



1st Grade

QUICK-START GUIDE

STEP 1. Confirm that you have all materials

Teacher materials include:

- * A Teacher Guide with lesson plans
- * A box of Food Pictures

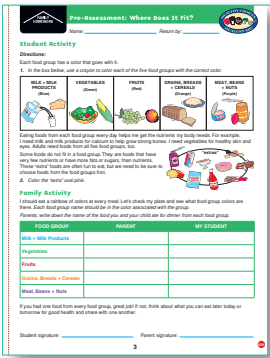
Student materials include Student Workbooks in both English and Spanish.

STEP 2. Review each lesson plan

Inside the *Healthy Choices, Healthy Me!* Teacher Guide you will find 8 lesson plans, plus a pre- and post-assessment (see chart below). Review each lesson plan, including the Curriculum Connections. The Curriculum Connections not only provide opportunities to meet the needs of multiple learning styles, but they reinforce concepts taught in the core lesson.



Key Concepts	Focus
Pre-Assessment	Serves as a benchmark to establish baseline knowledge which student progress through the course of the curriculum can be measured.
Milk + Milk Products	Students learn to identify foods in the Milk + Milk Products group and be able to choose foods from this group to include in their own meals and snacks.
Vegetables	Students learn to identify foods in the Vegetables group and be able to choose foods from this group to include in their own meals and snacks.
Fruits	Students learn to identify foods in the Fruits group and be able to choose foods from this group to include in their own meals and snacks.
Grains, Breads + Cereals	Students learn to identify foods in the Grains, Breads + Cereals group and be able to choose foods from this group to include in their own meals and snacks.
Meat, Beans + Nuts	Students learn to identify foods in the Meat, Beans + Nuts group and be able to choose foods from this group to include in their own meals and snacks.
Choosing Food-Group Snacks	Students learn to distinguish between food-group snacks and “extras” and explain why it is important to choose snacks from food-group foods.
Build Your Breakfast	Students can explain the importance of eating breakfast every morning and are introduced to the “3 out of 5” breakfast model.
Playing Hard, Feeling Great!	Students can identify and choose physical activity every day and explain why physical activity is a healthy habit.
Post-Assessment	Provides information about the knowledge and skills your students have acquired regarding food-group foods, healthy food choices, and making good physical-activity choices.



STEP 3. Review the Common Questions Teachers Ask section in the teacher guide

The “Common Questions Teachers Ask” section in the front of the teacher guide contains:

- * information about USDA’s MyPlate and the benefits of using a food grouping system to teach students about nutrition
- * a list of frequently asked questions and answers
- * commonly miscategorized foods

STEP 4. Teach the lessons

When the *Healthy Choices, Healthy Me!* program is implemented as it was intended, students are more likely to eat healthier foods and be more physically active, and you are more likely to see improvement in students’ attention, attendance and classroom behavior.

Therefore, we encourage you to:

- * use the pre-assessment and post-assessment.
- * teach all of the lessons provided in their entirety.
- * teach the lessons in the order that they appear in the teacher guide.
- * use the materials provided, including the Teacher Guide, box of Food Pictures and Student Workbooks.
- * access our website at **HealthyEating.org**, under the Schools section.

Teacher Tips

Teachers who have used *Healthy Choices, Healthy Me!* in their classrooms have the following suggestions for other teachers:

- * Plan for 30 minutes to 60 minutes of class time for each lesson. Preparation time for each lesson ranges from 15 to 30 minutes.
- * Use the family letter on the first day you teach the program. Involving parents reinforces what is being taught in the classroom and may encourage parents to become classroom volunteers.
- * Strike a balance between whole group and individual work. Most of the lessons could certainly be done as a whole-group activity. However, individual work will provide a better assessment of each student’s true knowledge gains and behavior changes.
- * Model the workbook activities for your students before they begin to work on their own. In most activities, an example of the task to be performed has been modeled in the workbook.
- * Encourage your students to share their personal or home experiences with food, eating and physical activities whenever possible. It will help children relate to one another and personalize the activities.
- * Be a healthy role model. Students closely watch your words and actions. Making healthy food choices and talking about healthy eating outside the classroom will send students the right message and reinforce classroom lessons. It may also encourage healthy eating behaviors and attitudes in your students.
- * Talk with other teachers at your school who use the program for other ideas.