



## QUICK-START GUIDE

# NUTRITION PATHFINDERS

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

*Teacher materials* include:

- A Teacher Guide
- Color master documents
- Dairy Council of California’s website containing all resource materials (Curriculum Connections, vocabulary cards, color master documents and color food photos)

*Student materials* include Student Workbooks in both English and Spanish, which contain a family letter and family homework.

### STEP 2. Review each lesson plan

Inside the *Nutrition Pathfinders* Teacher Guide, you will find seven lesson plans and a pre- and post-assessment (see chart below). Review each lesson plan prior to teaching. Curriculum Connections can be obtained by visiting Dairy Council of California’s website at [HealthyEating.org](http://HealthyEating.org) under the Schools section. The Curriculum Connections not only provide opportunities to meet the needs of multiple learning styles, but they reinforce concepts taught in the core lesson.

Title	Focus
<b>Pre-Assessment</b>	Serves as a benchmark to establish baseline knowledge against which student progress through the course of the curriculum can be measured.
<b>Healthy Me!</b>	Provides a review of basic information on healthy food and daily physical-activity choices.
<b>Nutrient Power</b>	Introduces students to the main nutrients provided by foods in each of the five food groups and the health benefits of each main nutrient.
<b>Serving Superstars</b>	Introduces students to the concept of the right serving size of foods and how to compare serving sizes to hand symbols.
<b>Label and Nutrient Trackers</b>	Students learn how to read a basic Nutrition Facts food label and identify main nutrients listed on the label.
<b>Dinner Detectives and Smart Snackers</b>	Provides information and practice on how to create a balanced dinner and use snacks as an opportunity to round out their recommended servings from the five food groups.
<b>Fuel Up With Breakfast!</b>	Students learn the importance of eating a balanced breakfast every morning.
<b>Healthy Habits – Putting It Together</b>	Provides the practice for students to analyze a full day’s food and daily physical-activity record and then make a goal to help them meet the recommendations.
<b>Post-Assessment</b>	Provides information about the knowledge and skills your students have acquired regarding selecting healthy foods, as well as making good physical-activity choices.



## STEP 3. Review the additional resources in the Teacher Guide

In addition to the lesson plans, the Teacher Guide contains:

- common questions teachers ask about USDA’s Dietary Guidelines and food grouping system; the benefits of teaching students the food grouping system; commonly miscategorized foods
- information about the importance of breakfast and achievement
- common questions teachers ask about nutrition and health issues for children.

## STEP 4. Teach the lessons

When the *Nutrition Pathfinders* program is implemented as it was intended, students are more likely to eat healthier foods and be more physically active, and you are more likely to see improvement in students’ attention, attendance and classroom behavior.

Therefore, we encourage you to:

- use the pre- and post-assessment
- teach all of the lessons provided in their entirety
- teach the lessons in the order that they appear in the Teacher Guide
- use the materials provided, including the Teacher Guide, color master documents and Student Workbooks.

### Teacher Tips

Teachers who have used *Nutrition Pathfinders* in their classrooms have the following suggestions for other teachers:

- Plan for 45 to 60 minutes of class time for each lesson. Preparation time for each lesson ranges from 15 to 30 minutes.
- Use the family letter on the first day you teach the program and the family homework included in several of the lessons. Involving parents reinforces what is being taught in the classroom and may encourage parents to become classroom volunteers.
- Strike a balance between whole-group and individual work. Most of the lessons could certainly be done as a whole-group activity. However, individual work will provide a better assessment of each student’s true knowledge gains and behavior changes.
- Model the workbook activities for your students before they begin to work on their own. In most activities, an example of the task to be performed has been modeled in the workbook.
- Encourage your students to share their personal or home experiences with food, eating and physical activities whenever possible. It will help children relate to one another and personalize the activities.
- 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 lessons. It may also encourage healthy eating behaviors and attitudes in your students.
- Talk with other teachers at your school who use the program for other ideas.