

Elementary Nutrition Education & Physical Activity Promotion Lessons

Each elementary school has *Actions for Health*, grade level health education curriculum which includes appropriate lessons for Nutrition Education and Physical Activity promotion.

Actions for Health Curriculum

Grade Level	Nutrition Education Lessons		Physical Activity Promotion Lessons	
	Lesson #	Topic	Lesson #	Topic
Kindergarten	7	Manners At The Table	25	My Healthy Habits
	11	Washing My Hands	26	Making Healthy Decisions
	18	I Like To Taste		
	19	Grow and Be Strong		
	20	Healthy Grains		
	21	Healthy Fruits And Vegetables		
	22	A Healthy Breakfast		
	28	Family Customs		
First	8	Family Fun	10	Health Is for Every Day
	15	What Is A Healthy Snack?		
	16	Snack Party		
	17	Germs Make Me Sick!		
Second	15	Food Is Fuel	13	The Body Adventure
	22	Natural Fun	14	Muscle Hustle
Third	13	What's To Eat?	10	What Does It Mean To Be Fit
	14	A Healthy Meal		
	15	A Healthy Snack		
	17	A Safe Kitchen		
Fourth	14	Everyone Needs Nutrients	10	Factors That Influence Growth
	15	How The Body Uses Food	11	Exercise and Play
	16	Eating For Health	12	Getting Your Sleep
	17	Advertising Affects Our Food Choices		
Fifth	4	Preventing Stress Through Lifestyle Choices	4	Preventing Stress Through Lifestyle Choices
	6	Eating For Health	5	Balancing Rest and Exercise
	5	Balancing Rest And Exercise	11	Physical Activity
			12	Activity and Rest
			16	Choices That Help You Stay Healthy

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Additional Curricula/Resources:

- **Video Body Talk 3**, The Body Positive
- **When Cody Became a Mouse Potato** by Bonnie Nygard and Susan Koonce