

# Choose Health

## Food, Fun, & Fitness Healthy Eating and Active Living For 3rd to 6th Grade



**Choose Health: Food, Fun, and Fitness** is an award-winning, comprehensive nutrition and fitness curriculum composed of six hands-on lessons for 3rd to 6th graders. This curriculum was developed by Cornell University and reflects the 2015 Dietary Guidelines for Americans and USDA's MyPlate.

Choose Health uses experiential learning to teach healthy eating and active play by targeting behaviors that research shows to be most important for promoting health and preventing chronic disease. Practice-based evidence suggests that the program promotes positive behavior change and results in the following significant improvements: increased vegetable and fruit consumption, reduced consumption of sugar-sweetened beverages, and improved reading of nutrition labels.

### Each lesson includes

- interactive nutrition activities
- food preparation ideas
- active games
- goal setting challenges

## Lesson topics:

### Drink Low-Fat Milk and Water Instead of Sweetened Drinks

Students measure out the amount of sugar in common beverages to encourage them to choose healthy beverages like water, low-fat milk, and 100% fruit juice.

### Color Your Plate

#### Eat More Vegetables and Fruits

Students practice creating a healthy plate with the recommended amount of fruits and vegetables they should eat each day.

### Read It Before You Eat It The Nutrition Facts Label

Students use the Nutrition Facts Label to determine how much fat and sugar is in a variety of foods and drinks.

### Make Half Your Grains Whole Eat More Whole Grains

Students learn the difference between whole and refined grains, and practice deciding which foods are made from whole grains.

### Healthier Foods - Fast

#### Eat Less High-Fat, High-Sugar Foods

Students discover why fast and convenience foods may not be healthy and visualize the fat content of typical fast foods.

### Power Up Your Day Eat Breakfast

Students explore ways to make a healthy breakfast using MyPlate and compare the sugar and fiber content in cereals and convenience foods.