

# Discovering Healthy Choices

An inquiry-based, garden-enhanced nutrition curriculum for grades 4-6

Provides 15 hours of instruction plus 19 classroom and home extension activities

Uses inquiry-based and experiential learning pedagogy

Garden extension activities allow students to grow their own vegetables

Supports Educational Standards (See Pg. 2 for details)

- Common Core State Standards in English and Mathematics
- Next Generation Science Standards
- California Nutrition Education Competencies

Each lesson contains a brief overview of nutrition concepts and terminology for educators

Part of the **Shaping Healthy Choices Program**, for more information visit <http://cns.ucdavis.edu/programs/shcp/>

***“[Students] demonstrated significant increases in nutrition knowledge, critical thinking skills, and the ability to identify vegetables.”***



**Students develop knowledge and skills to make healthy diet and lifestyle choices**

## Lesson Highlights

- **Lesson 1: Introduction to nutrition, gardening, and agriculture:** Explore agricultural practices from around the world
- **Lessons 2: Getting Physically Active:** Explore the circulatory system, function of the heart, and the differences in physical activity intensity levels
- **Lesson 3: Nutrients We Need:** Investigate foods that provide different nutrients and roles that nutrients play in maintaining health
- **Lesson 4: Food Math:** Explore serving sizes and portions using food-related measuring tools
- **Lesson 5: MyPlate:** Discover that MyPlate recommendations vary by age, gender, and physical activity level
- **Lesson 6: Food Labels:** Examine Nutrition Facts labels and use the information to determine which are the healthiest choices
- **Lesson 7: Consumerism:** Identify strategies that food companies use to influence dietary choices
- **Lesson 8: Making Healthy Snacks:** Choose a healthy snack using reliable information

## Examples of Educational Standards Addressed

For a complete list of standards addressed by Discovering Healthy Choices, please see the Educational Standards Supported rubric within the curriculum.

Subject	Specific Standard Addressed	Portion of the activity that addresses the standard
<b>Common Core State Standards for English/Language Arts</b>	Speaking and Listening	Participating in discussion; Collaboration in a group; presenting ideas to the group
	Reading: Key Ideas & Details	Discussing key elements from informational texts
	Range of Reading	Reading food labels, informational texts
	Writing	Recording observations, goal-setting exercises
<b>Common Core State Standards for Mathematics</b>	Measurement & Data	Representing information in charts
	Fractions as a number	Using common volumetric food measurements (i.e., ½ cup)
<b>Next Generation Science Standards</b>	Science and Engineering Practices	Asking questions and defining problems; planning and carrying out investigations; analyzing and interpreting data; engaging in argument from evidence
	Scale, Proportion, and Quantity	Using food measurements; unit conversions
<b>California Nutrition Education Competencies</b>	Essential Nutrition Concepts	Examining six nutrient groups and their functions, nutritional needs throughout the lifecycle
	Accessing Valid Nutrition Information	Identifying reliable resources for nutrition information

***“I now know how to read a nutrient label. I even learned how to make new foods.”***

**– Fourth-grade student**

### Published Evidence-Based Research

Linnell, J., Smith, M., Hillhouse, C., Zidenberg-Cherr, S. Improving youths’ nutritional knowledge and skills by discovering healthy choices. *UC Delivers*. Retrieved from <http://ucanr.edu/delivers/?impact=943&delivers=1>

Linnell, J.D., Smith, M.H., Briggs, M., Brian, K.M., Scherr, R.E., Dharmar, M., Zidenberg-Cherr, S. (2016, June 28). *Evaluating the Relationships Among Teacher Characteristics, Implementation Factors, and Student Outcomes of Children Participating in an Experiential School-Based Nutrition Program*. *Pedagogy in Healthy Promotion*. DOI: 10.1177/2373379916649603



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