

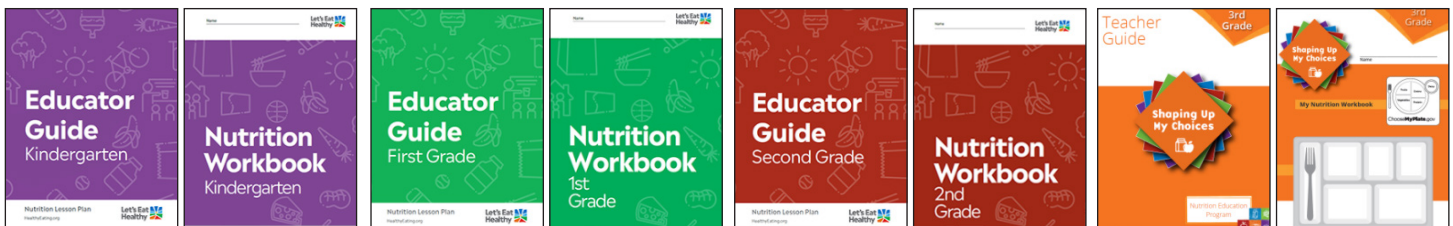
# Let's Eat Healthy Education Resources (K-6)



Join the Movement at  
HealthyEating.org

## CURRICULA

All curricula align to Common Core State Standards and are free for California educators, available to order or download. The [Technology Tutorial Guide](#) is to help educators adapt the curricula for online learning.



### Kindergarten

[Quick Start Guide](#)  
[Pre + Post Assessment](#)  
[Order](#)

### First Grade

[Quick Start Guide](#)  
[Pre + Post Assessment](#)  
[Order](#)

### Second Grade

[Quick Start Guide](#)  
[Pre + Post Assessment](#)  
[Order](#)

### Third Grade

[Quick Start Guide](#)  
[Pre + Post Assessment](#)  
[Order](#)



### Fourth Grade

[Quick Start Guide](#)  
[Pre + Post Assessment](#)  
[Order](#)

### Fifth Grade

[Quick Start Guide](#)  
[Pre + Post Assessment](#)  
[Order](#)

### Sixth Grade

[Quick Start Guide](#)  
[Pre + Post Assessment](#)  
[Order](#)

## MOBILE DAIRY CLASSROOM

Bring agriculture literacy to your school. The assembly and virtual field trip teach where milk and dairy comes from and how to make healthy food choices.



### School Assembly

[Register](#)



### Virtual Field Trip

[Register](#)



### After the Assembly

Reinforce the concepts taught at Mobile Dairy Classroom with additional [Common Core Extension Activities](#).

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[HealthyEating.org](http://HealthyEating.org)

## ONLINE RESOURCES

### Videos, Games, Activities (K-6)

Referenced in the curricula to complement lessons or to be used on their own.



#### Food Groups

[Download](#)



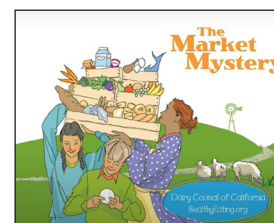
#### Snacks

[Download](#)



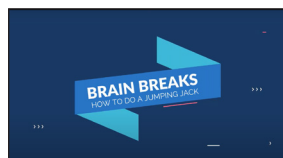
#### Breakfast

[Download](#)



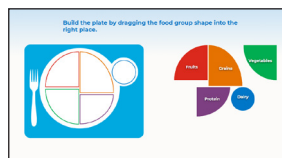
#### Market Mystery Read Aloud Book

[Download](#)



#### Brain Breaks

[Download](#)



#### Games, Quizlets, Kahoot

[Play](#)



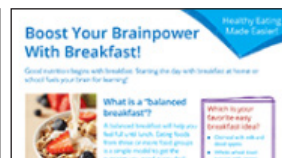
#### Food Group Poster

[Order](#)



#### Food Cards

[Order](#)

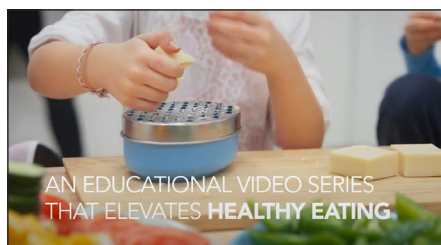


#### Tip Sheets

[Order](#)

## CURRICULUM VIDEO SERIES

Let's Eat Healthy Nutrition Lessons is an educational video series. Each lesson is accompanied by an assignment in the student workbook with a corresponding video available to guide students through assignments.



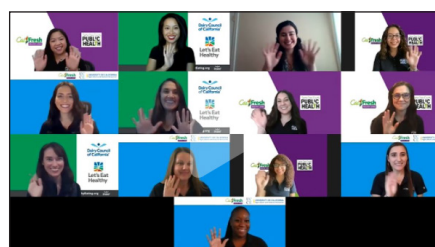
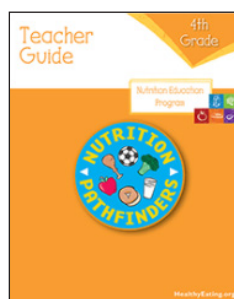
### Fourth Grade

#### Video and Student Workbook Instructions

[View](#)

#### Student Workbook

[Order](#)



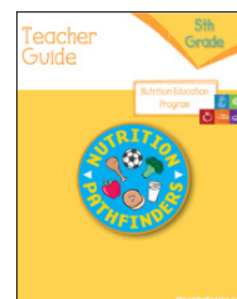
### Fifth Grade

#### Video and Student Workbook Instructions

[View](#)

#### Student Workbook

[Order](#)



# Let's Eat Healthy Education Resources (K-6)

## NUTRITION BUILDERS

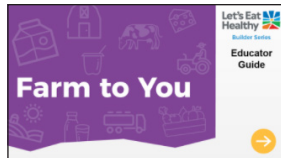
### 3rd-5th Grades

Help students learn and practice healthy eating habits with turnkey PowerPoint lessons that focus on fundamental nutrition topics. Watch videos Part 1 and Part 2 to help integrate the Builders series PowerPoint into Google Classroom.



#### Breakfast

[Download](#)



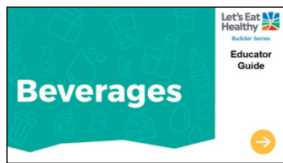
#### Farm to You

[Download](#)



#### Snacks

[Download](#)



#### Beverages

[Download](#)



#### My Plate

[Download](#)

## PARENT RESOURCES

Share these resources with families to continue the learning at home.



#### Nutrition Booklets

[Order](#)



#### "Ask a Nutritionist" Vlog Series

[View](#)

### HAVE QUESTIONS?

Find your local community nutrition adviser at [HealthyEating.org/CNA](https://HealthyEating.org/CNA).