

Interdisciplinary Nutrition Curriculum

Metz & Associates' Nutrition Educators are available to teach students the essential skills and information needed for life-long health. By utilizing the nutrition education curriculum developed by the PA Department of Education, we ensure that every lesson address

GRADES K-3

MyPyramid for Kids: Food Groups

In this lesson students are introduced to the MyPyramid for Kids graphic and learn to categorize foods into specific food groups with a food sorting game.

Standards/Anchors Addressed: HSPE- 10.1.3C/ FCS- 11.3.3C & 11.3.3D/ E & E- 4.4.4A & 4.4.4C/ RWSL- 1.1.3F & 1.1.3G/ Science- 3.1.4B & 3.3.4A

MyPyramid for Kids: Nutrition Basics

Students will learn how to use MyPyramid for Kids as a tool for making nutritious food choices and becoming more active.

Standards/Anchors Addressed: HSPE- 10.1.3C/ FCS- 11.3.3C & 11.3.3D/ Science- 3.1.4B/ RWSL- 1.1.3F, 1.1.3G, & 1.2.3A

MyPyramid for Kids: Fruits & Vegetables

Students will learn the benefits of eating fruits and vegetables with a fun story about a boy who has a stomach ache. Students also learn to differentiate fruit-flavored products from actual fruit.

Standards/Anchors Addressed: HSPE- 10.1.3C/ FCS- 11.3.3C, 11.3.3D/ E & E- 4.4.4C/ Science- 3.2.4D, 3.1.4E/ RWSL- R.3.B.1, R.3.B.3, R. 3.A.1, 1.1.3.A, 1.1.3C, 1.1.3.F, 1.1.3.G, 1.4.3.B, 1.5.3.A, 1.6.3.D

MyPyramid for Kids: Healthy Snacks

Students will be taught to discern healthy snacks from those that should be eaten in moderation with a "Go, Slow, and Whoa" foods game. This lesson has the option of being completed in the classroom or as an active game played outdoors or in the gym.

Standards/Anchors Addressed: HSPE- 10.1.3C/ FCS- 11.3.3C & 11.3.3D/ E & E- 4.4.4C/ Science- 3.2.4B & 3.4.4B/ RWSL- 1.1.3A, 1.1.3F, 1.1.3G

GRADES 4-6

Comparing Your Diet to MyPyramid

Students will learn how to personalize MyPyramid and utilize the information to assess their own food intake and eating habits. Each student will be given hands-on practice measuring common portions through interactive MyPyramid food stations.

Standards/Anchors Addressed: HSPE- 10.1.6C, 10.1.6E, & 10.2.6B/ FCS 11.3.6C & 11.3.6D/ Science- 3.2.4B/ RWSL- 1.1.5F & 1.6.5F

Nutrition Literacy

Students will learn the basic food and nutrition vocabulary necessary for developing important life skills, such as interpreting food labels and advertisements, with a fun game called "Nutrition Quiz Bowl". A Nutrition Vocabulary Guide will also be provided to teachers prior to game day to prepare students.

Standards/Anchors Addressed: HSPE- 10.1.6 C, 10.1.6 E, & 10.2.6 B/ FCS- 11.3.6E & 11.3.6D/ E & E- 4.4.4C/ Science- 3.2.7B, 3.3.4A, 3.3.4B, & 3.4.4B/ RWSL- 1.1.5F, 1.1.5G, 1.2.5A, 1.2.5B, & 1.6.5D

Label Reading

This lesson utilizes reading and math skills to teach students how to accurately interpret food labels. Students will apply their knowledge through a label scramble game and draw conclusions about foods that are high or low in important nutrients.

Standards/Anchors Addressed: HSPE- 10.1.6C, 10.1.6E, & 10.2.6B/ FCS- 11.3.6C/ Science- 3.1.4D/ RWSL- 1.1.5F, 1.6.5E, & 1.6.5F

Calcium in Your Diet

Students will learn to identify foods and activities that build strong bones, as well as develop strategies for obtaining adequate calcium in the diet. Furthermore, students will interpret graphs to understand the relationship between bone mass and calcium intake.

Standards/Anchors Addressed: Math Anchors- M4B1, M4B2, M4D1, M5D1, M6D1, M4D2, M5D2, M6D2, & M6D3

Metz & Associates' Nutrition Educators provide the materials, visual aids, and food needed for all nutrition lessons.



Enrichment

Enrichment activities are available from Metz & Associates that will bring added value and significance to nutrition topics taught in the classroom. These supplemental activities teach students how to apply nutrition knowledge to real world experiences in a fun and interactive way. We incorporate unique visual aids, games, and giveaways that make our lessons stimulating and memorable for students.

Importance of Breakfast

Students will learn that eating breakfast improves academics, athletics, and overall performance, as well as how to plan a balanced meal. They will apply their knowledge by planning healthy breakfasts. The nutritional value of breakfast foods will be highlighted in an optional demonstration in which dietary iron is extracted from cereal with a magnet.

Whole Grains

Students will be taught to identify whole grain foods and their health benefits through visual aids, label reading, and taste testing activities. The different components of wheat and how it is processed will be discussed, as well as ways to integrate more whole grain foods into the day.

Food Safety & Hand Washing

Students will learn how to prevent food contamination and the spread of germs with a review of proper hand washing technique and food safety principles. A fun demonstration utilizing a black light will illuminate the presence of germs in the world around us. An optional guided tour of the kitchen is available for real world application of food safety principles.

Think Your Drink!

This thought-provoking lesson will prompt students to discern the impact beverage choices can make on our health and overall wellness. It includes a demonstration and sampling of healthy drink recipes students can make at home.

Additional Topics/ Resources

Nutrition educators are also available to provide wellness education at teacher orientations, teacher workshops, and PTO meetings. Special programs developed holidays, seasons, and/or special events may also be available. Please contact your general manager for more information and availability.



Wellness Education Programs

Grades K-6



Metz & Associates is proud to offer a variety of wellness education programs that teach students the knowledge and skills needed for a lifetime of good health.

Our Wellness Educators are available to educate and create awareness about good nutrition to your students. All programs are designed to be fun, interactive, and educational.