

MY AMAZING BODY

A Nutrition Curriculum for First Grade

Book-based Lessons

- ◆ **Lesson 1 - Keeping My Amazing Body Healthy**
My Amazing Body by Pat Thomas
- ◆ **Lesson 2 - Feeding My Amazing Body**
Why Should I Eat Well? by Claire Llewellyn
- ◆ **Lesson 3 - Keeping My Amazing Body Active**
Exercise by Liz Gogerly
- ◆ **Lesson 4 - Keeping My Amazing Body Rested**
Sleep is for Everyone by Paul Showers
- ◆ **Lesson 5 - Keeping My Amazing Body Clean**
Germs Are Not for Sharing by Elizabeth Verdick



Students make healthy food and exercise choices by developing positive attitudes and behaviors towards food and fitness.

Meets California State Department of Education's Grade-based Standards

- Common Core Standards for English Language Arts
- Health Framework and Content Standards
- Nutrition Competencies

Lesson Highlights

Provides over 10 hours of instruction plus other classroom enrichment activities.

- ◆ Teacher Background
- ◆ Group Book Reading
- ◆ Lesson Application
- ◆ Classroom Enhancements
- ◆ Tasting Activity
- ◆ Family Flyers
- ◆ Visual Support Pieces
- ◆ Interactive PowerPoint

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