

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.

2/20	Nutrition	Introduction—basic food groups—food labels
2/27	Nutrition	focus—fruits, grains, dairy, vitamins, minerals

Website suggestions:

<http://www.healthyeating.org/Healthy-Kids/Kids-Games-Activities/My-Plate-Match-Game.aspx>
my plate matching

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

what is my plate?

http://www.nourishinteractive.com/system/assets/free-printables/251/1600meal_plan.pdf?1341345614

Information on each food group and how many servings you should have each day

<http://www.nourishinteractive.com/system/assets/free-printables/1010/food-labels-my-plate-food-groups-fun-kids-coloring-sheets.pdf?1449970680>

Food label & my plate coloring sheet

<http://www.nourishinteractive.com/system/assets/free-printables/20/reading-parts-of-food-labeling-page-kids-printable-teaching-guide-learning-food-labels-nutrition-facts-page.pdf?1421188432>

food label guide

<http://www.nourishinteractive.com/system/assets/free-printables/30/comparing-food-labeling-nutrition-facts-fill-in-blanks-food-label-worksheets.pdf?1401823540>

The above website would be a great activity to try-comparing the ingredients in different foods.

http://www.nourishinteractive.com/system/assets/free-printables/9/kids_food_groups_chart_easy_printable_guide.pdf?1362089128

Food groups

<http://www.nourishinteractive.com/system/assets/free-printables/585/food-group-portion-size-comparison-household-items.pdf?1380672696>

figuring out serving sizes

<http://www.nourishinteractive.com/system/assets/free-printables/92/kids-servings-size-tips.pdf?1362089184>

examples of serving sizes

<http://www.nourishinteractive.com/system/assets/free-printables/110/kids-food-groups-fun-worksheet-activities-printable-nutrition-education-pages.pdf?1362089666>

cross out the food that doesn't belong in the group

<http://www.nourishinteractive.com/system/assets/free-printables/850/kids-healthy-lunch-fun-nutrition-worksheet-energize-stomach-hunger-learning-food-characters.pdf?1378420697>

circle the healthy foods

