

## NUTRITION EDUCATION RESOURCES

Distributed by  
NH DOE- Office of Nutrition Programs and Services  
March 2020

- USDA Team Nutrition order form:  
<https://pueblo.gpo.gov/TN/TNPubs.php>

### Serving Up MyPlate- A Yummy Curriculum

Team Nutrition

<https://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum>



This is a collection of elementary grade classroom materials that helps teachers integrate nutrition education in Math, Science, English Language Arts, and Health. It includes teachers' guides, lesson materials, parent handouts (in English, Spanish, Chinese, and French), games, and resources.

### The Great Garden Detective Adventure

Team Nutrition

<https://www.fns.usda.gov/tn/great-garden-detective-adventure-standards-based-gardening-nutrition-curriculum-grades-3-and-4>

A standards-based curriculum for grades 3 and 4 that uses eleven lessons to teach about gardening. Discover fruits and veggies through a series of investigations and fun experiences that connect the garden to classroom and home.



## Discover MyPlate

- Team Nutrition  
<https://www.fns.usda.gov/tn/discover-myplate-nutrition-education-kindergarten>

A fun and inquiry-based nutrition education tool that fosters the development of healthy food choices and physically active lifestyles for kindergarten students. Teachers can meet education standards for Math, Science, English Language Arts and Health with six ready-to-go interactive lessons. Students can practice counting, reading, writing, and more.

The teachers' kit includes a guide, mini-readers, songs, recipes, parent handouts in English and Spanish, and more.



## School Breakfast

- Team Nutrition  
<https://www.fns.usda.gov/tn/myplate-guide-school-breakfast>

This infographic from Team Nutrition highlights how to make choices for a healthy breakfast from school foods.

Download in English or Spanish.



## School Lunch

- Team Nutrition  
<https://www.fns.usda.gov/tn/myplate-guide-school-lunch>

This infographic from Team Nutrition helps students make healthy choices from the 5 food groups offered with school lunches.

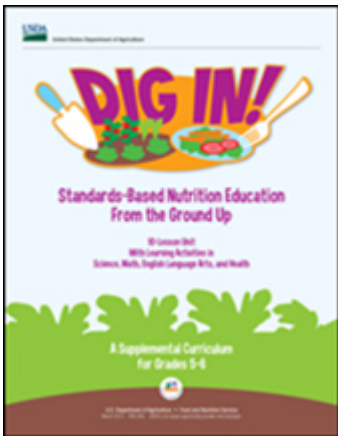
Download in English or Spanish.



## Dig In

Team Nutrition

<https://www.fns.usda.gov/tn/dig-standards-based-nutrition-education-ground>



Ten inquiry-based lessons to engage 5th and 6th grade students in growing, harvesting, tasting, and learning about fruits and veggies.

Download teacher's guide, lessons, student handouts, food safety mini-posters, gardening guide, parent booklets in English and Spanish, and more.

## Team Nutrition Cooks

<https://www.fns.usda.gov/tn/cooks>

A series of cooking-based nutrition activities for students aged approximately 8-12 years old. Help children try new foods and empower them with skills for independence to build and support healthy eating throughout their lifespan.



## Simple Meal Plans

UNH Cooperative Extension

<https://extension.unh.edu/tags/simple-meal-plans>

Make it quick and easy using the low cost menu planner from UNH Cooperative Extension Service. It includes a complete set of recipes and a shopping list for the week's meal. Planning ahead saves time and money.