

Show Me Nutrition



Audiences:

- Youth (Ages 5-11)



Curriculum Materials:

- ✓ Instructor guide
- ✓ Activity Supplies
- ✓ Physical Representations



Lesson Plan Timing:

- 6-week lessons
 - Optional add-on's
- 30, 45, & 60-minute class options
- Lessons include activities, materials, and recipes



Activity Highlights:

- ✓ Nutrition-based physical activity
- ✓ Applying nutrition concepts to daily life
- ✓ Sensory activities and explorations



Settings:

- In-person
- Community Spaces

Show Me Nutrition

Show Me Nutrition (SMN) is a nutrition curriculum that provides youth, kindergarten through 5th grade, with education for a healthy lifestyle. Show Me Nutrition supports the Montana educational standards for health enhancement and physical education.

Participant Goals:

Youth will engage with the following themes through age-appropriate content, activities, and handouts.

Educating Youth In:

- Nutrition
- Food Safety
- Physical Activity
- Proper Hygiene
- Media Comprehension

Lesson Topic Overview:

Lessons	Topic
Fruit & Vegetables	✓ MyPlate basics ✓ Eating a rainbow of fruits and vegetables ✓ Cooking and preparing fruits and vegetables ✓ Understanding food groups
Dairy	✓ Identifying dairy products ✓ Benefits of consuming dairy
Protein & Activity	✓ Understanding protein and fats ✓ Benefits of regular physical activity
Grains and Energy	✓ Identifying grains and carbohydrates and origins ✓ How food provides energy/How to stay active
Body Systems	✓ What happens inside the body ✓ Why the body needs food
Healthy Habits	✓ Making healthy food choices ✓ Practicing hygiene and germ-free habits ✓ Understanding media messages/nutrition facts

Montana Health Enhancement Standards:

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|--|--|---|
| ✓ H.E. #1: K-5 th | ✓ H.E. #5: K-5 th | ✓ P.E. #1: K-5 th |
| ✓ H.E. #2: K-5 th | ✓ H.E. #7: K-5 th | ✓ P.E. #2: K, 3 rd , 4 th |
| ✓ H.E. #3: 2 nd & 4 th | ✓ H.E. #8: K, 1 st , 3 rd -5 th | ✓ P.E. #3: 3 rd & 5 th |
| ✓ H.E. #4: K | | ✓ P.E. #4: 5 th |