

CHESSIE Schedule
2A, 2B, 3, 4A, 4B
Nutrition Unit

PLEASE NOTE: Reading is not provided for this unit—use library resources & /or websites to cover this material in preparation for class each week. At-home prep is up to each individual family and homework will not be checked. These website suggestions are great reading material & worksheets for this age group. Individual families have certain dietary preferences, which parents can incorporate into their child's education for this unit.

2/16 Nutrition Introduction—Guest teacher (Samantha Van Dyke) for classes from 11-1:00, “*eat the rainbow*”. Samantha will go over the colors of foods and what vitamins and minerals are found in them and how they help the body. She will also share some interesting new veggies with us. Mrs. Pierson will cover food groups and nutrition labels (groups 4A & 4B will be covered by Mrs. Pierson).

2/23 Nutrition focus—fruits, grains, dairy, Mrs. Hice will be mixing up healthy smoothies with all of the classes today.

Website suggestions:

<https://www.healthyeating.org/products-and-activities/games-activities/myplate>

my plate matching

<https://www.choosemyplate.gov/>

what is my plate?

https://cdn1.sph.harvard.edu/wp-content/uploads/sites/30/2018/12/KidsHealthyEatingPlate_Guide_Jan2016_low.pdf

kids healthy eating plate guide

https://myplate-prod.azureedge.us/sites/default/files/2022-01/SSwMP%20Mini-Poster_English_Final2022.pdf

my plate poster

<https://www.myplate.gov/life-stages/kids>

USDA my plate activity sheets on a variety of topics

[file:///C:/Users/Kathy/AppData/Local/Temp/Temp1_Fooducate_Worksheet_2012-08-14.zip/Fooducate Worksheet 2012-08-14 Matching.pdf](file:///C:/Users/Kathy/AppData/Local/Temp/Temp1_Fooducate_Worksheet_2012-08-14.zip/Fooducate_Worksheet_2012-08-14_Matching.pdf)

Worksheet to match up a food item with the ingredient label on the food item –very interesting!

Fooducate Worksheet 2012-08-14 Verbal (1).pdf

Nutrition labels worksheet pages

<https://foodhero.org/coloring-sheets?page=4>

Variety of food-related coloring sheets

<https://foodhero.org/kids>

Kid approved healthy recipes

https://foodhero.org/sites/foodhero-prod/files/activity-sheets/Food%20Jokes%20Master%20List_102620.pdf

Fun food jokes

<https://foodhero.org/kids-activity-sheets>

food activity sheets

<https://www.superkidsnutrition.com/boost-blueberries/>

benefits of eating blueberries

<https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/vegetables-and-fruits/>

many different nutrition topics—check out the topics down the left side of the page



