



# SCHOOL ENRICHMENT

Programs presented by Nebraska Extension are researched based and fit perfectly into the classroom setting. We currently have programs that serve grades Kindergarten-8th grade. Programs fit into school standards and can be taught by the classroom or presented by an Extension Educator. The following programs are currently available:

- School Enrichment Kits, K-5th grades
- Veggie IQ, 1-3rd grade
- Rethink Your Drink, 4 - 8th grade
- Choose Food, Fun, and Fitness, 2-6th grade





## **VEGGIE IQ for 1st - 3rd grade**

Veggie IQ seeks to provide a new way to educate students about the food groups and shed light on some new vegetables they may have never heard of! This lesson is extremely interactive with students testing their veggie IQ as a class and having a chance to try an array of new vegetables! Using our rule of “One No Thank You Bite”, students practice trying new foods which is an important skill for nutritious eating. We will also play a fun guessing game as we try to identify vegetables using a series of fun food facts. **This is a one time, 45 minute session.**



## **RETHINK YOUR DRINK for 4th - 8th grade**

Rethink Your Drink is an eye opening lesson where students will learn and measure exactly how much sugar is in their favorite beverages. They will learn the difference between Go, Slow, and Stop drinks and how to read a food label so they know exactly what is in various beverages. If you are seeing your students with soda, energy drinks, and sugary coffee, this is a great lesson to help them make healthy beverage choices. **This is a one time, 45 minute session.**



## **CHOOSE FOOD, FUN, AND FITNESS for 2nd - 6th grade**

Choose Health, Food, Fun, and Fitness is a program that promotes healthy eating and active living for life. Lessons include fun activities like a fiber relay race, delicious recipes like the great green smoothie, and conclude with students setting their own health goals. It is the most well rounded nutrition program that truly sets the foundation for lifelong healthy choices all the while keeping kids engaged with fun games and delicious recipes. **This is a 6 week program with a 45 minute session each week.**

# SCHOOL ENRICHMENT KITS

for K-5th grade

The School Enrichment Kit program is a one stop shop for programming in the classroom. Each tote includes 5 lessons plans, activities, and supplies to easily integrate nutrition education into your classroom. All you need is in the kit! The School Enrichment Kit program is designed to meet school wellness policy elements as well as national health standards. Below are the following program themes for each grade level:

**Kindergarten - Food Fun!** learning about food groups and using the 5 senses.

**1st Grade - Healthy Me!** is when students learn why their bodies need healthy food and how to plan a nutritious meal

**2nd Grade - MyPlate Party!** includes key topics of digestion and making healthy choices

**3rd Grade - Let's Eat Smart!** is when students begin learning about nutrients and how to read food labels

**4th Grade - Rate That Plate!** by learning the components of a healthy meal

**5th Grade - Food Science Investigator!** dives into food safety, important nutrients, and food labels



If you want to bring Nutrition Education into your classroom, contact your Food, Nutrition, and Health Extension Educator:

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