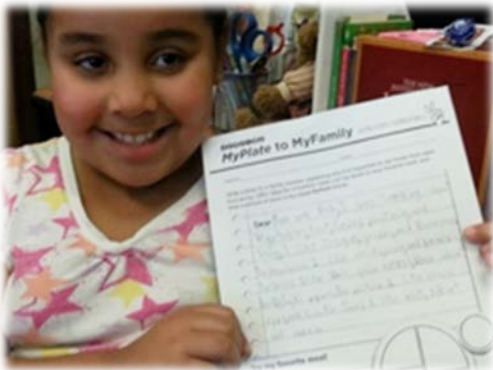


MyPlate in the Classroom 1st - 3rd Grade



Join Team Nutrition with three interactive nutrition lessons in your classroom provided by CSUS Nursing Students

Students learn about MyPlate, food groups, healthy choices and the importance of daily physical activity. They also learn about the importance of breakfast, smart snacking and how to Rethink the Drink and avoid sugary beverages. Students learn about healthy foods and make the connections to what is offered for school lunch. Students are empowered to choose and eat the healthy foods offered at school meals.



CSUS Nursing students visit your classroom for three weeks to provide the 3-lesson series. All lesson materials, handout and worksheets are provided for the students to take home and share the lessons with their parents.

Look for the email, Nutrition Lessons for Your Classroom, coming this fall to register for this program or email Lisa.vorce@twinriversusd.org.

Students meet CSUS Nursing students, learn valuable nutrition concepts and make healthy choices for school meals