

Nurture Elementary Program: Level 3 – Year 1 at School

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. Wellness Activity | Supplemental Activity |
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| 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> | None |
| 2.2 | MyPlate Introduces MyPlate, food groups, and how each food group helps 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 < |
| 3.3a | Breakfast, Celebrations & Appetite Balancing food choices during celebrations, define hunger and appetite, importance of breakfast | Hunt for Thanksgiving Dinner Reinforces go and slow foods. | Food Traditions Write about a special tradition that includes food answering who, what, why, when and how |
| 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 |