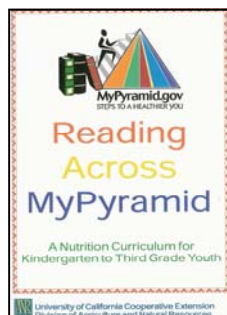


# KINDERGARTEN — 3RD GRADE

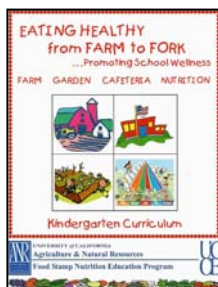


*Reading Across MyPyramid* is a nutrition and literacy curriculum developed for children grades K-3. This curriculum helps children become aware of food and nutrition by reading storybooks with food-related themes and then participating in hands-on nutrition and physical activities. Each lesson includes:

- List of theme related books
- Lesson preview
- Nutrition objective
- Life skills
- Background information
- Guidelines for discussion
- Linked with California Content Standards
- List of supplies
- Supplemental activities
- Recipes
- Quiz
- Letter to parents

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*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. This curriculum uses a consistent easy to use format that provides all the information needed to successfully implement the curriculum in the classroom, as well as in informal educational settings. Children will be learn to make healthy choices by developing positive attitudes towards foods and fitness. Each lesson includes:



- Introduction and background info
- Objectives
- Nutrition competencies
- Activities
- Supply list and rep list,
- Links to California Content Standards
- Making the connection
- Recipe activity
- Knowledge quiz
- Parent letter
- Handouts and support materials



**TWIGS** (Teams With Intergenerational Support) focuses on gardening and nutrition. The garden is a powerful experiential educational tool that can connect children with science, nutrition, ecological responsibility and community beatification. This curriculum provides opportunities for easy integration of reading, writing, math, social studies, art and other subjects. Highlights of the curriculum are:

- Adaptable for grades K through 6th
- Lessons focus on positively influencing food choices
- You do not need a garden to conduct activities
- 30 Field tested lessons, 125 page curriculum
- Links to California State Content Standards



## CONTACT INFORMATION

We are able to meet with teachers individually or in groups. Call 385-7418 or email [kalcorn@ucdavis.edu](mailto:kalcorn@ucdavis.edu) to get started.