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](http://HealthyEating.org/CNA)
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