

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