

## **Program Description**

Thomas Edison third grade teachers led three Nurture nutrition lessons and activities during Spring 2011:

- Food for Fuel: Go or Slow?
- Sensational Snacks
- Fruits and Vegetables

During this time, students learned about foods that give their bodies long lasting energy, how to read nutrition labels, and the health benefits of eating fruits and vegetables. In addition to the lessons, students had the opportunity to make their own energizing trail mix, create fruit kabobs, and snack on whole grain crackers with cheese.

Handouts were sent home to the parents with nutrition information and healthy recipes. During the month of March, teachers emphasized the importance of eating breakfast to enhance academic performance.



## **Overall Results**

The program was such a success that 3rd grade and 4th grade teachers will continue to teach the lessons for the 2011-2012 school year. Lessons will start in September and run through May.

## **Comments from Teachers**

“The lessons are going very well. The kids really enjoyed the trail mix and I have noticed that a lot of my kids are making healthier choices when they bring in their snacks. They love to come up and tell me that they have a 'go' snack!”

“I have had several parents comment about how much they appreciated the oatmeal [donated by Nurture] during ISAT week.”

“The program is going very well at Edison. My kids are incredibly enthusiastic each time we start a Nurture lesson. Other teachers have started trying out some of the lessons, and they are having the same reactions as well!”