



Welcome to Sixth Grade Nutrition,

The Dairy Council's *Exercise Your Options* has been selected for sixth grade to assist you with meeting the District's newly adopted nutrition standards. The program is comprehensive and includes a teacher's manual and consumable student workbooks. You may teach this nutrition curriculum as its own unit, which can be done in about two weeks, or you may integrate the lessons into other subjects throughout the year. An integration chart has been developed for your use.

You may also use the **MyPyramid.gov** lessons to supplement your instruction. The three lessons cover the new food pyramid and food logs, healthier food selections at fast foods restaurants, and food label analysis for calcium content. Make sure you have a MyPyramid.gov poster for your class before you begin.