

# Table of Contents

## **Nutrition and Physical Activity**

<b>Getting Started</b> .....	1
Student Learning Objectives .....	5
Health Education Standards .....	6
Materials .....	7
<b>Lesson 1: The Food Groups: Building Blocks for Health (25 minutes)</b> .....	9
Teacher Reference: "Food Group and Physical Activity Guidelines for Second Graders" .....	16
Teacher Reference: "Family Letter: Healthy Snacks Taste Test" .....	18
<b>Lesson 2: Combination Foods and Foods to Limit (35 minutes)</b> .....	19
Family Resource Sheet: "Building Blocks for Healthy Bodies" .....	24
<b>Lesson 3: Physical Activity: Nutrition's Partner for Health (30 minutes)</b> .....	27
Teacher Master: "Benefits of Physical Activity" .....	32
Student Worksheet: "Calcium and Vitamin D + Physical Activity = Strong Bones" .....	33
Family Resource Sheet: "Calcium and Vitamin D + Physical Activity = Strong Bones" .....	34