Nutrition Education Classes Offered

Nutrition in Action

Nutrition Services offers nutrition education in the classroom for all elementary students. Classes are taught by registered dietitian, Janie Garrett and supervisors, Dana Van Cleave and Chef Katie Frink. The hands-on food activity lesson is provided to the teachers at their scheduling convenience. Last day for classes is May 5, 2017. Students receive a healthy snack and a copy of a MyPlate poster to take home. Nutrition lessons can be adapted for special needs students.

Preschool

**Happy Face Snack Sandwiches**: A brief discussion and identification of healthy foods and the contribution to healthy growing bodies. Students will prepare and sample their own happy face snack sandwich. Available to morning and afternoon preschool classes. (15 minutes)

Kindergarten

**Yummy Yogurt Sundaes**: A brief discussion of MyPlate highlighted by making a yogurt snack. (30 minutes)

**Breakfast Fun**: A discussion of the importance of breakfast and healthy breakfast choices from MyPlate. A healthy snack will be served. (20 minutes)

**Variety is F.U.N!**: A discussion of DESE Health Education standard for “Recognize we need a variety of foods each day”. Students will learn about variety and an acronym for the result healthy MyPlate foods have on their bodies. Students prepare ants on a log. (30 minutes)

*NEW

First Grade

**Pizza Party**: A discussion of MyPlate highlighted by a making a healthy pizza to eat as a snack in class. This coordinates with the Health Sciences curriculum focusing on practices to maintain a healthy body. (40 minutes)

**A+ Breakfast**: A discussion of the importance of breakfast and making healthy breakfast choices that include foods that give us brainpower, strength, and energy. In accordance with DESE Nutrition Standard for “Recognizing that food provides the body with fuel”. A delicious smoothie is made in class and served. (30 minutes) *NEW

Second Grade

**Pretzels**: A review of MyPlate, focusing on the importance of the "bread" group and discussing the difference between whole wheat and white flour. Making and eating pretzels is the highlight of the class. (45 minutes)

**Fruit and Vegetable Tasting**: A review of MyPlate with emphasis on the “fruit” and “vegetable” groups. Students will have fun trying new fruits and vegetables and evaluating these experiences. (30 minutes)
**Nutrition Education Classes Offered Cont’d**

*Food Label Investigation*: IN accordance with DESE Nutrition Standard for “Identify the basic parts of the Nutrition Facts label (e.g. serving size, fat, sugar, ingredients)”, students will conduct their own investigation of a food label of a new, yummy and healthy snack they will get to eat? (30 minutes) *NEW

**Third Grade**

*Salad-Salad-Salad*: A review of MyPlate and introduction to the six key nutrients. Students participate in preparing and eating salad in class that is comprised of all the food groups. (45 minutes)

*Oh! Great Grains*: A review of MyPlate with emphasis on the “grain” group and serving sizes. Students will have fun determining appropriate serving sizes for various foods. This class also introduces the six key nutrients. (45 minutes)

**Fourth Grade**

*Heart Healthy Eating Tastes Great*: An introduction to the role of fat in the diet with special emphasis on how to determine what foods have too much fat in them and how to cut extra fat out of your diet. This is an important lesson in conjunction with studying the heart. (50-60 minutes)

*Media and Me*: In conjunction with the DESE Health Education standard ME3A4: “Collect and display examples of how the media can influence a consumer decision regarding health practices and products (e.g. magazine, newspaper, commercial)” students will examine the effect of the media on their food and drink choices and how that contradicts or complements healthy MyPlate choices. (45 minutes) *NEW

**Fifth Grade**

*Protein – More Important Than You Imagined*: A discussion of the role of protein, protein sources, and whether or not you can be healthy as a vegetarian. This lesson compliments the Health Sciences curriculum. (50-60 minutes)

*Carbohydrates – the Sugar Story*: A discussion of the role of carbohydrates with special emphasis on the role of sugar in the diet. This lesson compliments the Health Sciences curriculum. (50-60 minutes)

*Energy Drinks and Physical Activity Don’t Mix*: Complimenting DESE Health Education standard ME2E5: “Summarize the relationship between food intake and physical activity”, students will investigate the harm excessive use of energy drinks and caffeine can have on their bodies and their physical activity level. Instead, they will learn what kind of foods compliment their physical activity. Students enjoy a pre-activity approved snack. (40 minutes) *NEW

Use the attached form to indicate your preference for date, time and class subject.

**SIGN UP TODAY!**