

How to Teach Nutrition to Kids/Nutrition Fun with Brocc & Roll Nutrition Education Curriculum Guide

Grade Level	Learning/Performance Standards	Required Learning Activities	Recommended Integrated Learning Activities	Supporting Food & Fun Learning Activities
3rd	<i>The student will:</i> 3.1. Describe how proper food choices and physical activity can have a positive effect on mood, energy level, and health.	A Role-Playing Game: Thinking Through Our Choices (B&R, pg. 29)	MyPlate Activities: (HTTNTK, pp. 51-56, numbers 7, 8)	<ul style="list-style-type: none"> • Use Your Brain to Find Whole Grains – puzzle and recipe (B&R, pg. 57) • The Protein Scene – puzzle and recipe (B&R, pg. 60) • Discover food where you live (B&R, pg. 54) • Make Your Own Recipe: Egg-Xactly Right Eggs (B&R, pg. 42) • Radish Garnishes (HTTNTK, pg. 156) • Hoagie Faces recipe (HTTNTK, pg. 159)
	3.2. Identify the food groups in MyPlate, list examples of each, categorize mixed dishes into food group components, and identify and measure appropriate serving sizes of various foods.	MyPlate Activities (HTTNTK, pp. 51-56, numbers 9 & 10) Measuring Centers (HTTNTK, pp. 57-58)	Language Arts: Children’s books with food themes/ corresponding activities (HTTNTK, pp. 74-76)	
	3.3. Perform a diet and physical activity assessment.	Dietary self-assessment using MyPlate (B&R, pp. 10-11 or B&R, pp. 12-13) Keep track of steps using a pedometer	Math: Measuring Nutrients in Food (HTTNTK, pp. 92-93)	
	3.4. Set nutrition and physical activity goals, track progress, evaluate, and redesign goals as needed.	Goal setting Calendar (B&R, pg. 23-25)	Science: 1. Absorption, Circulation, Metabolism, Excretion (HTTNTK, pp. 103-106) 2. Grow an indoor herb garden (B&R, pg. 53)	
	3.5. List examples of eating behaviors which demonstrate knowledge of variety and moderation in food selection and consumption.	Chart feelings of hunger and fullness for three days using the hunger scale (HTTNTK, pp. 48-49)	Social Studies: Food Cultures around the World (HTTNTK, pp. 122-128)	
	3.6. Practice safe food handling when conducting food preparation activities.	Review importance of sanitary work surfaces and safety with knives and equipment (HTTNTK, pg. 204-205)	Art: Create a “Madame Food-sauds” Museum (HTTNTK, pg. 148) Physical Education: Chart a walking course across your state; Use pedometer data to track progress on a map.	

Key: HTTNTK = How to Teach Nutrition to Kids; B&R = Nutrition Fun with Brocc & Roll

To order *How to Teach Nutrition to Kids* and *Nutrition Fun with Brocc & Roll*, visit <http://nutritionforkids.com>