

Team up with the Virginia Family Nutrition Program

Choose Health: Food, Fun, & Fitness

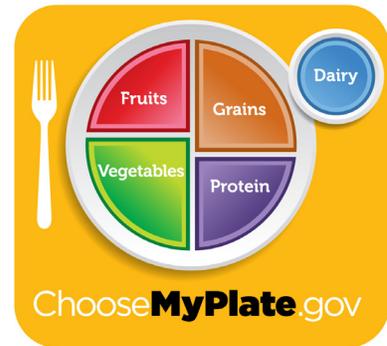
For 3rd to 6th Grade

The Family Nutrition Program provides everything you need to bring this evidence-based program to your organization. Students who complete this program report making healthier food choices. Research shows that good nutrition affects students' thinking, behavior, and health, not to mention improved test scores.

Our trained staff can give you the training and resources for you to teach to your students at no cost to your organization. They provide flexible scheduling options that fit with your availability.

With the **Choose Health** curriculum and the Family Nutrition Program you can:

- Deliver engaging, healthy living programs with proven results
- Support learning and healthy behaviors with fun incentives for students to take home
- Provide resources for program implementation including three food preparation experiences to encourage students to help prepare healthy snacks at home
- Support your school's wellness initiatives



SOLs:

We've got you covered!

3rd Grade

English 3.1, 3.2, 3.4, 3.7
Math 3.2, 3.5, 3.7, 3.9, 3.17
Science 3.1, 3.9
Health 3.1 c,d,e; 3.2 a,b,i; 3.3 b
Physical Education 3.1, 3.2, 3.3, 3.4, 3.5

4th Grade

English 4.1, 4.2, 4.4
Math 4.4, 4.6, 4.7, 4.8
Science 4.1, 4.4, 4.5
Health 4.1 b,c,d,e,f,g; 4.2 b,c,d,h,q; 4.3 b,c
Physical Education 4.1, 4.2, 4.3, 4.4, 4.5

5th Grade

English 5.1, 5.2, 5.4
Math 5.2, 5.4, 5.5, 5.6
Science 5.1
Health 5.1 c,d,e,f,g,h; 5.2 c,d,e,f,k; 5.3 b,c
Physical Education 5.1, 5.2, 5.3, 5.4, 5.5

6th Grade

English 6.1, 6.2, 6.4
Math 6.2, 6.4, 6.9
Science 6.1
Health 6.1 b; 6.2 a,b,e,k; 6.3 a,b,c,d,j
Physical Education 6.1, 6.2, 6.3, 6.4, 6.5

For More Information Contact

Virginia Cooperative Extension
Virginia Tech • Virginia State University

Eat Smart • Move More
Virginia Cooperative Extension • Family Nutrition Program

www.ext.vt.edu

www.eatsmartmovemoreva.org

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Choose Health

Food, Fun, & Fitness Healthy Eating and Active Living For 3rd to 6th Grade



Choose Health: Food, Fun, and Fitness is an award-winning, comprehensive nutrition and fitness curriculum composed of six hands-on lessons for 3rd to 6th graders. This curriculum was developed by Cornell University and reflects the 2015 Dietary Guidelines for Americans and USDA's MyPlate.

Choose Health uses experiential learning to teach healthy eating and active play by targeting behaviors that research shows to be most important for promoting health and preventing chronic disease. Practice-based evidence suggests that the program promotes positive behavior change and results in the following significant improvements: increased vegetable and fruit consumption, reduced consumption of sugar-sweetened beverages, and improved reading of nutrition labels.

Each lesson includes

- interactive nutrition activities
- food preparation ideas
- active games
- goal setting challenges

Lesson topics:

Drink Low-Fat Milk and Water Instead of Sweetened Drinks

Students measure out the amount of sugar in common beverages to encourage them to choose healthy beverages like water, low-fat milk, and 100% fruit juice.

Color Your Plate Eat More Vegetables and Fruits

Students practice creating a healthy plate with the recommended amount of fruits and vegetables they should eat each day.

Read It Before You Eat It The Nutrition Facts Label

Students use the Nutrition Facts Label to determine how much fat and sugar is in a variety of foods and drinks.

Make Half Your Grains Whole Eat More Whole Grains

Students learn the difference between whole and refined grains, and practice deciding which foods are made from whole grains.

Healthier Foods - Fast Eat Less High-Fat, High-Sugar Foods

Students discover why fast and convenience foods may not be healthy and visualize the fat content of typical fast foods.

Power Up Your Day Eat Breakfast

Students explore ways to make a healthy breakfast using MyPlate and compare the sugar and fiber content in cereals and convenience foods.