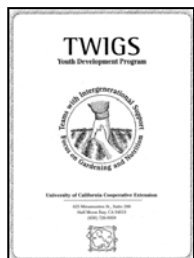# 4th—6th Grade

The *5 A Day—Power Play! School Idea and Resource Kit* helps <u>fourth and fifth grade teachers</u> add nutrition and physical activity messages into their curriculums. The Kit is research-based and educator-friendly. It is designed to align with the California State Content Standard and the California Department of Education's nutrition benchmarks.
The activities are organized in a consistent, easy-to-follow format. The kit includes:
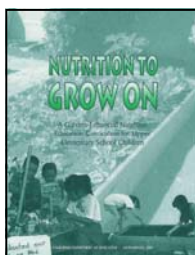
- A School and Idea Resource book
- Student workbooks
- Parent brochure
- Cassette tape with 5 A Day Rap
- Cookbooks for each student (after 5 activities completed)

- Learning Objectives
- Links to Content Standards
- Materials needed
- Extensions to activities
- Background information on each activity

TWIGS (Teams With Intergenerational Support) focuses on gardening and nutrition. The garden is a powerful experiential educational tool that can connect children with science, nutrition, ecological responsibility and community beatification. This curriculum provides opportunities for easy integration of reading, writing, math, social studies, art and other subjects. Highlights of the curriculum are:

- Adaptable for Kindergarten through grade 6
- Lessons focus on positively influencing food choices
- You do not need a garden to conduct activities
- 30 Field tested lessons, 125 page curriculum
- Links to California State Content Standards

Nutrition To Grow On is an innovative curriculum for grades four through six that offers teachers a direct link between the garden and nutrition education. The curriculum uses the garden to integrate disciplines, including science, mathematics, language arts, history, environmental studies, nutrition and health This approach enriches students' capacities for observation and thinking and encourages them to develop a wide range of skills. Lessons are fun, easy to implement, integrative and

CONTACT INFORMATION
We are able to meet with teachers individually or in groups. Call 385-7418 or email kalcorn@ucdavis.edu to get started.