

# Kindergarten



## QUICK-START GUIDE

### STEP 1. Confirm that you have all materials

**Teacher materials** include:

- \* A Teacher Guide with lesson activities and extension activities
- \* Two Posters that reinforce all 8 units
- \* A box of Food Pictures

**Student materials** include Student Workbooks in both English and Spanish.

### STEP 2. Review each full-color unit

Inside the *Building a Healthy Me!* Teacher Guide you will find 8 units with 4 activities in each unit (see chart below). Review each unit, including the extension activities. The extension activities provide opportunities to meet the needs of multiple learning styles and they reinforce concepts taught in the activities.



Unit	Focus
<b>Have fun with five food groups.</b>	Students will be introduced to the five food groups, discover the colors associated with each food group and learn the importance of eating foods from all groups.
<b>Make it milk!</b>	Students will identify food in the Milk group, understand where milk comes from and match a specific color with the food group.
<b>Do you know your vegetables?</b>	Students will identify food in the Vegetables group, understand where vegetables come from and match a specific color with the food group.
<b>Fruit is fun!</b>	Students will identify food in the Fruits group, understand where fruit comes from and match a specific color with the food group.
<b>Go strong with breads and cereals.</b>	Students will identify food in the Breads + Cereals group, understand where breads and cereals come from and match a specific color with the food group.
<b>Jump to it for meat, beans and nuts.</b>	Students will identify food in the Meat, Beans + Nuts group, understand where meat, beans and nuts come from, and match a specific color with the food group.
<b>Take time for snacks.</b>	Students will learn the importance of food-group food snacks and choosing snacks from the five food groups.
<b>Start your day with breakfast.</b>	Students will understand that breakfast is an important and healthy start to their day.



## STEP 3. Review the other resources in the teacher guide and our website at [HealthyEating.org/BHM](http://HealthyEating.org/BHM)

In addition to the activities, the teacher guide contains:

- \* a Nutrition Facts section for each unit that provides background information on the topic for that unit
- \* vocabulary words that pertain specifically to the unit and will help the students understand the content throughout each activity
- \* extension activities for each unit to reinforce the concepts taught in that unit

## STEP 4. Teach the lessons

When the *Building a Healthy Me!* program is fully implemented, students are more likely to eat healthier foods, and you are more likely to see improvements in students' attention, attendance and classroom behavior.

Therefore, we encourage you to:

- \* teach all 8 units provided in their entirety.
- \* teach unit one first, then teach food-group food units in any order and then snacks and breakfast last.
- \* use the materials provided, including the Teacher Guide, Posters, box of Food Pictures and Student Workbooks.
- \* use the additional resource materials provided at [HealthyEating.org/BHM](http://HealthyEating.org/BHM).

## Teacher Tips

Teachers who have used *Building a Healthy Me!* in their classrooms have the following suggestions for other teachers:

- \* Plan for 5-15 minutes of class time for each lesson.
- \* Use the newsletter bites and the family homework. Involving parents reinforces what is being taught in the classroom and may encourage parents to become classroom volunteers.
- \* Be a healthy role model. Students closely watch your words and actions. Making healthy food choices and talking about healthy eating outside the classroom will send students the right message and reinforce classroom activities. It may also encourage healthy eating behaviors and attitudes in your students.
- \* Develop a relationship with your school foodservice director. Your school foodservice director may be able to provide foods for the unit activities.
- \* For other ideas, talk with other teachers at your school who use the program.