Table of Contents

Nutrition and Physical Activity

Getting Started ........................................................................................................................................ 1
  Student Learning Objectives .............................................................................................................. 5
  Health Education Standards ................................................................................................................ 6
  Materials ............................................................................................................................................ 7

Lesson 1: The Food Groups: Building Blocks for Health (25 minutes) ............................................. 9
  Teacher Reference: "Food Group and Physical Activity Guidelines for Second Graders" ...................... 16
  "Teacher Reference: "Family Letter: Healthy Snacks Taste Test" ...................................................... 18

Lesson 2: Combination Foods and Foods to Limit (35 minutes) ....................................................... 19
  Family Resource Sheet: "Building Blocks for Healthy Bodies" .......................................................... 24

Lesson 3: Physical Activity: Nutrition’s Partner for Health (30 minutes) ....................................... 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