

# Team up with the Virginia Family Nutrition Program

## Choose Health: Food, Fun, & Fitness

For 3<sup>rd</sup> to 6<sup>th</sup> Graders

### Why Students Should Learn About Nutrition

Nutrition affects students' thinking skills, behavior, and health, all factors that impact academic performance. Studies find that good nutrition, particularly breakfast, can enhance a student's psychosocial well-being, reduce aggression, and decrease discipline problems.

### Choose Health In-Class or at Home

The Family Nutrition Program can provide you with everything you need to share this evidence-based program with your students in-class or online at home, including newsletters and worksheets that support math, reading and writing, and science.

For more information contact:



### Lesson topics:

#### Drink Low-Fat Milk and Water

##### Instead of Sweetened Drinks

Students measure out the amount of sugar in common beverages to encourage them to choose healthy beverages like water, low-fat milk, and 100% fruit juice.

#### Color Your Plate

##### Eat More Vegetables and Fruits

Students practice creating a healthy plate with the recommended amount of fruits and vegetables they should eat each day.

#### Read It Before You Eat It

##### The Nutrition Facts Label

Students use the Nutrition Facts Label to determine how much fat and sugar is in a variety of foods and drinks.

#### Make Half Your Grains Whole

##### Eat More Whole Grains

Students learn the difference between whole and refined grains, and practice deciding which foods are made from whole grains.

#### Healthier Foods - Fast

##### Eat Less High-Fat, High-Sugar Foods

Students discover why fast and convenience foods may not be healthy and visualize the fat content of typical fast foods.

#### Power Up Your Day

##### Eat Breakfast

Students explore ways to make a healthy breakfast using MyPlate and compare the sugar and fiber content in cereals and convenience foods.



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