

Kindergarten – 6th Grade

Kids In The Kitchen

Taught by Hannah Guenther

Suggested Grade Level: 1-3rd grade

4th -7th, and 9th grade

Six 45 Minute Sessions

Kids in the Kitchen is a program that seeks to get kids engaged with the foods they eat by getting them involved in the cooking process. Each lesson discusses a specific food group, a kitchen safety tip, a food preparation technique, and a recipe! The recipes are simple, nutritious, and able to be made in a classroom setting. One of my favorite parts of this program is hearing how the kids take the recipes home to make for their families and siblings. If you are looking for your students to gain kitchen confidence and to try new foods, this is a great program to include into your curriculum this year.



Veggie IQ

Taught by: Hannah Guenther

Suggested Grade Level: 1-3rd grade

In person or Virtual

One 45 minute session

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. The lesson will conclude with a delicious vegetable based snack! This program is able to be taught virtually or in person, if virtual samples and snacks will be provided.



Marathon Kids

Taught by Hannah Guenther

Suggested Grade Level: All

Virtual or In Person

Kids need to have at least 60 minutes of physical activity each day, but research shows only 1 in 5 kids reaches that minimum! That's where Marathon Kids comes in. Marathon Kids is a running program where kids at any fitness level set goals and track their progress to complete a marathon. Yes, you read that right! They run, walk, or move one lap at a time or one day at a time to reach their goals.



Participants will learn how to fuel their bodies and the importance of nutrition and physical activity with nutrition lessons provided by me. This program is free of cost and able to provided and implemented virtually. It is a great program to encourage to get kids excited to get up and moving through structure move or mask breaks during the school day whether in person or virtual. If interested in bringing Marathon Kids to your PE class, afterschool program, or mask breaks, please contact Hannah.guenther@unl.edu as soon as possible for more information.

Middle School

Kids In The Kitchen

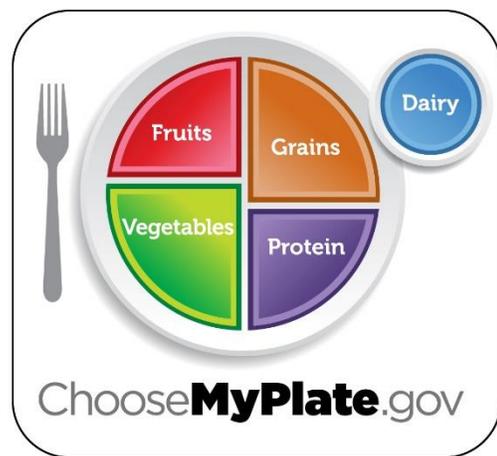
Taught by Hannah Guenther

Suggested Grade Level: 4th -8th

Six 45 Minute Sessions

In Person

Kids in the Kitchen is a program that seeks to get engaged with the foods they eat by getting them involved in the cooking process. Each lesson discusses a specific food group, a kitchen safety tip, a food preparation technique, and a recipe! In the middle school curriculum, material is taken one step farther as students learn about the impact that nutrients have on their own growth and development with more in depth learning and more advanced recipes. If you are looking for your students to gain kitchen confidence and learn how to make nutritious recipes, this is a great program to include into your curriculum this year.



Marathon Kids

Taught by Hannah Guenther

Suggested Grade Level: All

Virtual or In Person

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High School

Eat, Move, Win

Taught by: Hannah

Guenther/Delivered online

Suggested Grade Level: 9th-12th grade

Virtual

Five 45 minute sessions



Eat, Move, Win is a modern day nutrition curriculum that is delivered completely online! It is engaging, organized, and easy to use. Each session not only provides new information, but allows students to access prior knowledge for mastery of the content. I will facilitate a Zoom meeting with classes to get them logged on and ready to learn. Worksheets and handouts can be delivered to schools or via mail for supplemental hands on learning. Kahoot games, pop quizzes, and discussion questions are all included in this complete online learning system. This is a great addition to any online curriculum or classroom.

Rethink Your Drink

Taught by Hannah Guenther

Suggested Grade Level: 7-12th grade

Virtual or In Person

One 45 Minute session

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 program is able to be provided in person, zoom, or via video recording to accommodate schools requirements.



Marathon Kids

Taught by Hannah Guenther

Suggested Grade Level: All

Virtual or In Person

Kids need to have at least 60 minutes of physical activity each day, but research shows only 1 in 5 kids reaches that minimum! That's where Marathon Kids comes in. Marathon Kids is a running program where kids at any fitness level set goals and track their progress to complete a marathon. Yes, you read that right! They run, walk, or move one lap at a time or one day at a time to reach their goals. Participants will learn how to fuel their bodies and the importance of



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School Enrichment Kits

Last year I was able to acquire School Enrichment Kits for grades Kindergarten – 5th grade, these are a unique approach to educating Nebraska Youth on the importance of physical activity and healthy eating. Go to the follow link to watch a video to learn more: <http://go.unl.edu/hrpn>

How does it work? The University of Nebraska Extension's Nutrition Education Program has created education material that can be delivered to the classroom. This material can be used immediately to educate the students. Included in the kits are lesson plans, activities, and supplies. The school enrichment kits help your school meet national health standards and school wellness policy elements.



Kit Titles

Food Fun! Kindergarteners will enjoy learning about:

- Why food is important to good health
- The five food groups
- The five senses

Healthy Me! 1st graders will enjoy learning about:

- Why their bodies need food
- How their bodies use this food
- How to plan a balanced meal

MyPlate Party! 2nd graders will enjoy learning about:

- Why they need food
- The digestion process
- How to make healthful food choices
- The definition of a combination food

Let's Eat Smart! 3rd graders will enjoy learning about:

- Nutrients
- Food labels
- A balanced diet
- Food Safety

Rate That Plate! 4th graders will enjoy learning about:

- Nutrients
- Using MyPlate to make healthy food choices
- How eating healthy foods make them feel good
- Eating a healthy breakfast

Food Science Investigator (FSI) 5th graders will enjoy learning about:

- What and why nutrients are important
- How to use MyPlate to select a balanced diet
- Different food labels

If you would like more information about the School Enrichment Kits or if you would like to see one in person to see if it is a good fit for your classroom, please contact **Hannah Guenther at 402-372-6006 or at Hannah.guenther@unl.edu**