School Age Team Nutrition Education

Patti Delger
Team Nutrition Co-Director
Iowa Department of Education

Team Nutrition Goal

- To improve children's lifelong eating and physical activity habits through nutrition education based on the principles of the Dietary Guidelines for Americans and MyPlate.

[Image: Choose MyPlate.gov]

teamnutrition.usda.gov
Team Nutrition Resources

• Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program
• Two-Bite Club
• Grow It! Try It! Like It!

School – Age Team Nutrition Resources

Serving Up MyPlate: A Yummy Curriculum

How to Apply

Join the Team

Serving Up MyPlate is a new collection of classroom materials that helps elementary school teachers integrate nutrition education into Math, Science, English Language Arts, and Health. This yummy curriculum introduces the importance of eating from all four food groups using the MyPlate icon and a variety of hands-on activities. Students also learn the importance of physical activity to staying healthy.

Teacher’s Guides: Each Teacher’s Guide has three inquiry-driven lessons that help children discover nutrition, explain their understanding, and reflect upon their experiences - all of which encourage a lasting awareness of what it means to be healthy.

Level 1 (Grades 1 and 2), Level 2 (Grades 3 and 4), and Level 3 (Grades 5 and 6). Levels include:

• Print Availability: Elementary schools participating in the National School Lunch Program or other child nutrition program may order a free PDF copy of the Teacher’s Guides.

• Original Songs: Each level includes activities using original songs that help students learn about healthy choices in an engaging and memorable way. Lyrics are included in each of the Teacher’s Guides.

• Along with a food groups (for Levels 1 and 2), whole (for all levels), no sugar added (for Level 3)

• CD Availability: A CD of the songs is included in each printed Teacher’s Guide.

• Poster: This two-sided poster (18”x24”) shows MyPlate icon and foods in the five food groups. A blank MyPlate on the reverse can be used as a tool to assess students’ understanding.

• Fat Smart to Play Hard with MyPlate

• First Availability: Elementary schools participating in the National School Lunch Program or other child nutrition program may order a free print copy of the poster.

• Mini Poster: This two-sided mini-poster (8 1/2”x11”) shows the MyPlate icon on one side and foods in the five food groups on the reverse.

• Fat Smart to Play Hard with MyPlate Mini-Poster, and eliminates the need for larger copy paper

• Print Availability: Elementary schools participating in the National School Lunch Program or other child nutrition program may order a free print copy of the mini-poster.
Gardening Curriculum

- The Great Garden Detective Adventure: A Standards-Based Gardening Nutrition Curriculum for Grades 3 and 4

- Dig In! Standards-Based Nutrition Education from the Ground Up for Grades 5 and 6
Team Nutrition Elementary School Posters

Team Nutrition Middle School Posters
Team Nutrition

Resource Library

The following is a comprehensive listing of all the resources available through Team Nutrition to schools and child care facilities that participate in the Federal Child Nutrition Programs.

Spotlights

Ripe Off Game

Healthy Middle Schools: Everyone Can Help

Team Nutrition Resources

<table>
<thead>
<tr>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>Are You on the Team?</td>
</tr>
<tr>
<td>Building Blocks for Fun and Healthy Meals</td>
</tr>
<tr>
<td>Changing the Scene: Improving the School Nutrition Environment</td>
</tr>
<tr>
<td>Grilling Handbook for the Child and Adult Care Food Program</td>
</tr>
<tr>
<td>Dietary Guidelines for Americans, 2010</td>
</tr>
<tr>
<td>Digital At-Home Printable Cookbook</td>
</tr>
<tr>
<td>Digital Standards: Balanced Nutrition Education from the Ground Up</td>
</tr>
<tr>
<td>Eat Smart, Play Hard™: Power Partner™</td>
</tr>
</tbody>
</table>
Blast Off

Students can reach Planet Power by fueling their rocket with food and physical activity. Fuel tanks for each food group help students keep track of how their choices will, ultimately, pay off!

Available for online play

THANK YOU!!

Patti Delger
patti.delger@iowa.gov

Carrie Scheidel
carrie.scheidel@iowa.gov