

Let's Eat
Healthy




Dairy Council
of California®

Join the movement at HealthyEating.org/Join

Nutrition Education Catalog



HealthyEating.org

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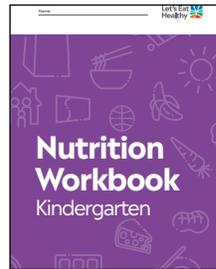


K-3rd

Classroom Resources

Newly Revised Kindergarten

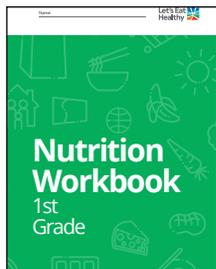
This 5-lesson curriculum explores how food can help the body and mind by learning about the food groups with fun characters. Children learn where food comes from and what they can do to help with food preparation and cleanup.



[Educator Guide](#)
[Student Workbooks in English and Spanish](#)

Newly Revised 1st Grade

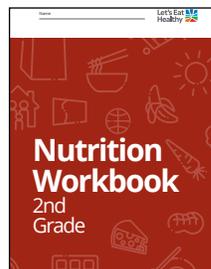
This 5-lesson curriculum engages children with all their senses to explore food and how food groups work together to help them grow. With fun characters, they learn about the journey of food from the farm to them.



[Educator Guide](#)
[Student Workbooks in English and Spanish](#)

Newly Revised 2nd Grade

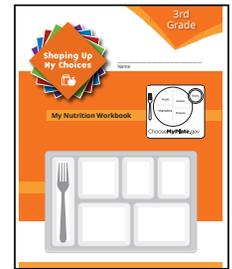
This 5-lesson curriculum familiarizes children to a variety of foods and their health benefits and explores the journey of food from farm to them. They start to recognize what influences food choices and practice goal setting.



[Educator Guide](#)
[Student Workbooks in English and Spanish](#)

3rd Grade

Through 5 lessons, students will learn foundational nutrition principles, how to read a food label and agri-food literacy in the *Farm to You* lesson.



[Educator Guide](#)
[Student Workbooks in English and Spanish](#)

Newly Revised Food Pictures

Supplement your lessons with 78 full-color food picture cards. Pictures are indexed by food group, and food names are listed in English and Spanish.



New in 2021 Food Group Poster

A 22" x 34" visual tool that shows the food groups, examples of food in each group and how those foods help your body. The fun characters complement the curriculum for grades K-2.



[Double-sided Poster in English and Spanish](#)

New video series based on 4th + 5th grade curriculum.

Comprehensive + versatile, the Let's Eat Healthy video series supports educators in teaching nutrition education in synchronous/asynchronous learning. Episodes range in length from 3 to 11 minutes and can be viewed as standalone episodes or in the suggested order to align with the Dairy Council of California 4th and 5th grade curriculum. <https://bit.ly/2JLOwB5>.



4-HS

Classroom Resources

4th or 5th Grade

Nutrition Pathfinders

Through 7 lessons, students will learn about main nutrients and their health benefits, how to analyze food advertisements and how to set personal goals.



Individual programs for each grade level.

4th Grade

[Educator Guide](#)

[Student Workbooks in English and Spanish](#)

5th Grade

[Educator Guide](#)

[Student Workbooks in English and Spanish](#)

Middle School

Exercise Your Options

Through 6 lessons, students will learn to consider their options, develop realistic plans and identify roadblocks to improve their daily food and activity choices.



[Digital Teacher Guide-HealthyEating.org/EYOTG](#)
[Student Workbooks in English only](#)

Let's Eat Healthy Teen

This five-lesson online program empowers students to take small steps to better eating and healthy habits. Get started using this free resource at [HealthyEating.org/Teens](#).

[Digital Educator Guide](#)



Ages 5-12

Nutrition Builders

Our tip sheets are now Nutrition Builders! Short and interactive, these one-page activities build on nutrition knowledge and reinforce healthy eating patterns.

Boost Brainpower + Educator Guide

Teaches children how to build a balanced breakfast and why breakfast is so important. **50 sheets per pad + Educator Guide.**

[Available in English and Spanish](#)



Building MyPlate + Educator Guide

Reinforces healthy eating patterns and teaches children how to choose a variety of foods to build a healthy meal. **50 sheets per pad + Educator Guide.**

[Available in English and Spanish](#)



Nutrition Builders Presentations for Distance Learning

Engage students with real-world topics that allow them to learn and practice healthy eating habits. Explore, Explain and Empower with **NEW Online Builders**, a series of educational slides for virtual lessons.

Topics include Breakfast, Beverages, Farm to You, MyPlate and Snacks. Educator + student slides work in live instruction or independent practice and are available as free downloads.

Learn more at [HealthyEating.org/Builders](#).

Activity + Eating for Adults

A Healthier You

A booklet that translates current nutrition advice to specific action steps for making balanced food choices from MyPlate food groups and embedding physical activity into daily routines. For greater impact use the accompanying PowerPoint Presentation available at HealthyEating.org/AE.



Available in English and Spanish

New in 2021!

Healthy Eating for Your Family

How to Feed Your Child at Every Age

A booklet with guidance on how much a child needs to eat for growth and development and gives action steps in offering balanced meals, healthy beverages and snacks.



Available in English and Spanish

Activity + Eating for Teens

Healthy Tips for Teens

A booklet to teach about balanced food choices using MyPlate, limiting empty-calorie foods, choosing healthy snacks and beverages, participating in daily physical activity and more.



Available in English and Spanish

Pregnancy Healthy Moms + Babies

A booklet to provide expectant mothers and breast-feeding women with information on healthy weight gain, physical activity and nutritional needs during this exciting time.



Available in English and Spanish

Family Wellness Prescription Pad + Educator Guide



A tear pad to help facilitate healthy eating by enabling nutritious food choices through family goal setting.

50 sheet tear pad
Double-sided English/Spanish

Teen Wellness Prescription Pad + Educator Guide



A tear pad to help facilitate healthy eating behaviors for teens by enabling nutritious food choices through goal setting.

50 sheet tear pad
Double-sided English/Spanish

Rethink Your Drink: Make Every Sip Count

A tip sheet to encourage healthy beverage choices.



50 sheet tear pad
Double-sided English/Spanish