



SCHOOL ENRICHMENT

FOOD, NUTRITION & HEALTH

RETHINK YOUR DRINK

Rethink Your Drink is an eye opening lesson where students will learn and measure exactly how much sugar is in their favorite 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.

- Suggested grade level 4-12th
- One time, 1 hour program.

SLEEPLESS IN NEBRASKA

1 in 4 Nebraskans is sleep deprived, including youth!

Sleep affects every moment of our daily lives, from how we think and remember to how our bodies thrive or deteriorate.

Sleepless in Nebraska is a program that highlights the importance of sleep for youth including its impact on academics and athletics!

- Suggested grade level 6-12
- One 45 -60 minute session

“I THINK ITS GREAT TO HAVE HANNAH COME IN AND TALK ABOUT DIFFERENT TOPICS. THEY ARE PASSIONATE ABOUT THEIR JOBS AND IT SHOWS! THE STUDENTS LOVE IT ANYTIME THEY CAN HAVE HANDS ON LEARNING.” - MRS. MEISTER



FUELING YOUR BODY

Food is fuel! With active, growing students, it is important to lay the foundation to help them fuel their body for school and activities.

In this 3 part program, youth will learn the basics of how to build balanced meals, the importance of eating breakfast, and how to make nutritious snacks! This program does include recipe demonstrations that can be done in the classroom.

- Suggested grade level 6-8th
- 3, 45-60 min sessions

MYPLATE PARTY

No single food provides our body with all the nutrients we need to stay healthy!

In order to stay healthy, we need to eat a variety of foods from all the food groups. Can you name all 5? In this session, youth will learn about foods from all the food groups before making an recipe that has 4 of the 5 ingredients!

- Suggested grade level K-2nd
- One 45 -60 minute session

LET'S WORK TOGETHER

Do you have a lesson or need for a different program? This is only a snapshot of the programs and curriculums available to schools. Contact me and we can work together to fill the needs in your classroom!

Contact me to schedule!

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