

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
2nd	<i>The student will:</i> 2.1. Describe the connection between food, growth, activity and health.	Food Gives me Energy Worksheet (B&R, pg. 8) My Body is a Great Body! Worksheet (B&R, pg. 20)	MyPyramid Activities: (HTTNTK, pp. 51-55, numbers 1, 6)	<ul style="list-style-type: none"> • Sandwich Art (HTTNTK, pg. 159) • Cookie Cutter Fun (HTTNTK, pg. 166) • Tuna Mandarin Roll-Ups Recipe (HTTNTK, pg. 161) • Yummy Pumpkin Softies Recipe (HTTNTK, pg. 165) • A M-O-O-O-O-ving Story About Milk (B&R, pp. 61-62) • Bread Dough Art Recipe (HTTNTK, pg. 163)
	2.2. Identify the food groups in MyPyramid, list examples of each, and recognize appropriate serving sizes of various foods.	HTTNTK, page 50, "Session 1 & 2" What's my Serving Size? Activities (B&R, pp. 15-18)	Language Arts: 1. Daily Menu Reading (HTTNTK, pg. 63) 2. Putting a Nutrition Twist on Fairy Tales (HTTNTK, pp. 78-79)	
	2.3. Perform a diet and physical activity assessment.	Dietary self-assessment using MyPyramid (HTTNTK, pg. 53, #3 and/or B&R, pg. 14) Keep track of steps using a pedometer	Math: Making Comparisons (HTTNTK, pp. 90-93)	
	2.4. Set nutrition and physical activity goals and track progress.	My Goals for Good Health (B&R, pg. 26)	Science: 1. Digestion (HTTNTK, pp. 102-105) 2. Germination (HTTNTK, pp. 109-110 and/or B&R, pg. 50)	
	2.5. Recognize and practice the importance of variety and moderation in food selection and consumption.	Learn to plan a simple breakfast (B&R, pg. 27) Learn to plan, devise and prepare nutritious snacks. (B&R, pg. 28, 40, 41, 43,59) Chart feelings of hunger and fullness for three days using the hunger scale (HTTNTK, pp. 49-50)	Social Studies: Identify Individual Food Culture (HTTNTK, pp. 121- 124)	
	2.6. Learn and practice basic safe food handling guidelines.	Introduce concept of "germs" (bacteria and viruses) and practice proper hand-washing (HTTNTK, pg. 203-204)	Art: Edible Art Activities (HTTNTK, pp. 153-158) Physical Education: Food Games (HTTNTK, pp. 180-182)	

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>