

# GOOD FOR ME...AND YOU!

## A Nutrition Curriculum for Second Grade

### Book-based Lessons

- ◆ **Lesson 1 - Eating Healthy is Good for Me...and You!**  
*Good for Me and You* by Mercier Mayer
- ◆ **Lesson 2 - Breakfast is Good for Me...and You!**  
*The Hatseller and the Monkeys* by Baba Wague Diakite
- ◆ **Lesson 3 - Healthy Snacks and Beverages are Good for Me...and You!**  
*Eat Well* by Liz Gogerly
- ◆ **Lesson 4 - Exercise is Good for Me...and You!**  
*Wally Exercises* by Steve Ettinger
- ◆ **Lesson 5 - Keeping Food Safe is Good for Me...and You!**  
*Food Safety* by Sally Lee



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

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

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

### 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

**Contact:**

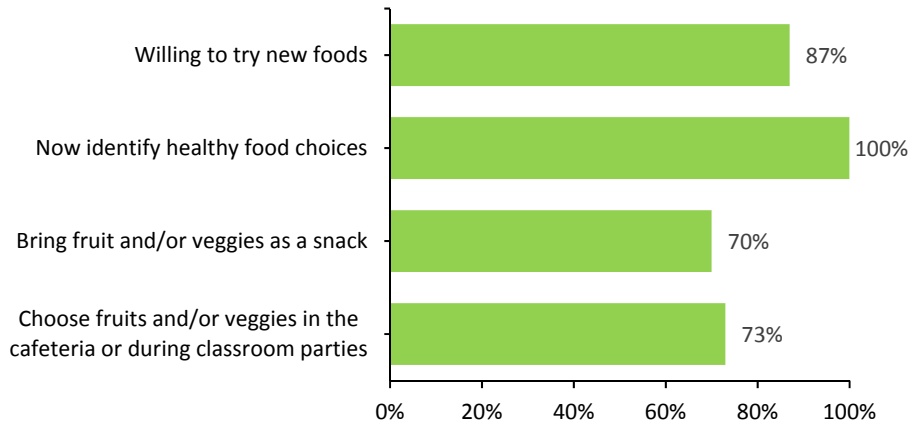
# Practice-tested Evaluation



*“Wonderful program!  
Really encourages healthy  
eating and physical  
activity!”*

-Teacher (2015)

Teachers who delivered Good for Me and You! reported that more students (Strongly Agree/Agree Responses)...



## Examples of Educational Standards Addressed

For a complete list of standards addressed by Good for Me...and You! for Second Grade, please see the standards supported 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>	Reading for Literature: Key Ideas & Details	Asking questions to demonstrate understanding; Determining the central message of the lesson
	Reading for Informational Text: Key Ideas & Details	Making connections using the information in a text
	Speaking and Listening	Participating in discussion; Collaborative discussion in groups
	Writing	Writing or drawing the characters, the problem, solution, and conclusion of the story
<b>Health Framework and Content Standards</b>	Nutrition and Physical Activity	Discussing the benefits of healthy eating; How to select healthy foods; Explaining the importance of physical activity
<b>California Nutrition Education Competencies</b>	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.