



# KIDS IN NUTRITION

## Elementary Nutrition Curriculum Overview

1st- and -2nd grade

### WEEK 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.



### WEEK 2: FRUITS & VEGETABLES

#### Objectives

- Understand the daily importance of fruits and vegetables.
- Know what it means to "Eat the Rainbow."
- Explore strategies to boost fruit and vegetable intake.
- Know the recommended daily intake of fruits and vegetables.



### WEEK 3: GRAINS & PROTEINS

#### Objectives

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



### WEEK 4: FATS & COOKING METHODS

#### Objectives

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



### WEEK 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.



### WEEK 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.



### WEEK 7: NUTRITION WRAP

#### Objectives

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

