IT'S MY CHOICE...EAT RIGHT! BE ACTIVE!

A Nutrition Curriculum for Third Grade

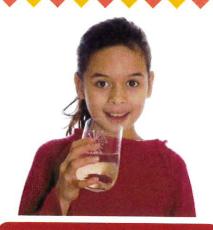
Book-based Lessons

- Lesson 1 It's My Choice...MyPlate and Exercise for Health!
 - Picky Peggy by Jennifer Dussling
- Lesson 2 It's My Choice...Fruits and Vegetables Every Day!
 - The Ugly Vegetables by Grace Lin
- Lesson 3 It's My Choice...Whole Grains Every Day!
 Macaroni and Rice and Bread by the Slice by Brian P.
 Cleary
- Lesson 4 It's My Choice...Vary the Protein!
 Scrambled Eggs Super by Dr. Suess
- ◆ Lesson 5 It's My Choice...Choosing Healthy Beverages! Alicia's Fruit Drinks by Lupe Ruiz-

Flores

Meets California State Department of Education's Grade-based Standards

- Common Core Standards for English Language Arts
- Health Framework and Content Standards
- Nutrition Competencies



Students make healthy food and exercise choices by developing positive attitudes and behaviors towards food and fitness.

Lesson Highlights

Provides over 10 hours of instruction plus other classroom enrichment activities.

- ◆ Teacher Background
- Group Book Reading
- Lesson Application
- Classroom Enhancements
- Tasting Activity
- Family Flyers
- Visual Support Pieces
- Interactive PowerPoint

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