

Birth to Kindergarten Lesson Plan Resources

LANA:

Learning About Nutrition Through Activities The goal of the LANA Preschool Program is to help young children aged two to five learn to taste, eat and enjoy more fruits and vegetables in order to promote good health, including healthy weight and reduced risk of chronic disease.

<http://www.health.state.mn.us/cdr/nutrition/nutritioneducation/lana/>

Grow It, Try It, Like It!

Grow It, Try It, Like It! Preschool Fun with Fruits and Vegetables is a garden-themed nutrition education kit for child care center staff that introduces children to: three fruits - peaches, strawberries, and cantaloupe, and three vegetables - spinach, sweet potatoes, and crookneck squash. Activities are designed to match the developmental abilities of most three to five year olds.

<http://www.fns.usda.gov/tn/grow-it-try-it-it>

Healthy Habits for Life

Sesame Street is committed to reversing the obesity trend by connecting with preschoolers when they are forming their eating and exercise habits and setting them on track for a lifetime of wellness.

In the program, fruits and vegetables literally talk back to their pint-sized critics, advising kids to “Eat your rainbow!” and “Move your body!”. Their resource kit is designed for children attending child care.

<http://www.sesameworkshop.org/what-we-do/our-initiatives/healthy-habits-for-life.html>

Harvest of the Month

Harvest of the month is designed to motivate and empower students pre-kindergarten through 12th grade to increase consumption and enjoyment of a variety of colorful fruits and vegetables and to engage in physical activity every day. This *How to Grow Healthy Students* booklet will help guide *How* you to use the materials in this tool kit and implement a successful **Harvest of the Month** program.

<http://www.harvestofthemonth.cdph.ca.gov/program-overview.asp>

Kids Health in the Classroom: Pre K to Grade 2 • Health Problems Series Obesity

Even at a young age, kids can learn about eating nutritious foods and staying active. The following discussion questions and activities will help your students understand why they need to make healthy choices so they can be fit kids who grow into fit adults.

<http://kidshealth.org/classroom/prekto2/problems/conditions/obesity.pdf>

http://kidshealth.org/classroom/prekto2/personal/nutrition/energy_balance.pdf

The Kids Cook Monday

One of the most effective ways to increase kids’ consumption of healthy foods is to get them actively involved in cooking with fruits, vegetables and whole grains. That’s why we started **The Kids Cook Monday**: it’s a weekly opportunity for families to share the lessons of meal preparation and nutritious eating with children starting as young as age two on up.

<http://www.thekidscookmonday.org/tkcm-toolkit/>



The Integrated Nutrition Education Program (INEP)

INEP is a nutrition program for children in grades K through 5 in low-income Colorado public schools. Our goal is to help kids and their parents learn about the health benefits of eating fruits and vegetables and how to eat more of them. We also provide teachers with excellent resources for teaching kids about fruits and vegetables.

<http://www.thenutritionprogram.org/lessons/lessons#ECE>

A Puppet Show That Teaches Children About the Dangers of Lead

The Environmental Protection Agency offers a free, short puppet script with puppet templates that can be enacted with children to teach them about avoiding lead hazards. There are also fun songs to sing while washing hands that go with classroom exercises on lead hazards. Washing hands and eating high calcium, high iron diets are major lead poisoning-prevention actions. Click on “Songs”, “Healthy Snacks”, “Chip”, “Buster”, and “Dusty” links on the following page:

<http://www2.epa.gov/lead/daycare-and-classroom-outreach-materials>

Exploring Food Together

Exploring Food Together is a toolkit of simple activities that adults who work with young children can use, in the classroom or in the home, to help kids learn about new foods and start building the skills to make healthy food choices.

<http://cookingmatters.org/exploring-food-together>

Cooking Matters for Chefs and Kids Pre-K – 12th grade

Cooking Matters for Chefs and Kids is an easy-to-use guide helps chefs provide hands-on instruction that will help kids and teens develop a love of cooking and the skills to make healthy food choices wherever they go. It can be implemented by anyone with culinary training in any community.

<http://cookingmatters.org/chefs-and-kids>

Cooking Matters in Your Community Pre-K – 12th grade and Adults

Cooking Matters in Your Community is a free guide to leading a food-based demonstration with adults, kids, teens, or families. It can be used in any community by any individual. The guide provides simple instructions for planning and leading a demonstration, and includes tools like checklists, sample outlines, and culinary tips. It also contains a wealth of activities, handouts, and recipes to use at your demo.

<http://cookingmatters.org/in-your-community>

My Plate

Choosemyplate.gov/kids offers lesson plans, activity sheets, recipes and videos to teach children about MyPlate.

<http://www.choosemyplate.gov/kids/>