



NUTRITION TO GROW ON

ELEMENTARY/MIDDLE SCHOOL: 4TH, 5TH AND 6TH GRADE CLASSROOMS

Description: The Nutrition to Grow On program consists of six to nine lessons, designed to teach children about healthy eating through hands-on nutrition and gardening activities. The nutrition lessons are complemented with garden activities to reinforce key concepts and integrate instructions with other academic subjects.

Goal: To provide students with basic nutrition principles to make healthy food choices and discover the nutritional aspects of gardening.

Benefits:

- The nutrition lessons are taught by a trained nutrition professional.
- Program contributes to a well-rounded health education curriculum.
- Lessons include handouts for students and their families.
- Each lesson is interactive and features a hands-on garden activity to engage students.
- Nutrition lessons align with the Maine Learning Results for Health Education.

Topics:

- Nutrition and gardening
- Reading and understanding food labels
- Goal setting
- Physical activity

**For more information, contact your local Healthy Maine Partnership,
visit: www.maine.gov/snaped OR call 221-4560.**