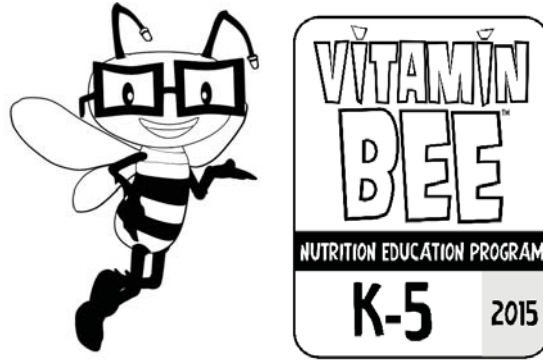


# EDUCATOR INSTRUCTIONS - DOWNLOADABLE PROGRAM



Welcome to this fun and easy to teach nutrition education program. Each lesson has been designed to make our educational goals easy to implement and fun for your students. While this program is merely an introduction to healthy eating, use the enthusiasm created by these lessons to open the door to other sources of education about nutrition, good eating habits and healthy lifestyle choices.

## INSTRUCTIONS — TIME 30 - 45 Minutes

- Pick your lesson of interest and Download the video. Download the PDF for your grade level. Print the material needed for the lesson and distribute to your students, but keep the Answer Key for yourself.
- Present the Vitamin Bee video to your students and note the facts that are explained in the video. These videos are designed to give bite size chunks of education and not meant to overwhelm with too much data.
- Use the FACTS SHEET to conduct a Q&A with your students. This will give them something to study and encourage them to think about the cool facts, recipes, health facts and history that relate to the fruit or veggie they are studying.
- Give the students the QUIZ. Once completed, conduct an in-class grading session.
- Reward the students by letting them complete the ACTIVITY SHEET, which helps to reinforce the lesson and give them something fun and hands-on.
- Have the students take the RECIPE SHEET home so they can create these lesson related snacks. Perhaps you can make some of the snacks in the classroom for more hands-on fun!

Visit [www.vitaminbee.tv](http://www.vitaminbee.tv) for videos, games, activities, recipes and more!