

Program Description

Nurture was asked to teach a **project-based learning unit on nutrition** to the Hemingway Elementary 3rd grade.

The unit featured nutrition lessons and activities/games along with snacks to reinforce learning and encourage students* to try new foods.

Lessons were selected by Nurture and classroom teachers specifically for the needs of 3rd grade students.

Topics included:

- “Go” vs. “Slow” foods
- Sensational Snacks
- The Importance of Breakfast
- Sugar, Sugar
- My Plate



*approximately 160 students were taught in these classes

Teacher Feedback

Nurture’s Food & Fun program was a great success in the eyes of teachers, with 100% wanting to have it again next year and rating the lessons as “Excellent” or “Very Good.” Teachers felt that the type of information provided was *exactly* in sync with the needs and learning capacities of their students.



Teacher comments:

“I love how these lessons were packaged! We were so happy to have wonderful lesson content, visuals, props, and instructors to help us teach this important unit. It was just what we were looking for.”

“[My favorite thing about the lessons was] that the students saw the sugar in piles demonstrating the quantity in some foods.”

Student Feedback

Of the students completing post-program evaluations, 98 percent agreed that kids benefit a lot from Nurture's Food & Fun program.

Student comments:

"[My favorite part of the program is] trying all the new food."

"[My favorite part of the program is] learning about cereals and now I buy healthier cereals!"

"I learned to eat healthy 'Go foods' so I can keep going all day."

"I discovered that adults will not always be looking over my shoulder, so it's a good idea to learn how to read food labels."

"My favorite part of the program was being healthy and learning how to take care of my body. Now I am very healthy and I want to stay that way!"

