

Eat Smart Be Smart

ESSENTIAL TOOLS

These resources are free from the USDA and can be downloaded from the following sites. A free copy of all of these resources can be ordered at the following link: <http://tn.ntis.gov/>

Teacher References, Student Worksheets or Posters

MyPyramid for Kids: A Close Look

This is a step-by-step explanation of the key concepts of the MyPyramid for Kids symbol. Understanding these key concepts is essential for teaching the lessons.

<http://teammnutrition.usda.gov/Resources/mypyramidcloselook.html>

MyPyramid for Kids Coloring Page (appropriate for Grades Kindergarten - 2)

This is the black and white line art of the MyPyramid for Kids symbol for kids to color.

<http://teammnutrition.usda.gov/Resources/mypyramidcoloringpage.html>

Food Pyramid Coloring Pages (appropriate for Kindergarten - 2)

http://www.coloringcastle.com/food_pyramid_coloring_pages.html

MyPyramid for Kids Worksheet (appropriate for Grades 3 - 5)

This worksheet helps kids track how their food choices match up to the recommendations of the MyPyramid. Print out this helpful meal tracking worksheet and set a food and activity goal for tomorrow.

<http://teammnutrition.usda.gov/Resources/mypyramidworksheet.html>

MyPyramid for Kids Poster

A two-sided poster of MyPyramid for Kids. Choose the side that is most appropriate for your students. One side of the poster, suitable for young children, highlights a simplified MyPyramid for Kids graphic. The other side, appropriate for more advanced students, features both the MyPyramid for Kids graphic and healthy eating and physical activity messages.

<http://teammnutrition.usda.gov/Resources/mypyramidforkidsposter.html>

Enjoy Moving Poster

This poster will help teach the students the concepts of movement and physical activity.

<http://teammnutrition.usda.gov/Resources/enjoymovingposter.html>

Enjoy Moving Flyer

This flyer to be distributed to students to reinforce the concepts of movement and physical activity.

<http://teammnutrition.usda.gov/Resources/enjoymovingflyer.html>

Read It! Poster (appropriate for Grade 3-5)

Covers the Nutrition Facts Label. http://www.teammnutrition.usda.gov/Resources/read_it.html

How Much Do You Eat (appropriate for grades 3-5)

This poster is used to teach appropriate serving sizes.

<http://teammnutrition.usda.gov/Resources/howmuch.html>

Team Up at Home: Activity Booklet (appropriate for students in grades 3-5)

This is a collection of hands-on nutrition education activities for parents to use with their school-age children. This 36-page activity booklet is in a reproducible format for classroom and community use.

<http://teammnutrition.usda.gov/Resources/teamupbooklet.html>

ESSENTIAL TOOLS

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If you are looking for children's books on food and nutrition to use to supplement the lessons, check out the extensive bibliography available from the Michigan Team Nutrition Program at the following link:

<http://www.tn.fcs.msue.msu.edu/resources.html> (click on "Updated Michigan Team Nutrition Book List")

List of Children's Books used in Eat Smart Be Smart Lessons

Books are a great way to introduce or reinforce a concept with children. The books listed below are used with specific lessons in this curriculum. Most of these books should be available at your local library or can be purchased for under \$10.00 each. If you would like to borrow some of the books for your use, please contact the Montana Team Nutrition Program at (406) 994-5641 or e-mail kbark@mt.gov

Kindergarten

Bread, Bread, Bread

By: Ann Morris

ISBN: 13:978-0-688-12275-1

This book is suggested for use with the Kindergarten The Grain Train lesson.

Eating the Alphabet. How much of the alphabet can you eat?

By: Lois Ehlert

ISBN: 0-15-201036-X

This book is suggested for use with the Kindergarten, Fun Fruit and Vegetable Find Lesson.

The Little Red Hen

By: Paul Galdone

ISBN: 0-89919-3449-8

This book is suggested for use with the Kindergarten The Grain Train lesson.

The Milk Makers

By Gail Gibbons

ISBN: 0-689-71116-6

This book is suggested for use with the Kindergarten Strong Bones-3 is the Key lesson.

First Grade

Eating the Alphabet. How much of the alphabet can you eat?

By: Lois Ehlert

ISBN: 0-15-201036-X

This book is suggested for use with the Grade 1 Fruit and Vegetable Colorful Plate lesson.

Those Mean Nasty Dirty Downright Disgusting but... Invisible Germs

By: Judith Rice

ISBN: 0-934140-46-4

This book is suggested for use with the Grade 1, Safety First Lesson.

Grades First-Third

Shapesville. A book celebrating positive body image and diversity!

By: Andy Mills and Becky Osborn

ISBN: 0-936077-47-6

This book is suggested for use with the Grade 3 All Shapes and Sizes Lesson.

Grades Third through Fifth.

Good for You

By Connie L. Evers

ISBN: 07864748-4

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