

Welcome Teachers!

Research conducted by the California Department of Education "shows that children will be ready to learn and will **achieve their fullest potential only if they are well nourished and healthy**. Such children have better attendance at school, concentrate more on their lessons, and achieve improved performance." Our goal at the University California Cooperative Extension is to provide teachers with fun, hands on activities that align with California State Content Standards and promote nutrition education and physical activity in the classroom.

Would you like to receive **FREE** nutrition education materials for your classroom?

University of California Cooperative Extension would like to assist you in promoting nutrition and gardening education to your students. We can provide:

- 🍌 Fun, easy to use garden and nutrition education curricula linked to California Content Standards
- 🍌 Teacher incentives (freebies, pencils, stickers, etc.)
- 🍌 Classroom visits from a Nutrition Educator with a healthy snack!

Educational Support is offered in many creative ways!

- 🍌 School wide Nutrition Decathlons
- 🍌 'Jump for Heart' celebrations
- 🍌 Food-related field trip support
- 🍌 Farm-to-school events

Watch for us at an upcoming staff meeting!

For more information, please contact:

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Available Resources

(FREE OF CHARGE)

Each curriculum piece has been approved and pilot-tested by the University of California Davis and Berkeley campuses. All curricula have been correlated to the California Content Standards.

Happy Healthy Me! MyPyramid-Preschool-Kindergarten

Explore the way foods are grouped while sorting by color and singing songs. This curriculum covers all the standards for beginning learners with fun activities that are based on the new MyPyramid.

Building a Healthy Me!-The Dairy Council-Kindergarten (Spanish too!)

A complete package with a teacher guide with six core lessons, parent booklets, student workbooks and impressive food pictures to refer to!

Reading Across MyPyramid-Kindergarten to 3rd grade

A literacy-based curriculum designed to get students excited about nutrition. Each lesson has two to three interactive lessons and is centered on a food-themed book.

Healthy Choices, Healthy Me!-The Dairy Council-1st to 2nd grade (Spanish too!)

Students will discover the origin of their favorite foods while understanding that combination meals like tacos, sandwiches and pastas are a mixture of the food groups. This kit includes a teacher guide with tips for advance preparation, a box of food pictures and student workbooks.

Nutrition Pathfinders-The Dairy Council-3rd to 5th grade (Spanish too!)

Take the adventure to Camp Eatawella with a self-directed CD-ROM simulation, 5 student activities and a short pre- and post-assessment. Have your students take an active role in meal planning, shopping and budgeting! Don't forget the writing assignments in the Camp Journal!

Nutrition to Grow On-3rd grade and up

The principles guiding the development of this curriculum were simple. The lessons had to be fun, easy to implement, integrative, and adaptable. Developed with California agriculture in mind, this curriculum directly links nutrition with gardening activities.

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5 a Day Power Play! Fruits and Vegetables-4th to 5th grade

5 a Day curriculum has been promoting fruits and vegetables in the classrooms for years! Through age-appropriate games, songs and lessons, kids get the message that eating fruits and vegetables is the right thing to do.

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Junior Master Gardener-5th grade and up

The highly successful program offers horticultural and environmental science education, along with leadership and development of life skills. Help young people become good gardeners and citizens so they can make a positive contribution to their community, school, and family.

Eat Fit - Junior High-6th to 8th grade

How much fat is in that bag of potato chips? Fast Food Bingo anyone? The EatFit curriculum is sure to educate and entertain even the most aloof junior high student. Lessons, games, recipes and an interactive website make this curriculum a perfect complement to any education program.

Exercise Your Options-The Dairy Council-6th to 8th grade

Create a behavior change while the students focus on improvement instead of perfection. Students will acquire skills to make positive decisions and problem solve when presented with real-world issues frequently encountered in middle school.

