

MY AMAZING BODY

A Nutrition Curriculum for First Grade

Book-based Lessons

- ◆ **Lesson 1 - Keeping My Amazing Body Healthy**
My Amazing Body by Pat Thomas
- ◆ **Lesson 2 - Feeding My Amazing Body**
Why Should I Eat Well? by Claire Llewellyn
- ◆ **Lesson 3 - Keeping My Amazing Body Active**
Exercise by Liz Goerly
- ◆ **Lesson 4 - Keeping My Amazing Body Rested**
Sleep is for Everyone by Paul Showers
- ◆ **Lesson 5 - Keeping My Amazing Body Clean**
Exercise by Liz Goerly



Students make healthy food and exercise choices by developing positive attitudes and behaviors towards food and fitness.

Lesson Highlights

Provides over 10 hours of instruction plus other classroom enrichment activities.

- ◆ Teacher Background
- ◆ Group Book Reading
- ◆ Lesson Application
- ◆ Classroom Enhancements
- ◆ Tasting Activity
- ◆ Family Flyers
- ◆ Visual Support Pieces
- ◆ Interactive PowerPoint

Meets California State Department of Education's Grade-based Standards

- ◆ Common Core Standards for English Language Arts
- ◆ Health Framework and Content Standards
- ◆ Nutrition Competencies

Contact:

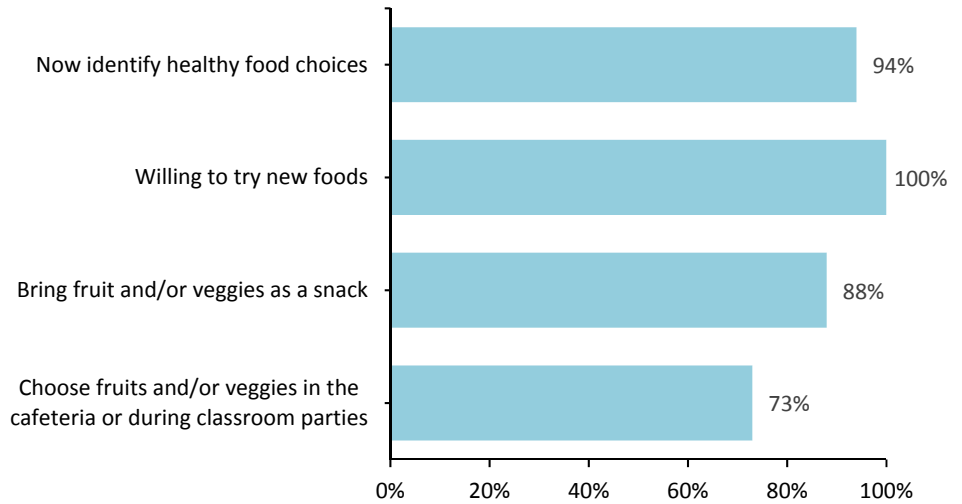
Practice-tested Evaluation



"Thanks to the program, students are being more conscious of what they eat!"

-Teacher (2015)

Teachers who delivered My Amazing Body reported that more students.... (Strongly Agree/Agree Responses)



Examples of Educational Standards Addressed

For a complete list of standards addressed by My Amazing Body for First 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	Reading for Literature: Key Ideas & Details	Demonstrating understanding of the lesson
	Reading for Informational Text: Key Ideas & Details	Asking questions to clarify the learning; Making connections using the information in a text
	Speaking and Listening	Participating in discussion; Collaborative discussion in groups
Health Framework and Content Standards	Growth and Development	Identifying the importance of some body parts; Identifying healthy behaviors
California Nutrition Education Competencies	Essential Nutrition Concepts	Discussing the nutrients in foods

Reference:

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 Unpublished report from UC CalFresh.

Last Revised: 1/2017

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