

The **NEW** Food, Fitness and Fun for 3rd, 4th and 5th grades

Now 7 **New** lessons 45-60 minutes each

Using hands-on activities, games, and handouts your students will explore:



MyPlate and the 5 Food Groups



Food Safety Comes First!

Nutrition Facts	
Serving Size: 1 cup (240 mL)	
Servings Per Container: 1	
Amount Per Serving	
Calories 140	Calories From Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol <5mg	1%
Sodium 200mg	8%
Potassium 400mg	12%
Total Carbohydrate 28g	9%
Dietary Fiber 0g	1%
Sugars 24g	
Protein 8g	16%
Vitamin A 10%	* Vitamin C 4%
Calcium 30%	* Iron 0%
Vitamin D 25%	

Make Half Your Plate a Rainbow

Read it Before You Eat it

Limit Screen Time and Get Moving!



Rethink Your Drink

Celebrate Your Health



For more information or to schedule classes please contact:

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