

Nurture Elementary Program: Level 3

Main focus areas

- Using MyPlate to make balanced healthy snacks and meals
- Distinguishing between thirst, hunger and appetite and what drives these
- Using sugar and fiber on nutrition labels and ingredient lists to rank the health benefits of cereals and beverages
- The importance of being physically active and limiting screen time

Unit	Lesson	P.E. Activity	Supplemental Activity
3.1	MyPlate Review Reviews MyPlate, sorting by food group and go and slow foods, how food groups help our bodies	MyPlate Tag – Level 3 Sort food cards by food group without getting tagged	MyPlate Fractions Make pie charts for simple fractions and compare fractions with the symbols >, =, or <
3.2	Celebrations and Appetite Define hunger and appetite, create a celebration meal based on MyPlate and mainly <u>Go Foods</u>	Hunt for Thanksgiving Dinner Reinforces <u>Go</u> and <u>Slow Foods</u>	Food Traditions Write about a special tradition that includes food answering who, what, why, when and how
3.3	Breakfast Components of a healthy breakfast. Case studies on improving breakfasts	Steal the Breakfast Capture the flag reinforcing the importance of breakfast	Kitchen Conversions Calculate amount of ingredients needed for 100 muffins based on recipe for 10 muffins
3.4	Cereal Scavenger Hunt Read nutrition labels to distinguish between <u>Go</u> and <u>Slow</u> cereals based on sugar and fiber content	Don't be <u>Slow</u> Importance of breakfast, sugar and fiber levels for <u>Go</u> and <u>Slow</u> cereals	Design a Cereal Box Develop package illustrations for a <u>Go</u> cereal that will appeal to children
3.5	Physical Activity & Energy Balance Staying physically active and snacks for when physically active	Dance Party Cardiovascular and strength exercise routine	Healthy Heart Challenge Track fruits and veggies eaten and activities done, reflect on behaviors weekly
3.6	Screen Break The importance of limiting screen time, alternative activities	Get Up and <u>Go Go</u> Limiting screen time	Screen Time Logs Track time spent on physical activity and “screen” activities. Graph and reflect.
3.7	Better Beverage Importance of hydration and comparison of nutritional benefits of different beverages	Elephant tag Why water is the best beverage, importance of hydration	Liters and Milliliters Converting between liters and milliliters and judging whether quantities are in liters or milliliters.
3.8	Jump Starting Energy Case studies on level 3 topics	Soccer Fitness Review year's concepts	None