



4th Grade Nutrition

Dear Fourth Grade Teachers,

Nutrition education is a vital element in developing well-rounded students. As part of the Wellness Policy adopted by Elk Grove Unified School District in July of 2006, as mandated by the Federal Government, teachers are now required to address nutrition education.

The District has made this task easy to implement. Attached you will find the scope and sequence for three interactive and motivating nutrition lessons from My Pyramid for Kids and three lessons from the California Foundation for Agriculture in the Classroom. These lessons incorporate standards in several curricular areas; in teaching these six lessons, students will be practicing skills across the curriculum.

Curriculum:

- My Pyramid for Kids, Lessons 1-3 for grades 3 and 4
www.mypyramid.gov
- California Foundation for Agriculture in the Classroom, Lessons 1-3
www.cfaitc.org

It is recommended that these lessons be taught sequentially over a two week period. Recommendations for curriculum alignment:

Open Court Units

- 1- Risks and Consequences
- 2- Dollars and Sense
- 3- From Mystery to Medicine
- 4- Survival

Math Chapters

- Ch. 2 Add/Subtract of Whole #s
- Ch. 9 Decimals
- Ch. 10 Data and Graphs

SHAPE teachers should consider scheduling their farmer's market field trip near the time they are teaching these lessons.

Recommended extension lessons:

- 5 A Day Power Play Idea and Resource Kit for 4th and 5th grade teachers (Available by request through the SHAPE office, E-mail Anne Gaffney or Shannan Young)
- California Foundation for Agriculture in the Classroom additional lessons on web
www.cfaitc.org