

PREVIEW

Nutrition Mini Unit



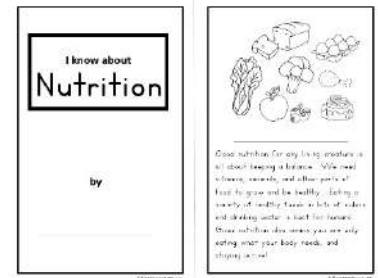
PREVIEW

Non-Fiction Book (Ages 5+)

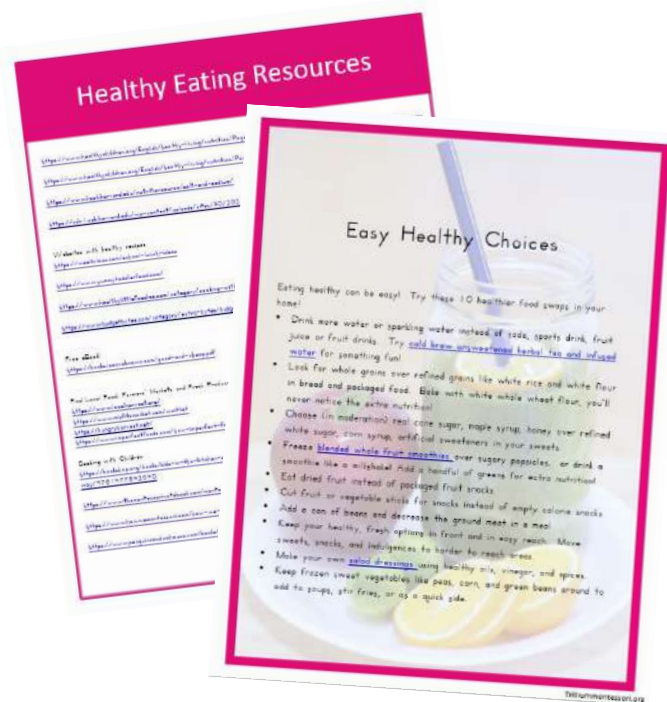
Bind these pages into a book or use them as information cards. This book includes basic information and vocabulary about nutrition.



Black and white pages are included for children to color their own book.



Resource pages (Adult Reference)



These two reference pages have easy healthy choices, and websites, books, and nutritional guidance. Use them to plan cooking projects and make nutrition-friendly swaps in your home!

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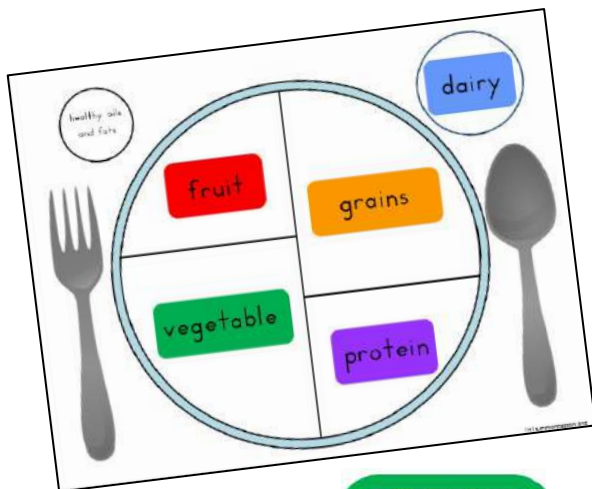
Eat a Rainbow! Game (Ages 3+)



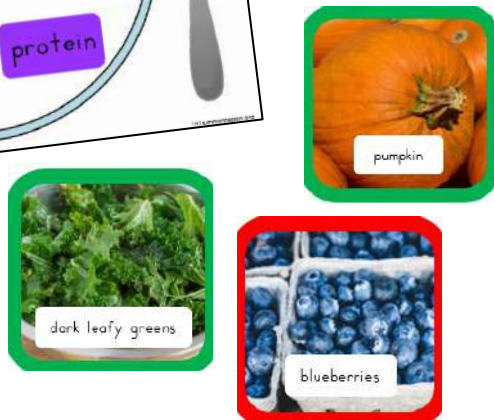
Here is a simple cooperative board game that can be played with 2-3 children, or as a family at home. Directions for play are included.



My Plate (Ages 3+)



Just like the real My Plate guidelines from the USDA, this activity encourages a balance of fruit, vegetable, grains, protein, dairy, and healthy fats. Children can match the food photos to the color section on the plate.



