

Nurture Elementary Program: Level 2

Main focus areas

- MyPlate and how each food group helps our bodies
- How to sort foods by food group and 'go' and 'slow' foods
- How to make healthy snacks and balanced lunches using MyPlate as a guide
- How cardiovascular, strength, flexibility and yoga exercises help our bodies

Unit	Lesson	P.E. Activity	Supplemental Activity
2.1	Go Food Lunches Reviews <u>Go</u> and <u>Slow Foods</u> . Introduces "wannabe" foods	Red Light Green Light <u>Slow Foods</u> = Red and <u>Go Foods</u> = Green	Go Go Venn Diagram Place adjectives describing two go foods into a Venn Diagram
2.2	MyPlate Introduces MyPlate, food groups, and how each food group helps our bodies	MyPlate Tag – Level 2 Sort bean bags to make a balanced plate without getting tagged	Menu Makeover Design and describe a yummy, balance school lunch using MyPlate as a guide
2.3	Eat a Rainbow Phytochemicals and how different color fruits and vegetables help our bodies in different ways.	Fruit and Veggie Spud How they help our bodies and how many we should eat	Rainbow Riddle Create riddles describing fruits and vegetables, share with a partner
2.4	MyPlate Portions Reinforces food groups, how much of each food group is needed	4 Square Tournament Reinforces food groups.	MyPlate Math Visually represent fraction descriptions of quantities eaten from each food group
2.5	Fitness is Fun! Importance of cardiovascular, strength and flexibility exercises	Smoking Rhymes Jump rope to rhymes about avoiding smoking	My Healthy Heart Track fruits and veggies eaten and activities done
2.6	Flexibility and Yoga How yoga can help you relax and sleep, learn routine	Yoga Tag Must get into a yoga pose when tagged	Relaxation Write two paragraphs about a relaxation technique
2.7	Sensational Snacks Difference between snacks and treats. Characteristics of healthy snacks	Twin Tag Characteristics of healthy snacks	My Favorite Snack Write about a favorite snack answering who, what, why, when and how questions
2.8	Pack a Better Lunch Using MyPlate to create a balanced lunch	Race Car Reinforces MyPlate and <u>Go</u> and <u>Slow Foods</u>	None