National Nutrition Month® 2014

Classroom Guide

"Enjoy the Taste of Eating Right" is the theme for National Nutrition Month® 2014. Consumer research confirms that taste tops nutrition as the main reason why one food is purchased over another. While social, emotional and health factors also play a role, the foods people enjoy are likely the ones they eat most. This year's key messages for NNM focus on how to combine taste and nutrition to create healthy meals that follow the Dietary Guidelines recommendations.

National Nutrition Month® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance

Enjoy
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RIGHT

National Nutrition Month®

right. Academy of Nutrition and Dietetics

of making informed food choices and developing sound eating and physical activity habits.

To obtain permission from the Academy for theme or artwork usage, or if you have questions, contact the Academy at nnm@eatright.org.

National Nutrition Month® nutrition education resources, suggested activities and promotional materials incorporate key recommendations from the 2010 *Dietary Guidelines for Americans* and MyPlate nutrition messages.

This classroom guide provides suggested learning activities and games for elementary grade students. Activities can be adapted for various grade levels by adjusting the complexity of the assigned tasks. You may find that some activities fit within your curriculum for math, social studies, science or language arts.

Learning Activities

Name the Foods

- As an individual or group activity, ask students to name as many of the individual foods on the NNM poster as they can.
- Handout Name the Foods activity page. *
- Copies of the NNM coloring page* can be used for an additional class or take-home activity.

Materials:

National Nutrition Month® 2014 Poster ** Name the Foods activity sheet * NNM Coloring page *

Flavors from Around the World

Ask students to work in teams or individually to select one or more of the herbs and spices listed below.

Assign students to collect information about the selected herbs or spices and prepare a presentation. Information may include: country of origin, history, where it grows, description of how it tastes and what types of foods are prepared with this herb or spice. Optional: Include a recipe that uses the herb or spice.

For presentations, bring a sample of the herbs and spices for the students to see.

Spices from Around the World Herbs from Around the World

Anise Basil
Cardamon Cilantro
Chili Pepper Garlic
Cinnamon Horseradish

Cumin Mint
Ginger Oregano
Lemon Grass Parsley
Nutmeg Rosemary
Paprika Sage
Peppercorns Thyme
Wasabi
Watercress

Family Favorites – Questions for the class:

- What is your favorite healthy food? Why is it your favorite?
- How have you helped to prepare your favorite food at home?
- Can you share (or write) a story about eating your favorite food with family or friends?
- Is your favorite food a part of special family occasions or holidays?
- Draw (or write the menu for) a meal that includes your favorite healthy food.
- Display all the MyPlate meals. How are they the same or different?

Materials: MyPlate poster **

Blank MyPlate activity sheet *

What's for Breakfast? Questions for the class:

- What is your favorite food for breakfast? Why is it your favorite?
- Write all the different foods mentioned on the board. Note how different or similar foods are preferred by the students.
- What is the food group for each of these foods?
- Why should we all eat a healthy breakfast?

Materials: MyPlate poster **

Nutrition tip sheet "Power Up with Breakfast" for the students to take home. *

Additional Resources

MyPlate Curriculum and Resources are available from USDA's Team Nutrition: Serving Up MyPlate: A Yummy Curriculum (Grades 1-6) http://teamnutrition.usda.gov/Resources/servingupmyplate.htm

Visit www.ChooseMyPlate.gov:

- MyPlate Kids' Place features games and activities for kids, as well as information for parents and educators.
- USDA's SuperTracker can help plan, analyze and track your diet and physical activity.

^{*}www.eatright.org/nnm/handoutsandtipsheets

^{**} www.eatright.org/nnm See the National Nutrition Month® Catalog