

IT'S MY CHOICE...EAT RIGHT! BE ACTIVE!

A Nutrition Curriculum for Third Grade

Book-based Lessons

- ◆ **Lesson 1 - It's My Choice...MyPlate and Exercise for Health!**
Picky Peggy by Jennifer Dussling
- ◆ **Lesson 2 - It's My Choice...Fruits and Vegetables Every Day!**
The Ugly Vegetables by Grace Lin
- ◆ **Lesson 3 - It's My Choice...Whole Grains Every Day!**
Macaroni and Rice and Bread by the Slice by Brian P. Cleary
- ◆ **Lesson 4 - It's My Choice...Vary the Protein!**
Scrambled Eggs Super by Dr. Suess
- ◆ **Lesson 5 - It's My Choice...Choosing Healthy Beverages!**
Alicia's Fruit Drinks by Lupe Ruiz-Flores



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:

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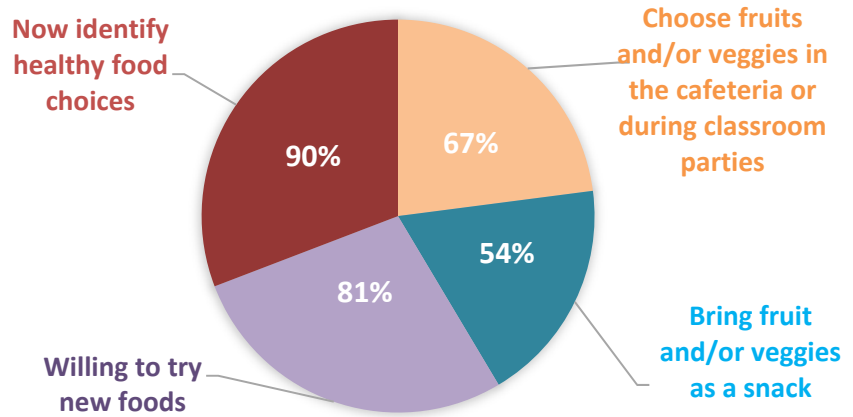
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Practice-tested Evaluation



“My students are proud to show me the healthy snacks they bring to school.”
-Teacher

Teachers who delivered It’s My Choice reported that **more students** (Strongly Agree/Agree Responses)...



Examples of Educational Standards Addressed

For a complete list of standards addressed by It’s My Choice...Eat Right! Be Active! for Third 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	Determining the central message of the lesson; Defining terms
	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 what happened in the stories in chronological order
Health Education Content Standards	Growth and Development	Recognizing individual differences
California Nutrition Education Competencies	Essential Nutrition Concepts	Discussing the nutrients in the different food groups and where those nutrients are located in the foods
	Decision Making for Nutrition Choices	Using activities to demonstrate decision-making skills

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.