



Nutrition in Action!

Nutrition and physical activity program that encourages students K-3rd grade to eat healthy and be active.

Nutrition in Action has eight lesson topics:

Your Busy Body: Lesson 1 focuses on the different systems of the body and the importance of eating healthy to help it to grow.

Grains give you Energy: Children will be able to identify which foods are grains, the importance of eating grain foods every day and that food from the grain group gives our bodies energy!

Fruits and Vegetables: Children will learn the importance of eating fruits and vegetables and will have fun identifying different kinds from the Mystery Food Box.

Protein: Are You a Peanut Butter Kid?: Students will learn that peanut butter is a food in the protein foods group, is high in protein, and can help them grow strong. Students will listen to a peanut butter kid story and will then have the opportunity to make fresh ground peanut butter.

Dairy Foods ~ Please Kiss the Cow: Students learn where milk and cheese come from, learn to identify foods from the dairy foods group, and understand why it is important to eat low-fat dairy products. After a story students will get to meet and 'milk' Miss Bessie the cow!

Hydration Station: This lesson focuses on the importance of drinking water and staying well hydrated, as well as signs of dehydration. We will make some yummy slushies with fruit.

Physical Activity ~ Get Up Off the Sofa! Children will be excited about moving more and sitting less. Children will learn the importance of movement and have fun moving their bodies. We will be playing games that encourage movement too!

EAT THIS, NOT THAT: Using examples from the popular book *Eat This, Not That*, children will compare different foods and determine which options are the healthier choice and why.

Curriculum conducted by April Callahan
RDN,LDN,CPT of

NEXT BITE NUTRITION

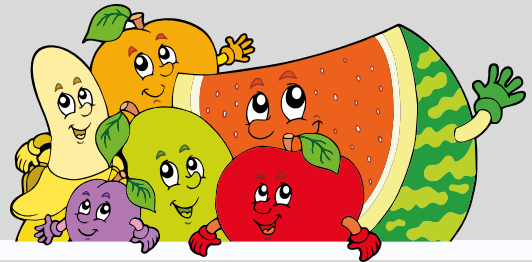
nextbitenutrition.com
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Developed by Jenny Steinhaus, MD,LDN

Adapted and Conducted by April Callahan, RDN

Lessons incorporate a story, physical activity, music and a craft. A healthy snack is provided corresponding to the lesson. Each week, a family newsletter with recipes and additional learning activities are included to bring home.



Dates: 9/21,9/28,10/05,10/12,
10/19, 10/26, 11/02, 11/9

Time: 3:15-4:20

Location: Red Lion Christian
Academy Campus in the
Lower School Education
building

**This program is open to the first 20
students who enroll from
K-3rd grade.**

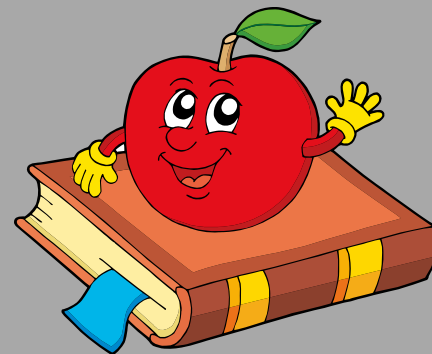
The cost is \$99 per student.

**Online registration is available on the
next page.**

REGISTER HERE!

*Click or log onto the link for on-line
registration and payment!*

**[https://nextbitenutrition.wufoo.com/
forms/qe126yr19na1q4/](https://nextbitenutrition.wufoo.com/forms/qe126yr19na1q4/)**



Program Policies

- The students will be encouraged to try foods and will be provided snacks at each class. If your child has any food allergies or intolerances, please let me know before the first class day.
- No refunds will be given after the first class day. Requests for a refund will be honored prior to the start of the program with a \$20 processing fee.
- A reminder email will be sent out to parents of participating children prior to the start of the first class.
- Next Bite Nutrition is not responsible for children before or after the scheduled class times.
- Only approved guardians will be allowed to pick up students from the class.

Benefits of Nutrition Education

Programs in Schools

- Can decrease children's BMI and weight gain
- Can increase fruit and vegetable consumption
- Can create positive attitudes toward fruits and vegetables
- May improve academic outcomes.

For more information on the benefit of nutrition education for children click on the following link.

<http://www.tc.columbia.edu/media/media-library-2014/centers/tisch-center/Nutrition-Ed-White-Paper-09.14.pdf>