

Nurture Elementary Program: Level 4

Main focus areas

- Benefits of eating whole grains and how to recognize whole grains by reading the ingredients list
- Reading product nutrition labels to determine amounts of sodium, sugar and fats per serving and why it is important to monitor intake
- Using macronutrients to build healthy snacks according to the situation and type of energy needed..
- The importance of being physically active for a healthy mind and body

Unit	Lesson	P.E. Activity	Supplemental Activity
4.1	Wholesome Whole Grains Parts of grain, benefits of whole grains, how to eat more whole grains	Grain Game Benefits of whole grains	Asking for Whole Grains Write a persuasive letter about why more whole grain foods should be offered at school
4.2	Identifying Whole Grains Whole and enriched grains; reading ingredient lists to identify foods with whole grains	Capture Whole Grain Difference between enriched and whole grains	Fiber and Whole Grains Word problems to calculate fiber consumed based on reading nutrition labels
4.3	Go and Slow Fats Saturated fat, trans fat, unsaturated fats – health impact, identifying them by sight, nutrition labels and ingredient lists	Go Slow Fats Relay Race Sort foods by <u>Go</u> and <u>Slow</u> fats	Go and Slow Fats Use nutrition labels to determine fat quantities and whether food is <u>Go</u> or <u>Slow</u>
4.4	Sugar Smarts Importance of eating added sugar in moderation; how to swap foods high in sugar for food lower sugar	Sugar Circuit Importance of eating added sugar in moderation	Sugar Smarts Activity Math word problems tied to a chart showing grams of sugar in various snacks
4.5	Fitness and Health Impact of physical activity on mood, sleep, health; limit screen time; spend time outside	Freeze Dance! Why it's important to be physically active	Fitness Math Math word problems tied to physical activities.
4.6	Salt How to identify foods high in salt; benefits of reducing salt, ways to reduce salt consumption	Water Chasing Salt Importance of limiting salt consumption	Salt Consumption Table reading, addition, graphing and word problems related to salt consumption
4.7	Macronutrients Importance and benefits of macronutrients; what foods contain them; balanced snacks	Cardio Relay Race Macronutrients and snacking for energy	Macronutrients Worksheet Write about which foods would provide the macronutrients needed in different scenarios
4.8	Eat Local Food Define local food; how to increase consumption of locally grown foods, review level 4 concepts	Going the Distance Review eating locally	None