



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 <http://www.dairycouncilofca.org/Educators/ClassroomPrograms/ProgramsNP.aspx>. 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 |
|---|--|
| Pre-Assessment | Serves as a benchmark to establish baseline knowledge against which student progress through the course of the curriculum can be measured. |
| Fuel Up, Be Fit! | Provides a review of basic information on healthy food and daily physical-activity choices. |
| Balance Brigade | Introduces students to the concept of balanced meals, including breakfast, lunch and dinner. |
| Serving Signs | Introduces students to the concept of the right serving size of foods and how to compare serving sizes to hand symbols. |
| Food and Physical-Activity Forecasters – Day #1, Day #2 and Day #3 | Teaches students the importance of healthy snacks, making healthy choices at fast-food restaurants and how to analyze advertisements. The principle of moderation is introduced and in these three lessons students learn how to record their daily food and physical-activity choices so they can analyze their behaviors and make a plan for improvement later in the program. |
| My Plan! | Students make a personal plan for improvement after analyzing their three-day food, beverage and physical-activity records. |
| Post-Assessment | 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.