



Welcome to First Grade Nutrition!

Attached you will find the scope and sequence for an interactive and motivating nutrition curriculum provided by the Dairy Council. The lessons incorporate standards in several curricular areas; in teaching these lessons, students will be practicing skills across the curriculum.

One of the advantages of this program is its flexibility. The curriculum includes ten basic nutrition lessons. These lessons can be taught throughout the year, or compacted into a two to three week unit. In addition, lessons from MyPyramid.gov are included in the scope and sequence to be used as an additional resource.

The components of the Dairy Council's *Healthy Choices, Healthy Me!* program are food picture cards, a teacher-friendly manual, student workbooks, and a food pyramid poster. Your nutrition box will be delivered to you from the Dairy Council. If you have not received your materials by October 1, please notify Dairy Council liaison Lisa Larsen at (916)263-3560.

Thank you for doing your part to help your students learn how to make healthy food choices!