

Classroom Nutrition Education 4 - 6th Grade

Introduce your students to Harvest of the Month

Harvest of the Month will introduce your students to a new, local food item every month based on the growing season in California. Each month your class will study and taste a new fruit or vegetable as you introduce simple to use standards based nutrition education. You will receive all lesson plan materials, handouts and other nutrition curriculum resources needed as well as the featured produce and supplies.

On the first Thursday of each month, you will receive a tasting kit that contains everything you will need to conduct an in-class taste test of the *Harvest of the Month*.

While no cooking is required, assembly of fresh ingredients may be necessary and gloves, napkins, and necessary utensils will be provided.

Taste testing activities allow students to experience the featured produce with their senses, engaging them in the learning process and creating increased interest, awareness and support for increasing consumption of fruits and vegetables.



Look for the Harvest of the Month email coming to all eligible teachers this fall or contact lisa.vorce@twinriversusd.org