

NUTRITION NEWS

CalFresh Healthy Living
University of California Cooperative Extension
Placer and Nevada Counties



NUTRITION EDUCATION IS BACK!

We are proud to announce CalFresh Healthy Living, UCCE is available to come back to your school to provide in-person nutrition education. Over the course of the next month, we will be reaching out to school administration and staff, and hopefully begin offering in-person nutrition, physical activity, and garden education to students. Listed below is a reminder of the curricula and educational activities we provide to qualifying Placer and Nevada county schools.

We look forward to reconnecting with teachers we've worked with in the past and to meeting new teachers. But most of all, we can't wait to see everyone in person! For those who are still interested we can provide virtual learning opportunities to your students. Hope to see you soon!

Go Glow Grow (Preschool and TK)

Using the book *Go Glow Grow: Foods for You*, children learn about healthy eating, exercising, and the importance of hand washing.

Happy Healthy Me (Kindergarten)

A nutrition and literacy curriculum designed to provide opportunities for young children to explore nutrition and physical activity concepts in a fun and interactive way!

Eating Healthy from Farm to Fork (Kindergarten & 1st Grade)

A nutrition-education curriculum that makes the connection between local food systems, garden-based learning, school food service, and the establishment of healthy habits.

My Amazing Body (1st Grade)

A nutrition curriculum that helps students learn about the amazing things their body can do and explore how they can keep their amazing bodies healthy.

Eating Healthy from Farm to Fork (1st Grade)

A nutrition-education curriculum that makes the connection between local food systems, garden-based learning, school food service, and the establishment of healthy habits.

Good for Me...and You! (2nd Grade)

A nutrition curriculum designed to explore what is good for a healthy body and lifestyle, study MyPlate, and are introduced to the concept of nutrients and what they do for their bodies.

It's My Choice... Eat Right! Be Active! (3rd Grade)

A nutrition curriculum designed to examine the key nutrients provided by each of the five food groups of MyPlate and learn how to make healthy choices.

Nutrition to Grow On (4th and 5th Grades)

A nutrition curriculum designed to provide children with the knowledge and skills necessary to make healthful dietary choices while they gain a greater understanding of the land that provides us with food.

Up4It! (5th Grade)

A nutrition curriculum designed to encourage youth to consume nutrient-rich foods and to achieve at least 60 minutes of physical activity every day.

Coming Soon!

Nutrition News is getting an update!
Look for it in an upcoming email.

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<http://www.facebook.com/pages/UC-CalFresh-Nutrition-Education-Program/117228814971510?ref=ts>

Grade K:

- Happy Healthy Me

Grade 1:

- My Amazing Body
- Eating Healthy from Farm to Fork

Grade 2:

- Good for Me...and You!

Grade 3:

- It's My Choice...Eat Right! Be Active!

Grade 4:

- Nutrition to Grow On

Grade 5:

- Up4It!

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This material is funded through a joint agreement among the USDA/FNS, CDSS CalFresh Healthy Living Section, UC Davis and the UC Cooperative Extension (UCCE). These institutions are equal opportunity providers and employers. CalFresh Food provides assistance to low-income households and can help buy nutritious foods for better health. For information, call 1-877-847-3663.

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