

KIDS IN NUTRITION



NUTRITION CURRICULUM



MESSAGE OF THE WEEK

Dear Parents,

Greetings! We are Kids In Nutrition (KIN), a nationwide university student-led movement dedicated to enhancing food equity, promoting sustainable systems, and improving long-term health outcomes for youth and families through food literacy and access. Over the next 7 weeks, we will be visiting your child's classroom to deliver lessons on healthy eating, exercise, and nutrition! This newsletter will share each week's key points, activities, challenges, and recipe so you can stay connected to your child's learning.

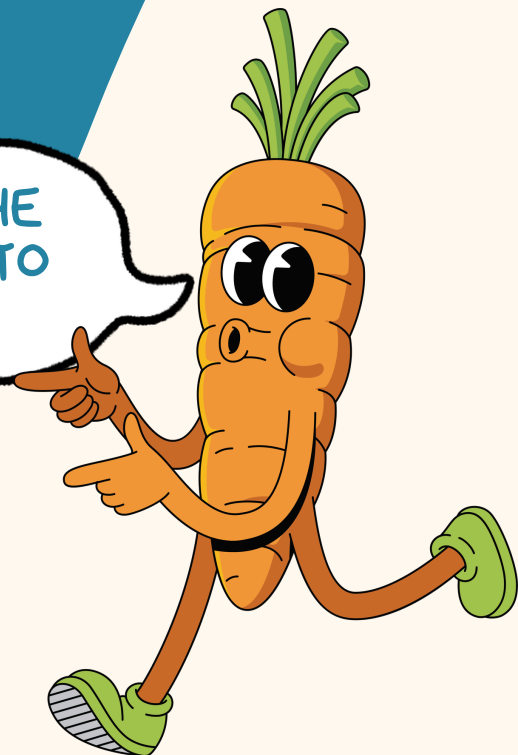
Lesson 1: Water & Sodium: -- Students will learn about the importance of staying hydrated, recognize signs of dehydration, different ways to drink enough water throughout the day, and why we only need a small pinch of sodium each day.

We hope you and your child enjoy the KIN program as much as we do! Thank you and we will see you next week!

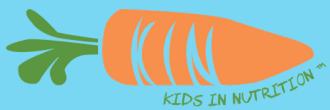
Warmly,
Kids In Nutrition



WHAT DID THE
WATER SAY TO
THE BOAT?



Joke Answer: Nothing,
it just waved!



KIDS IN NUTRITION

Elementary Nutrition Curriculum Overview

1st- and -2nd grade

LESSON 1: INTRODUCTION; WATER & SODIUM

Objectives

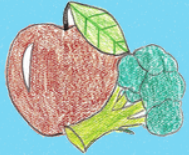
- Understand the benefits of staying hydrated.
- Recognize the signs and effects of dehydration.
- Understand the meaning of sodium.
- Identify effective strategies for regular water intake.



LESSON 2: VEGETABLES & FRUITS

Objectives

- Understand the daily importance of vegetables and fruits.
- Know what it means to “Eat the Rainbow.”
- Explore strategies to boost vegetable and fruit intake.
- Understand the role of fiber and where you can find it.



LESSON 3: GRAINS & PROTEINS

Objectives

- Explore a diverse range of whole grains.
- Differentiate between whole and ultra-processed grains.
- Understand the importance and role of fiber and protein.
- Identify diverse protein sources.



LESSON 4: FATS & COOKING METHODS

Objectives

- Understand the importance of fats for the body.
- Identify diverse sources of fats.
- Recognize foods to consume in moderation.
- Explore various cooking techniques.



LESSON 5: SUGARS

Objectives

- Differentiate between natural and added sugars.
- Appreciate the importance of fiber in whole fruits.
- Recognize foods with added sugars to consume in moderation.
- Distinguish between “Added” and “Total” sugars on nutrition labels.



