



Nutrition Services Content Bundle

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We're excited you have decided to prioritize nutrition services at your school!

Research shows that students who eat healthier and move more get more out of the school-day experience, with better grades, increased attendance, and positive behavior in class. Many youth and families rely on schools to provide healthy meals, especially during challenging economic times such as the COVID-19 pandemic. We know that making time to build a healthy school is not a break from academics, it is an investment in higher academic performance and community health.

Introduction for School Staff: Start to envision the possibilities of a healthier school environment and imagine how building a Wellness Team to make sustainable changes can have long term impact for kids.

- **Video:** [Nutrition Throughout the School Day](#)
- **One-pager:** [School Nutrition Policies and Practices Can Support the Social and Emotional Climate](#)
- **Tip Sheet:** [During COVID-19 and Beyond: Increasing Drinking Water Availability In Schools](#)

Nutrition Education with Students: Find a curriculum that would excite your students by reviewing the attached list of free or low-cost Nutrition Education Resources. Go in order or mix and match! Facilitate the lessons to be relevant to students' daily life experiences and cultural backgrounds.

- **Favorite curricula:** [Food & Fun Afterschool](#) for elementary school and [Rethink Your Drink](#) for middle-high schoolers
- **Additional Activities:** Use the [Smart Snacks Product Calculator](#) to enter the nutrition information from the package to see if your snack is a Smart Snack! Or watch the [Nuts and Bolts of Nutrition Labels](#) video together and then practice with common items in your pantry.

Addressing Food Access and Food Insecurity: Deepen your understanding of how the availability of food in our communities affects our options for healthy eating. Engage youth in age-appropriate dialogue about these social issues.

- **Blog:** [Food for Thought: How Food Insecurity Affects a Child's Education](#)
- **Promotional Kit:** [School Meal Programs Are for All Kids](#)
- **Tip Sheet:** [Healthy Corner Store Swap](#)
- **Advocacy Tools:** [PhotoVoice](#) and [Toolkit on School Community Food Assessment](#) projects

Student Engagement

Connect with students to strengthen their voice and choice about nutrition topics. Click below to check out the following Healthier Generation resources:

- [Student Survey \(sample\): Healthy Celebrations](#)
- [Tip Sheet: Quick, Inexpensive Healthy Meal Planning](#)
- [Tip Sheet: 8 Tips to Stay Hydrated](#)
- [Training: Kids Can Cook – Making Simple Snacks and Meals at Home](#)

Attachment: Nutrition Education Resources

While this is not an exhaustive list, the curricula below reference the United States Department of Agriculture's [2020-2025 Dietary Guidelines for Americans](#) and [MyPlate](#) guide. The curricula include age-appropriate, skill-based activities and turnkey resources.

Curriculum	Audience	Description	Access
OrganWise Guys	All ages	The OrganWise Guys curriculum was designed to empower children and their families. The vision is to inspire individuals to take charge of their health by assuming personal responsibility for their choices. By bringing the body to life via lovable organ characters, kids of all ages learn what it really means to be smart from the inside out.	OrganWise Guys
Healthalicious Cooking	Ages 9-12	Healthalicious Cooking is a six week nutrition and physical activity curriculum. The overall goal of this hands-on program is to have fun while preparing and eating healthy meals while learning about nutrition and physical activity.	Healthalicious Cooking
Food & Fun	Grades 4-5	Foodandfun.org is an interactive website geared towards getting out-of-school time staff and parents excited about promoting physical activity and nutrition by creating healthy environments for themselves and their children.	Food & Fun
Serving Up MyPlate: A Yummy Curriculum	Grades 1-6	<i>Serving Up MyPlate</i> is a collection of classroom materials that helps elementary school teachers integrate nutrition education into Math, Science, English Language Arts, and Health. This yummy curriculum introduces the importance of eating from all five food groups using the <i>MyPlate</i> icon and a variety of hands-on activities. Students also learn the importance of physical activity to staying healthy.	Serving Up MyPlate
Discover MyPlate	Kindergarten	Discover <i>MyPlate</i> is fun and inquiry-based nutrition education that fosters the development of healthy food choices and physically active lifestyles during a critical developmental and learning period for children — kindergarten.	Discover MyPlate
Grow It, Try It, Like It!	Preschool	Grow It, Try It, Like It! Nutrition Education Kit Featuring MyPlate 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. Each set of lessons contains: hands-on activities, planting activities, and nutrition education activities that introduce MyPlate.	Grow It, Try It, Like It!

Growing Healthy Habits	Grades K-5	This set of nine chapters for teaching and demonstrating nutrition education to youth. It includes gardening lessons, but it can also be used effectively without a garden.	Growing Healthy Habits
ReFresh	Grades 4-5	ReFresh Your School is a set of project-based activities aligning with unit monthly topics. These project-based activities allow students to take action toward changing the school environment to support healthy behaviors. Each project references the key information shared in the corresponding month's Introductory Lesson.	ReFresh
Media-Smart Youth	Ages 11-13	This interactive curriculum is designed to empower young people to: Become aware of—and think critically about—media's role in influencing their nutrition and physical activity choices; build skills that help them make informed decisions about being physically active and eating nutritious food in daily life; and establish healthy habits that will last into adulthood. The curriculum combines media literacy and youth development principles and practices with up-to-date research findings and federal recommendations about nutrition and physical activity.	Media-Smart Youth
Nourish Interactive	Grades 5-12	This curriculum offers a set of resources to open a meaningful conversation about food and sustainability. Beautifully designed and brimming with big ideas, the materials contain a viewing guide, seven learning activities, student handouts, a bibliography, and a glossary.	Nourish Interactive
Exploring Food Together	Early Childhood	This toolkit is composed of simple activities to help kids learn about new foods and start building the skills to make healthy food choices. Each activity in this book includes nutrition education objectives, child development and early learning objectives, and a recommended books list.	Exploring Food Together
Cooking Matters	All ages	Community partners that serve low-income families offer six-week Cooking Matters courses to adults, kids and families. Seven specialize curricula cover nutrition and healthy eating, food preparation, budgeting and shopping. Cooking Matters culinary and nutrition volunteers teach these cooking-based courses at a variety of community-based agencies.	Visit Cooking Matters to learn more. Note: Please inquire in your community about community partners offering this course.