

Eating Healthy From Farm to Fork

...Promoting School Wellness for Second Grade

Eight lessons, each with two activities. In addition, this curriculum contains recipe activities, knowledge quizzes, and parent letters.

This nutrition education curriculum makes the connection between food systems, garden-based learning, school food service, and the establishment of healthy habits.

Contains an instructor's guide

Correlates with California State Department of Education's Grade-based Standards

- Common Core Standards for English Language Arts
- Common Core Standards for Mathematics
- K-2 Content Standards for History and Social Science
- K-2 Content Standards for Science
- Health Education Content Standards
- Nutrition Competencies

“Children in the intervention group had a significantly higher change score when compared to the control group....in nutrition knowledge.”



Students develop positive attitudes toward food and fitness

Lesson Highlights

- **Lesson 1: MyPlate** – Using MyPlate as a tool to make healthy food choices.
- **Lesson 2: Vary Your Vegetables** – Learning the benefits of eating different colors of vegetables and defining phytochemicals.
- **Lesson 3: Fruit** – Identifying the healthy choices from Fruit Group foods and why.
- **Lesson 4: Grains Get You Going** – Learning why grains is good for your body and mind.
- **Lesson 5: Vary Your Protein Food Choices** – Learning how to choose proteins and why it is an essential nutrient to grow healthy and muscle development.
- **Lesson 6: Dairy Group...Calcium Rich Foods** – Learning which foods provide calcium for healthy bones and teeth.
- **Lesson 7: Food Safety** – Identifying germs and practicing how to prepare healthy lunches.
- **Lesson 8: Fitness is Fun** – Exploring a variety of activities and show the importance of exercise.

Examples of Educational Standards Addressed

For a complete list of standards addressed by Eating Healthy Farm to Fork...Promoting School Wellness for Second Grade, please see the standards supported within the curriculum.

Subject	Specific Standard Addressed	Portion of the activity that addresses the standard
Common Core State Standards for English/Language Arts	Speaking and Listening	Participating in discussion; Collaboration in a group; Presenting ideas to the group
Common Core State Standards for Mathematics	Operations and Algebraic Thinking	Solving problems involving addition and subtraction
	Measurement & Data	Representing the data in charts
K-2 Content Standards for History and Social Science	People Who Make a Difference	Demonstrating with pictures on topics discussed; Making connections to their individual roles
K-2 Content Standards for Science	Investigation and Experimentation	Understanding the concepts by conducting an investigation
	Life Sciences	Explaining the origin and life cycles of plants and animals
Health Education Content Standards	Nutrition and Physical Activity	Explaining the relation of activity to health
California Nutrition Education Competencies	Essential Nutrition Concepts	Examining six nutrient groups and their functions, nutritional needs throughout the lifecycle
	Demonstrate the ability to practice nutrition-related behaviors that reduce risk and promote health	Exploring food safety

Reference:

Hazzard, E.L., Heneman, K., Junge, S.K., Zidenberg-Cherr, S. (2009). *An Evaluation of the 2nd Grade Eating Healthy from Farm to Fork Curriculum*. *J Nutr Ed Behav*, 41(4S), S35-S36. DOI: <http://dx.doi.org/10.1016/j.jneb.2009.03.040>

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