











## Nutrition Education Resources







While this is not an exhaustive list, the curricula below reference the United States Department of Agriculture's [2015-2020 Dietary Guidelines for Americans](#) and [MyPlate guide](#). The curricula include age-appropriate, skill-based activities and turnkey resources.

Curriculum	Audience	Description	Access Link	Preparation	Resources
<b>Discover MyPlate</b>	Kindergarten	Discover MyPlate is fun and inquiry-based nutrition education curriculum that fosters the development of healthy food choices and physically active lifestyles during a critical developmental and learning period for children. Kindergarten teachers can meet education standards for math, science, english language arts, and health using the 6 ready-to-go and interactive lessons.  <i>Source: USDA</i>	<a href="#">Discover MyPlate</a>		  Family Materials English and Spanish
<b>Commit to Health: Foods of the Month</b>	Grades K-5	Join the movement and encourage your community to eat healthy and get moving with National Recreation and Park Associations's nutrition literacy curriculum, Commit to Health: Foods of the Month. The curriculum is specifically designed for park and recreation agencies to implement at their sites.  <i>Source: National Recreation and Park Association</i>	<a href="#">Commit to Health: Foods of the Month</a>		  Family Materials







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<p><b>Food &amp; Fun</b></p>	<p>Grades K-5</p>	<p>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.</p> <p><i>Source: President and Fellows of Harvard College and YMCA</i></p>	<p><a href="#"><u>Food &amp; Fun</u></a></p>		 <p>Family Materials English and Spanish</p>
<p><b>Growing Healthy Habits</b></p>	<p>Grades K-5</p>	<p>Growing Healthy habits is a set of nine lessons for teaching and demonstrating nutrition education to students grades K-5. This curriculum uses gardening as a tool for encouraging students to consume more fruits and vegetables and whole grains, and increase physically activity.</p> <p><i>Source: University of Maryland Extension</i></p>	<p><a href="#"><u>Growing Healthy Habits</u></a></p>		
<p><b>MyPlate, MyState</b></p>	<p>Grades K-6</p>	<p>Are you looking for resources for your classes that combine topics such as food and nutrition, farmers and farmers markets, and your state's agriculture? MyPlate, MyState includes lesson plans around gardening and nutrition. MyState activity sheets that can be used throughout the school year.</p> <p><i>Source: USDA</i></p>	<p><a href="#"><u>MyPlate, MyState</u></a></p>		









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<p><b>Nutrition Nuggets</b></p>	<p>Grades K-6</p>	<p>Nutrition Nuggets is designed for youth in after-school settings. Each of the 12 lessons provides basic nutrition information as well as two activities that engage participants in a variety of food-related tasks. This curriculum provides opportunities for students to develop cooking skills and to try new foods. Recipes are quick and easy to make and are designed for after-school sites.</p> <p><i>Source: University of Maryland Extension</i></p>	<p><a href="#"><u>Nutrition Nuggets</u></a></p>		
<p><b>Serving Up MyPlate: A Yummy Curriculum</b></p>	<p>Grades 1-6</p>	<p>Serving Up MyPlate 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 MyPlate icon and a variety of hands-on activities.</p> <p><i>Source: USDA</i></p>	<p><a href="#"><u>Serving Up MyPlate</u></a></p>		 <p>Family Materials English, Spanish, Chinese, French</p>
<p><b>The Great Garden Detective Adventure</b></p>	<p>Grades 3-4</p>	<p>Discover what fruits and vegetables are sweetest, crunchiest, and juiciest through a series of investigations and fun experiences connecting the school garden to the classroom, school cafeteria, and home. This eleven-lesson curriculum for 3rd and 4th grades includes bulletin board materials, veggie dice, fruit and vegetable flash cards, and ten issues of Garden Detective News for parents/caregivers.</p> <p><i>Source: USDA</i></p>	<p><a href="#"><u>The Great Garden Detective Adventure</u></a></p>		 <p>Family Materials</p>



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<p><b>ReFresh</b></p>	<p>Grades 4-5</p>	<p>ReFresh focuses on increasing exposure to fruits, vegetables and whole grains through fun and engaging hands-on activities, food demonstrations and tastings. Rather than presenting nutrition as a stand-alone topic, lessons relate to topic areas within math, language arts, social studies, art, and science, technology, engineering and math curricula.</p> <p><i>Source: University of Maryland Extension</i></p>	<p><a href="#"><u>ReFresh</u></a></p>		 <p>Family Materials English and Spanish</p>
<p><b>Dig In!</b></p>	<p>Grades 5-6</p>	<p>Dig In! is designed to encourage 5th and 6th graders to eat more fruits and vegetables and develop an awareness of how these foods are grown. You can use Dig In! to add fun and interactive activities to math, science, and english language arts lessons, while also helping your students learn healthy eating habits.</p> <p><i>Source: USDA</i></p>	<p><a href="#"><u>Dig In!</u></a></p>		 <p>Family Materials English and Spanish</p>
<p><b>Nourish</b></p>	<p>Grades 5-12</p>	<p>The Nourish 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.</p> <p><i>Source: WorldLink</i></p>	<p><a href="#"><u>Nourish</u></a></p>		








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<b>FoodSpan</b>	Grades 9-12	<p>This curriculum provides high school students with a deep understanding of critical food system issues, empowers them to make healthy and responsible food choices, and encourages them to become advocates for food system change.</p> <p><i>Source: Johns Hopkins Center for a Liveable Future</i></p>	<a href="#">FoodSpan</a>		
<b>Rethink Your Drink</b>	Grades 9-12	<p>The Rethink Your Drink curriculum provides lessons on decreasing sugary beverage and promoting healthy beverage consumption. Teachers will help students develop skills such as label reading and decision-making to encourage healthier beverage choices.</p> <p><i>Source: California Department of Public Health</i></p>	<a href="#">Rethink Your Drink</a>		
<b>Big Ideas: Linking Food, Culture, Health and the Environment</b>	K-12	<p>This curriculum identifies key “big ideas” that link food, culture, health, and the environment. Clustered according to grade-group level (K-2, 3-5, 6-8, and 9-12) each “big idea” is accompanied by essential questions, sample activities, and key concepts.</p> <p><i>Source: The Center for Ecoliteracy and National Geographic</i></p>	<a href="#">Big Ideas: Linking Food, Culture, Health and the Environment</a>		
<b>Cooking Matters</b>	All ages	<p>Cooking Matters courses, tours and educational materials are for parents, grandparents, caregivers, kids and teens who want to make healthy meals on a budget. They learn to use nutrition information to make healthier choices, and cook delicious, affordable meals.</p> <p><i>Source: Share our Strength</i></p>	<a href="#">Cooking Matters</a>		

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<b>Summer Food, Summer Moves Kit</b>	All ages	Engaging and fun activities for summer meal sites. Each kit includes activities, educational posters, promotional fliers, an activity placemat, and educational handouts for parents. Activities can be customized based on the ages of participating children, time available, and the summer meal site setting.  <i>Source: USDA</i>	<a href="#">Summer Food, Summer Moves Kit</a>		 <p>Family Materials English and Spanish</p>
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### Key

	Low Prep (<10 min.)
	Medium Prep (10 – 30 min.)
	High Prep (30 min – 1 hr.)
	Food Preparation
	Items to Print
	Non-Food Supplies
	Food Supplies

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***Note: The preparation time and supplies listed above are for the curriculum overall. Preparation time and overall costs may be reduced by choosing standalone lessons or activities that do not require food preparation or food supplies.***