

GO GLOW GROW

Foods for You

A Nutrition Curriculum for Preschoolers

The goal of the curriculum is to help children establish healthy eating and physical activity habits that will last a lifetime.

Objectives

3 to 5-year-old children will:

Nutrition Objectives

- Recognize MyPlate and know that it is a guide to healthy eating.
- Identify Go, Glow, and Grow foods.
- Know that children need physical activity everyday.
- Know when and how to appropriately wash their hands.



Curriculum Content

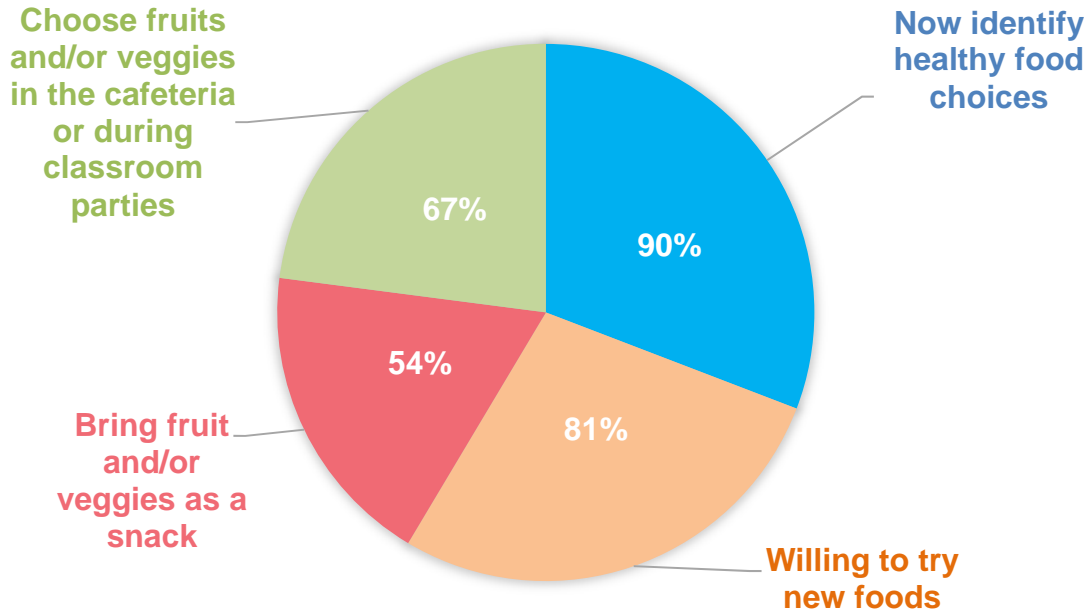
- Six nutrition lessons
- Teacher background information
- Go, Glow, and Grow storybook (English and Spanish)
- Parent letters and recipes (English and Spanish)
- Reproducible food models
- Evaluation



The *Go Glow Grow Nutrition Curriculum for Preschoolers* simplifies the USDA's MyPlate into just three categories labeled - Go, Glow, and Grow. Each of the sections corresponds to the affect that these food groups have on the body.

Practice-tested Evaluation

Teachers who delivered Go, Glow, Grow reported that more students....
(Strongly Agree/Agree Responses)



- *“I appreciate the fruits and vegetables especially those the children not familiar with. The children used the new curriculum and the information is regularly discussed.”*
-Teacher
- *“We talk about our snack daily and now the children say this is a ‘glow’ food while eating vegetables.”*
-Teacher

References:

Keihner, A. & McKnelly, B. (2016, July 14). UC CalFresh Outcome Evaluation of the Nutrition Education Curricula Developed by Sharon K. Junge. Unpublished report from UC CalFresh.



Contact:

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