Elementary Program
Introduction

NURTURE
www.nurtureyourfamily.org

Welcome to the Nurture Elementary Program! This introduction will explain the program goals, how the materials are organized and how to implement the program.

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<u>Where is the Nurture Elementary Program on the Nurture Website?</u>
Go to http://www.nurtureyourfamily.org/
Hover over "**Resources**"
    Hover over "**School Curricula**"
        Hover over "**Grades 1-5 (Nurture Elementary Program)**"
            Select **Introduction** (contains information found in this document) or select a **Level**

<u>Nurture Elementary Program Goals and Key Topics</u>

The Nurture Elementary Program helps first through fifth grade students develop the knowledge, skills and attitudes needed to help reduce the likelihood of developing childhood obesity. It includes 35 monthly units of hands-on lessons, activities, fitness games and parent handouts. The goal is to help students develop positive relationships with food while building their ability and desire to make healthy choices about nutrition, hydration and exercise.

The Nurture Elementary Program contains five levels. Core Concepts are introduced in the younger grades and applied with increasing sophistication in subsequent levels and grades. The Program reinforces general nutrition guidelines as set forth by the USDA 2010 Dietary Guidelines. It does not promote the exclusion of any food group or strict consumption of select "superfoods". The program aligns with Physical Education and Health standards for elementary students.

The following Key Topics are discussed throughout the program:

- Eat mainly foods that nourish your body.
- Be physically active.
- Eat a variety of fruits and vegetables.
- Use MyPlate to create balanced meals and snacks.
- Pay attention to energy balance and portion control.
- Stay hydrated with water and milk.

Nurture Elementary Program Structure

Nurture Elementary Program

Level 1: Units 1.1 – 1.8   Go Foods, Fruits and Vegetables, Water, Exercise, Rest

Level 2: Units 2.1 – 2.8   MyPlate, Food Groups, Exercise, Snacks, Relaxation

Level 3: Units 3.1 – 3.8   Reading Nutrition Labels, Balanced Meals, Beverages, Screen Time

Level 4: Units 4.1 – 4.8   Whole Grains, Fats, Sugar, Salt, Macronutrients, Exercise & Mood

Level 5: Units 5.1 – 5.3   Portion Control, Food Marketing, Comparing Foods

Materials used throughout the program include the following:

- **Training Slide Show and Notes**: This presentation can be used to train your organization on how to use the Nurture Elementary Program.

- **Chart of Key Topics and Core Concepts by Program Level**

- **Explanation of Key Topics and Core Program Concepts**

- **Guidelines for Teaching Nutrition**: Provides links to more detailed nutrition information, guidance on how to discuss nutrition topics and how to avoid dispensing medical advice, and tips for working with children.

- **Food Card Information**: Provides nutrition information for the foods specifically referred to in the program.

- **5 Minute Fitness Ideas**: Provides ideas for getting the students energized and focused during Lessons or for transition activities in the classroom.

Level Specific Components include the following:

- **Web page for each Level with Program Materials Chart**: Provide descriptions of all materials associated with the Level. The web pages contain links to these materials.

- **Learning Objectives**: Provide direction as to what the students should understand after completing the Level.

- **Student Assessments**: Level specific pre and post program questionnaires that measure student growth.

- **Units**: Contain the teaching materials.

Unit Specific Components include the following:

- **Lessons**: 20 minutes for Levels 1 – 4 and 40 minutes for Level 5.
  - Lesson Scripts provide proven methods for teaching the subject matter within the allocated time. These are a guide and should be adapted to meet the needs of each class.
  - Visuals for overhead projection (in English and Spanish)
  - Worksheets (in English and Spanish) – for some lessons
  - Teaching aids such as food cards, nutrition labels, etc. – for some lessons

- **P.E. Activities**: 10 to 20 minutes. They reinforce the Lesson.
  - Lesson scripts and activities. The activities can be adapted for your students, space and equipment.
  - Teaching aids such as food cards, nutrition labels, etc. – for some lessons

- **Supplemental Classroom Activities**: 10 to 30 minutes. They reinforce the Lesson and support Common Core State Standards for English and Math when the student's grade = the Program Level. For example, Level 3 Supplemental Activities support Grade 3 Common Core Standards.
  - Lesson Scripts and activities
  - Visuals for overhead projection (in English and Spanish) – for some lessons
  - Worksheets (in English and Spanish) – for some lessons
  - Teaching aids such as food cards, nutrition labels, etc. – for some lessons

- **Parent Handouts:** Provide an overview of what the students learned in the Lesson, how to reinforce the concepts at home and include either a healthy, inexpensive recipe or an activity to try at home.

Nurture Elementary Program Implementation

The Nurture Elementary Program is cumulative and developmentally appropriate. Generally students will receive the Level that corresponds to their grade in school. However, it is important that students who are new to the program have the foundational vocabulary and knowledge needed to absorb new information effectively.

All classes new to Nurture start with Unit 1.1 which introduces the vocabulary of Go Foods and Slow Foods. Unit 2.2, which introduces MyPlate, is taught to all second through fifth grade classes that are new to the Program.

The following implementation schedule provides students with the foundational information needed to successfully absorb and apply program concepts.

Nurture Elementary Program Cycle Year	1st graders would learn	2nd graders would learn	3rd graders would learn	4th graders would learn	5th graders would learn
First year	Level 1	Level 2 First Year	Level 2 First Year	Level 3 First Year	Level 3 First Year
Second year	Level 1	Level 2	Level 3	Level 3	Level 4
Third year	Level 1	Level 2	Level 3	Level 4	Level 4
Fourth year	Level 1	Level 2	Level 3	Level 4	Level 5

Assume a 2nd grade class that has never had the Elementary Program.
- When they are 2nd graders they would be taught Level 2 First Year.
- The next year as 3rd graders they would be taught Level 3.
- The next year as 4th graders they would be taught Level 4.
- The next year as 5th graders they would be taught Level 5.

For example, assume a 3rd grade class that has never had the Elementary Program.
- When they are 3rd graders they would be taught Level 2 First Year.
- The next year as 4th graders they would be taught Level 3.
- The next year as 5th graders they would be taught Level 4.

For schools where students have high baseline nutrition knowledge, start by assessing your 3rd graders' ability to correctly sort foods by food groups (especially grains and proteins). If they are secure with this knowledge, they should start with Level 3 First Year since Level 2 focuses on MyPlate, categorizing foods by Food Groups and creating balanced meals.

Level 3 covers all of the foundational information in the Program and is appropriate for 4th and 5th grade students, even at schools with high baseline nutrition knowledge. Level 3 is critical to the program and is the most important Level to cover.

Program Timing
1. Administer Student Pre-Questionnaires prior to starting the first Unit of each Level.
2. Space Units throughout the school year.
3. For each Unit, first teach the Lesson and distribute the Parent Handout.
4. The P.E. Activity and Supplemental Activity should be spaced one to two weeks after the Lesson to challenge students to recall Lesson information.
5. Administer the Student Post-Questionnaire after completing the last Unit of each Level.