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How to Use FOODPLAY Teacher's Follow-Up Activity Kit

Dear Educators,

We know how busy you are, and we wish to thank you for taking the time to continue to teach these important nutrition and health lessons throughout the year. All the studies show that good eaters make great learners! Healthy eating and physical activity habits help children do better at school, perform better in sports, get sick less often, have less behavioral problems, and set the stage for a lifetime of health and success.

FOODPLAY's nutrition and health lessons can be easily integrated into your core subject areas and help you link cafeteria with classroom learning. You'll find in this online Teacher's Activity Kit everything you need, from hands-on lesson plans to reproducible activity sheets, to teach nutrition through Language Arts, Math, Science, Social Studies, Art, and Health.

How to Use:

The following 10 units address the major nutrition issues affecting today's school children, and are organized around the themes of the FOODPLAY show. We hope you'll use these activities to extend the nutrition learning throughout the year. Depending on your needs, you can conduct a whole unit on nutrition over a period of four, six, ten, or twelve weeks, or you may choose to use these activities across curricula over the entire year.

Activities are divided into grade levels, with "Lower" referring to Grades K, 1, 2 and "Upper" referring to Grades 3, 4, 5. Each activity is also keyed to core curriculum areas. Just pick and choose the activities that are right for you and your students.

Each unit contains:

- "Information to Teachers" with background information, additional resources, and notes.
- "Activities and Activity Sheets" with teacher directions, lesson plans, and reproducible student activity sheets.

Thanks again for following up the FOODPLAY program, and let us know if there's anything we can do to help!

Best wishes,
Barbara Storper, MS, RD
Executive Director, FoodPlay Productions

For more information, free materials, nutrition resources,
or to bring FOODPLAY Shows and Trainings to your school:

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