Nurture Elementary Program: Level 2 – Year 1 at School

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. Wellness Activity	Supplemental Activity
1.1	**Food for Fuel: Go or Slow?** Discuss why we eat and how to sort foods by Go & Slow	**Go and Slow Relay** Sort foods by Go & Slow	**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 Go and Slow Foods	**None**