Vitamin and Mineral 5-Part Cards (Ages 5+)

	
sodium	sodium
<p>This is a mineral that is needed in small amounts by all parts of your body to function. It is also called salt. We often eat too much of this from processed foods. It also helps keep your cells hydrated, fed, and free of waste. Too much of this mineral causes health problems. Food made in a factory, store, or restaurant tends to have high amounts of this mineral.</p>	
sodium	

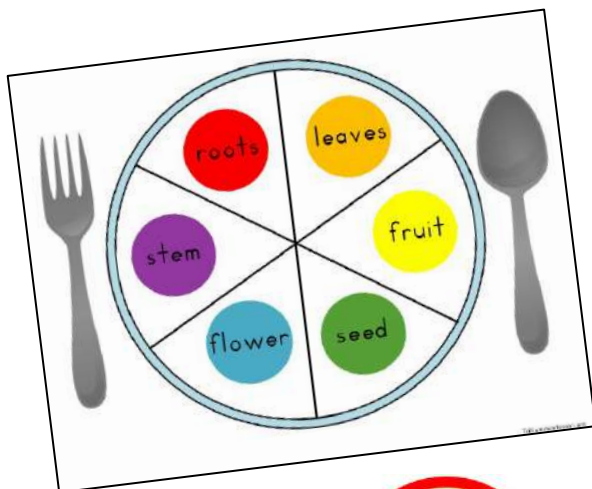
	
vitamin D	vitamin D
<p>This vitamin is not naturally found in foods, but is instead made when human skin is in sunlight. Some store-bought foods have this vitamin added, as it can be hard to get enough. This vitamin is needed to absorb and use calcium to build bones and teeth. It also may help prevent other health issues. It is a fat-soluble vitamin, and is stored in your body.</p>	
vitamin D	

Use these 5-part cards for vocabulary development, matching, reading, and a variety of other early learning skills.

	
sodium	sodium

<p>This is a mineral that is needed in small amounts by all parts of your body to function. It is also called salt. We often eat too much of this from processed foods. It also helps keep your cells hydrated, fed, and free of waste. Too much of this mineral causes health problems. Food made in a factory, store, or restaurant tends to have high amounts of this mineral.</p>	<p>sodium</p> <p>Sodium is a mineral that is needed in small amounts by all parts of your body to function. It is also called salt. We often eat too much of this from processed foods. It also helps keep your cells hydrated, fed, and free of waste. Too much of this mineral causes health problems. Food made in a factory, store, or restaurant tends to have high amounts of this mineral.</p>
sodium	

Plant Parts We Eat (Ages 3+)



Did you know we eat lots of parts of a plant? Match the food photo to the right plant part section of the plate. Example: Potatoes are a root, so they match in the red root section. Use the color borders to check.

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Where Does Food Come From? (Ages 4+)



Do you know where your food comes from?

Read through the control cards together to learn about the relationships. Children can follow up by matching each photo card to its partner. Use the control cards to check.

The adult can read the sentences for a child not quite ready to read on their own.



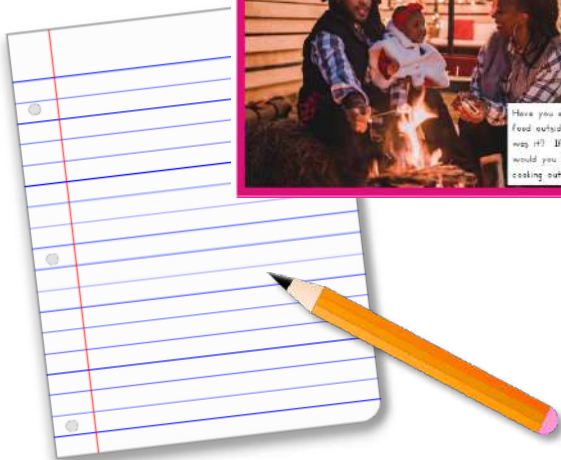
Writing or Conversation Prompts (Ages 4+)



Encourage creativity and reflective thinking with these picture prompts. Use these as a conversation starter, or story writing with either a moveable alphabet (for children not yet ready to hold a pencil), or pencil and paper.

To use, choose one photo and read sentence aloud. Model thinking for a minute, and then speak aloud an ending to the thought. If you are writing, slowly write it down, sounding out words aloud as a demonstration. Invite the child to come up with their own answer!

Children who are not yet ready to write can also dictate the “story” to you!



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Food Allergy and Choice Book (Ages 5+)



This is a simple book about children with common food allergies. A page about vegan and vegetarian food choice is also included.

Bind these pages into a book or use them as information cards.

Nutrition Facts Counting Clip Cards (Ages 3+)



Use clothespins to clip the correct number.

You may want to make this a write-and-wipe activity and have the child circle the correct number with a dry-erase or washable marker.

The numbers printed on each card are consecutive numbers for the most part to provide a little bit of challenge. Place a color coding dot on the back, just behind the correct number, for self checking. Alternatively, adjust your printer settings and print out a miniature copy of this set to make control cards. Circle the correct number on your control cards before laminating.

A note about Vitamins and Minerals for Children

These cards are common vitamins and minerals that humans need to get from food or their environment.

Most children who are eating a healthy balanced diet of whole fruits, vegetables, whole grains, and lean proteins can get all their vitamin and mineral needs met through their diet. Sometimes a multi-vitamin may be helpful for special diet, picky eaters, allergies, or medical conditions.

Please talk with a doctor for specific information for you and your family.