

Let's Eat Healthy Education Resource Guide (Grades 4-5)

CURRICULA

Nutrition Pathfinders curricula is aligned to Common Core State Standards and **FREE** for California educators to order or download. Designed with 7 lessons in each grade, students learn about nutrients and their health benefits, how to analyze food advertisements and how to set personal goals. The [Technology Tutorial Guide](#) is a downloadable resource that supports educators in adapting curricula for online learning.



Fourth Grade

[Quick Start Guide](#)
[Pre + Post Assessment](#)
[Order](#)

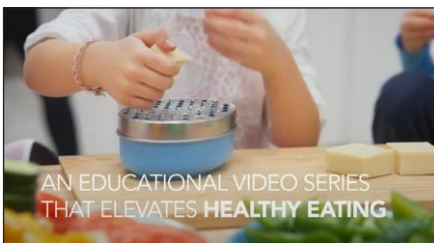


Fifth Grade

[Quick Start Guide](#)
[Pre + Post Assessment](#)
[Order](#)

CURRICULUM VIDEO SERIES

The Let's Eat Healthy Nutrition Lessons is an educational video series that engages students in learning about nutrition and how to eat healthfully. Each video lesson includes video instruction on a topic and an assignment in the *Nutrition Pathfinders* student workbook. Videos include **Exploring the Five Food Groups, Serving Sizes, Reading a Nutrition Facts Label** and more. Students are encouraged to watch the videos sequentially, to build upon different learning objectives. Additionally, each video can be used on its own as a standalone lesson.



Fourth Grade

[Video and Student Workbook Instructions](#)
[View](#)

[Student Workbook](#)
[Order](#)



Fifth Grade

[Video and Student Workbook Instructions](#)
[View](#)

[Student Workbook](#)
[Order](#)

HAVE QUESTIONS?

Find your local community nutrition adviser at HealthyEating.org/CNA

Let's Eat Healthy Education Resource Guide (Grades 4-5)



Join the Movement at HealthyEating.org

VIDEO SERIES USER GUIDE

The Let's Eat Healthy Nutrition Lesson video series provides clear, easy-to-follow instructions that inspire and empower students to build healthy eating patterns. Use this guide to assign the topical nutrition video and student workbook video that correspond to the 4th and 5th grade *Nutrition Pathfinders* curriculum.

| | Nutrition Education Videos | Student Workbook Activity Video |
|------------------------------------|---|---|
| 4 th Grade: Lesson 1 | Exploring the Five Food Groups Let's Get Active! | 4th Grade, Lesson 1 "Healthy Me!" |
| 4 th Grade: Lesson 2 | Discovering Nutrient Powers in Food Eating a Variety of Foods Staying Hydrated | 4th Grade, Lesson 2 "Nutrient Power!" |
| 4 th Grade: Lesson 3 | Serving Sizes: Introduction Serving Sizes: Meal Scenarios Counting Serving Sizes in Mixed Foods | 4th Grade, Lesson 3 "Serving Superstars" |
| 4 th Grade: Lesson 4 | Reading a Nutrition Facts Label Investigating a Nutrition Facts Label | 4th Grade, Lesson 4 "Label and Nutrient Trackers" |
| 4 th Grade: Lesson 5 | Creating a Balanced Lunch and Dinner Building Healthy Snacks Let's Get Active! | 4th Grade, Lesson 5 "Dinner Detectives and Smart Snackers" |
| 4 th Grade: Lesson 6 | Creating a Balanced Breakfast Let's Get Active! | 4th Grade, Lesson 6 "Fuel Up with Breakfast" |
| 4 th Grade: Lesson 7 | Eating a Variety of Foods Building Healthy Snacks Analyzing Daily Food and Physical Activity Choices | 4th Grade, Lesson 7 "Healthy Habits! Putting it Together" |
| 5 th Grade: Lesson 1 | Exploring the Five Food Groups Let's Get Active! Discovering Nutrient Powers in Food | 5th Grade, Lesson 1 "Fuel Up, Be Fit!" |
| 5 th Grade: Lesson 2 | Creating a Balanced Breakfast Creating a Balanced Lunch and Dinner Staying Hydrated | 5th Grade, Lesson 2 "Balance Brigade" |
| 5 th Grade: Lesson 3 | Serving Sizes: Introduction Serving Sizes: Meal Scenarios Serving Sizes: Hand Symbol Comparisons | 5th Grade, Lesson 3 "Serving Signs" |
| 5 th Grade: Lesson 4 | Tracking Daily Food and Physical Activity Building Healthy Snacks Developing Personal Health Goals | 5th Grade, Lesson 4 "Food and Physical Activity Forecasters - Day 1 My Balanced Day" |
| 5 th Grade: Lesson 5 | Tracking Daily Food and Physical Activity Let's Get Active! Eating Better When Eating Out | 5th Grade, Lesson 5 "Food and Physical Activity Forecasters - Day 2 Fast Food Finders" |
| 5 th Grade: Lesson 6 | Tracking Daily Food and Physical Activity Evaluating Food and Beverage Advertisements | 5th Grade, Lesson 6 "Food and Physical Activity Forecasters - Day 3 Anatomy of Advertisement" |
| 5 th Grade: Lesson 7 | Creating a Balanced Breakfast Creating a Balanced Lunch and Dinner Let's Get Active! Building Healthy Snacks | 5th Grade, Lesson 7 "My Plan" |