								^				Х		
10 Classifying Foods	rarely/treat foods											V V	V	X																								V		
	color of fruit and vegetables Water							×			_	X X		X																		-	X			++		X		X
11 Energy/Purpose of eating b	knowledge that food has energy & contains things that help us grow															_																								
11 Energy/Purpose of eating of 22 Exposure to a variety of foods a	why to eat, hunger only							v			_	X				_																				_				
12 Exposure to a variety of foods a 12 Exposure to a variety of foods b	a colors groups							^	X	х																														
12 Exposure to a variety of foods	within groups									X																									Х					
12 Exposure to a variety of foods of 12 Exposure to a variety of foods	t meal plan with variety of food groups pe foods in different ways (cut, grate, cooked raw)	_				_					$\square$					++						$\square$	X					$\square$				$\square$		Х		$\square$				X
12 Exposure to a variety of foods f			ХХ						X		х	X X	х						Х		X X		Х			Х	X X	X							x	(		X		
13 Anatomy/Physiology a	a body part names (general outside parts)							_								_								_																
13 Anatomy/Physiology to 13 Anatomy/Physiology to	where and function of heart/lungs senses (taste) (5 types of taste)																						×																	
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	BROAD NUTRITION GOAL	SPECIFIC NUTRITION OBJECTIVE																																							T	
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