



Elk Grove Unified School District's  
Approved Nutrition Education Curriculum

Grade	Curriculum	Source
Kindergarten	<b>Building a Healthy Me!</b>  My Pyramid.gov – Reference Only SHAPE Competencies – Reference Only	<b>Dairy Council</b>
1 <sup>st</sup>	<b>Healthy Choices, Healthy Me!</b>  MyPyramid.gov – Reference Only	<b>Dairy Council</b>
2 <sup>nd</sup>	<b>Healthy Choices, Healthy Me!</b>  MyPyramid.gov – Reference Only	<b>Dairy Council</b>
3 <sup>rd</sup>	<b>Nutrition Pathfinders: Camp Eatawella</b> <b>MyPyramid.gov</b>	<b>Dairy Council</b>
4 <sup>th</sup>	<b>Agriculture In the Classroom (3/4)</b>  MyPyramid.gov – Reference Only	<b>Agriculture in the Classroom</b>
5 <sup>th</sup>	<b>Agriculture In the Classroom</b> <b>5 A Day Training Guide (5/6)</b> <b>MyPyramid.gov</b> <b>5-A-Day Power Play</b>	<b>Agriculture in the Classroom</b>
6 <sup>th</sup>	<b>Exercise Your Options!</b>	<b>Dairy Council</b>