

Nurture Elementary Program: Level 1

Main focus areas

- Distinguishing between ‘go’ foods that nourish our bodies and ‘slow’ foods that don’t
- How fruits and vegetables help our bodies and how to add them to our meals
- How exercise, go foods, water and sleep keep us healthy

Unit	Lesson	P.E. Activity	Supplemental Activity
1.1	Food for Fuel: <u>Go</u> or <u>Slow</u>? Discuss why we eat and how to sort foods by <u>Go</u> & <u>Slow</u>	<u>Go</u> and <u>Slow</u> Relay Sort foods by <u>Go</u> & <u>Slow</u>	<u>Go Slow</u> Cartoon Draw how you feel after eating <u>Go Foods</u> & after <u>Slow Foods</u>
1.2	Energy Balance Food provides energy for activities. Eat too little or too much and you feel weak or sluggish	Energy Balance Exercises Discuss energy balance, perform balance exercises	Hungry or Full? Draw and describe a time you were hungry. Repeat for when have eaten too much
1.3	Fruits and Veggies How eating fruits and vegetables help our bodies, amount to eat	Fruit and Veggie Spud Importance of fruits and vegetables	Fruit and Veggie Math Add and subtract using fruits and veggies as the objects
1.4	Fitting in More Fruits and Veggies Adding fruit & veggies to meals & snacks	Fruit and Veggies Red Light, Green Light Use red and green fruits & veggies to play game	Calculating Fruit & Vegetable Consumption List and count the fruits & veggies eaten each day
1.5	Fitness is Fun! Importance of active play, cardiovascular, strength and flexibility exercises	Smoking Rhymes Jump rope while saying rhymes about avoiding smoking	My Healthy Heart Draw and write about things you can to do keep your heart healthy.
1.6	Growing a Strong Body Need for go foods, water, exercise and sleep	Indy 500 Reviews go and slow foods while racing	Need or Want Categorize by needs (keep us healthy) or wants
1.7	Where Does Food Come From Discusses the steps to get food from farms to our homes	Farmer and the Crow Active game reinforcing how to grow food	Growing Vegetables Students plant veggie seeds they can grow at home
1.8	From <u>Go</u> to <u>Slow</u> Case studies of helping students to reinforce concepts from the year	Simon Says <u>Go</u> or <u>Slow</u> Reinforces categorizing <u>Go</u> and <u>Slow Foods</u>	All About Me Describe and draw things they do to stay healthy