

NUTRITION EDUCATION & PHYSICAL ACTIVITY MATERIALS
INVENTORY LIST

Resource	Audience	Type / Description
<p><i>Healthy Classrooms, Healthy Schools Curriculum</i></p> <ul style="list-style-type: none"> • Grade K-2 Lesson Binder 1: includes picture books with nutrition and physical activity themes • Grade K-2 Lesson Binder 2 	K-2	The goal of the <i>Healthy Classrooms, Healthy Schools</i> curriculum is to transform classrooms and schools into environments promoting healthy eating and physical activity.
<ul style="list-style-type: none"> • Grade 3-5 Lesson Binder 3: includes picture books with nutrition and physical activity themes • Grade 3-5 Lesson Binder 	3-5	
Each binder also includes a CD with family letters translated into English & Spanish.	Parent / Care-givers	
Additional Nutrition Education Resources:		
<ul style="list-style-type: none"> • Food Model Activity Cards, includes a booklet of suggested activities 	K-5	Serving size laminated cardboard color photographs of commonly-eaten foods include Nutrition Facts labels on the reverse side.
<ul style="list-style-type: none"> • CD: <i>Shake It Up! With fruit & veggies</i> with lyric sheets 	K-5	Fruit and vegetable themed songs
Garden Based Nutrition Education Resources:		
<ul style="list-style-type: none"> • Botany on Your Plate 	K-2	In this science curriculum, students explore edible plant parts through observation, dissection, journaling, discussion of findings, and tasting. Supports standards in nutrition, math, language arts, and social studies.
<ul style="list-style-type: none"> • Health & Nutrition from the Garden 	3-5	Curriculum includes basic gardening information that includes growing techniques, food safety, healthy eating tips, and nutritious snack food preparation.
Physical Activity Resources:		
<ul style="list-style-type: none"> • Energizers for in-class activity breaks 	K-5	Short classroom based physical activities to integrate physical activity with academic concepts.
<ul style="list-style-type: none"> • Yoga Activity Cards 	K-5	50 yoga activity cards with simple poses, breathing activities and partner poses.
<ul style="list-style-type: none"> • Physical Activity DVDs: <ul style="list-style-type: none"> ○ Hip Hop ○ Soccer 	K-5	10 Minute <u>Instant Recess</u> DVDs for physical activity breaks in the classroom, at staff meetings and school events.
<ul style="list-style-type: none"> ○ Fuel Up, Lift Off 	Adult	