LESSON 6: MODERATION, BALANCED PLATE, & NUTRITION LABELS

Objectives

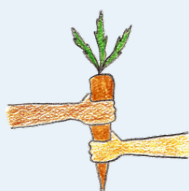
- Understand the concept of a balanced plate.
- Understand the principle of moderation.
- Apply moderation and balanced plate principles in food choices.
- Gain a general understanding of reading food labels.



LESSON 7: NUTRITION WRAP

Objectives

- Work as a team to solve problems.
- Demonstrate knowledge from previous lessons.



LESSON 1: WATER & SODIUM

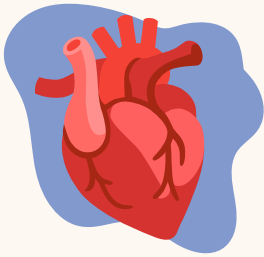


Kids In Nutrition



KIDS IN NUTRITION™

LESSON 1: KEY POINTS



1) Our Heart

The heart is the **most important muscle** in the body. By pumping blood throughout our body, it gives us energy to think, move, and play!



2) Why We Need Water

Every single thing you do requires water. It is important to drink water throughout the day so your body can **stay hydrated** and work at its best.



3) Drink 5 Cups Per Day

Children ages 4-8 years old need at least **5 cups of water** every single day.



4) Staying Hydrated

Some ways to stay hydrated throughout the day include **bringing a reusable water bottle to school** and other activities, eating fruit and vegetables, and drinking water with every meal.



5) Sodium

Sodium is important for our body's water balance, but eating too much salt can make us dehydrated. We only need a **pinch of sodium** (~1 teaspoon) every day to keep our body in balance.

WEEKLY CHALLENGE

LESSON 1

Count how many cups of water you drink each day, aiming for at least 5 cups!



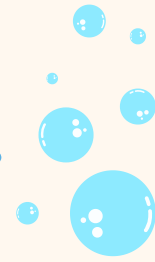
BONUS CHALLENGE

Bring a re-usable water bottle with you everywhere you go!





INFUSED WATER



PREP TIME: 5 minutes

SERVINGS: 4

INGREDIENTS:

- 5 CUPS OF WATER
- 1 CUP ICE CUBES (OPTIONAL)
- 1/2 CUP STRAWBERRIES, STEMMED AND SLICES (OR OTHER FRUIT PIECES)
- 5 LARGE FRESH BASIL LEAVES, TORN
- 1 LEMON, THINLY SLICED

INSTRUCTIONS:

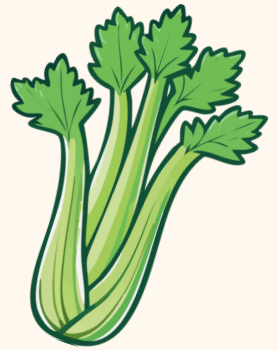
1. Place strawberries, basil leaves, and lemon slices in a large pitcher
2. Add ice (optional) and fill container with water.
3. ENJOY!!!

ESTIMATED COST: \$1.10 TO \$1.70

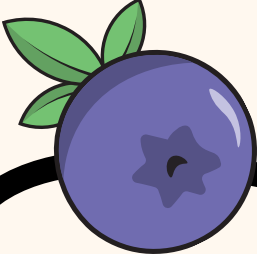


FIBER SPOTLIGHT

Fiber is vital for preventing chronic disease, and most of us don't get enough!! We should aim for 25-35g of fiber each day! This week's fiber fun fact is:



FIBER



All foods with fiber have one thing in common: they come from **PLANTS!**

Fruits, vegetables, whole grains, beans, nuts, and seeds are high in fiber!



KIN wants to hear from you!

We welcome you to fill out this short [family feedback survey](#).
Your input helps improve our programs for students across the country!

Additional Resources

[Newsletters \(English and Spanish\)](#)

[Food Access Information](#)

[Nutrition Labels](#)

[Recipes](#)

[Grocery Tips & Tricks](#)

[Worksheets](#)

[KINcentive Challenges](#)

THANK YOU & SEE YOU NEXT WEEK!

