



for Kids

About Leah's Pantry

Our mission is to build and implement community nutrition and food security programs that align with trauma-informed, resilience-focused principles.



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Food Smarts for Kids

This flexible, evidence-based, learner-centered curriculum is designed for leading nutrition education group workshops with kids. The interactive activities support children's food and nutrition literacy, nutrition security, and their adoption of healthy dietary and lifestyle habits.

Participant Goals:

- Set goals for a healthier life
- Learn the fundamentals of a healthy diet
- Build awareness of how food is processed and marketed
- Learn how to select nutritious and affordable products and ingredients
- Explore lifestyle practices for good health

Activity Highlights:

- Applying nutrition concepts to daily life
- Hand-on and sensory activities
- Cooking demonstrations or hands-on cooking

👥 Audiences:

- Youth (ages 5-17)

⚙️ Settings:

- In-Person (recommended)
- Virtual
- Community space—no kitchen required

📖 Curriculum Materials:

- Instructor Guide
- Participant Workbook
- Lesson Slides (optional for virtual delivery)

🍏 Montana Health Enhancement Standards:

- H.E. #1: Understand key health concepts
- H.E. #2: Analyze influences on health behaviors
- H.E. #5: Use critical thinking for health decisions
- H.E. #7: Practice health-enhancing behaviors
- P.E. #2: Demonstrated movement competency

Lesson Overview

Lesson	Topic
Week 1 Setting the Stage for Healthy Habits	→ Personal influences on food, cooking and health → Setting goals for a healthier life
Week 2 Building a Wholesome Diet	→ MyPlate → Eating a rainbow of fruits and vegetables
Week 3 Learning About Whole Foods	→ Food processing → Whole foods
Week 4 Understanding Labels and Ingredients	→ Reading food labels and packaging → Sugar → Drinking water
Week 5 Smart Shopping and Planning	→ Food marketing → Shopping for and planning healthy meals
Week 6 A Strong Body for Life	→ Movement and being active → Sleep

Flexible Lesson Plans:

- 5 week or 6 week options
- 60- or 90-minute options
- All lessons may be taught as a series or single-session
- Lessons offer a choice of nutrition activities and recipes

Facilitators are trained to:

- Appropriately modify activities for their audience
- Use trauma-informed facilitation strategies
- Lead recipe demonstrations and group cooking activities that do not require a full kitchen

Note: Virtual facilitator training is required



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