

# Team up with the Virginia Family Nutrition Program

## Pick a Better Snack

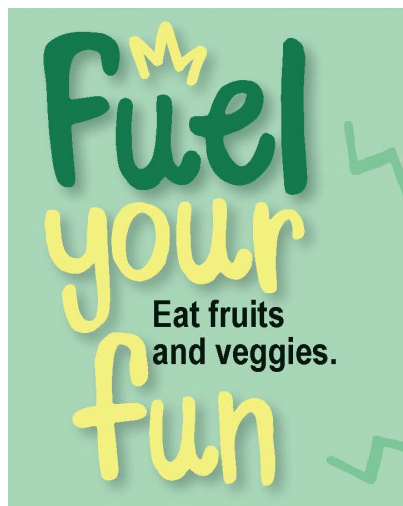
For K-2<sup>nd</sup> Grade



The Family Nutrition Program provides everything you need to bring this practice-based program to your students virtually at home or at your school. We've taken Iowa's acclaimed educational series and tailored it for Virginia students in grades K-2. Students who complete this program report making healthier food choices. Research shows that good nutrition affects students' thinking, behavior, and health.

## Pick a Better Snack at Home

The Family Nutrition Program can provide you with everything you need to share this evidence-based program with your students, including recorded lessons, virtual scripts, and book readings that support Health, English, Science, and Physical Education Standards of Learning (SOLs).



### SOLs: We've got you covered!

Pick a Better Snack covers many K-2nd grade SOLs for English, Science, Health, and Physical Education. Please contact us for a comprehensive list.

### For More Information Contact:

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## Pick a Better Snack in Your Organization

Our trained staff can teach this curriculum, co-teach with you, or share resources for you to offer to your students at no cost. They provide flexible scheduling options that fit with your availability.

With the Pick a Better Snack Curriculum and the Family Nutrition Program you can:

- Deliver engaging healthy living programs with proven results
- Support learning and healthy behaviors with fun and free incentives for students to take home
- Provide resources for program implementation including food preparation experiences to practice healthy eating
- Support your school's wellness initiatives

# Pick a Better Snack

Lesson topics explore a variety of fruits and vegetables that are an important part of a healthy diet. In each lesson, students will learn about:

- Physical activity
- Fun facts about fruits and vegetables
- MyPlate
- Parts of a plant
- Trying new fruits and vegetables
- Food safety and handwashing

## Fruits

CANTALOUPE



STRAWBERRY



PEACH



KIWI



## Vegetables

ZUCCHINI



PEPPERS



SPINACH



JICAMA



Materials were adapted, with permission, from the Iowa Department of Public Health. Pick a better snack™ materials were created with funding from USDA's Supplemental Nutrition Assistance Program—SNAP.