

Nutrition Education Program- Action Plan

Formal Nutrition Education Units Built into the Curriculum

1. Kindergarten- Structured unit of study
2. Grade 4 - Structured unit of study

Other areas of Curriculum that touch on Nutrition Education

1. Physical Education- Grades K-5 informal discussions

K-5: study the bones and muscles with a quiz at end of the school year

3-5: take the pulse and learn how/why it changes during exercise

2. Physical Education Grades 6,7,8 -nutrition unit

Nutrition Unit: During a weight training and circuit unit (Spring)
students find their Target Heart Rate
bones and muscles quiz
nutrition packet
nutrition presenter (tentative)

3. Grade 5- as part of a science unit on the human body