

March Tickler – March is Nutrition Month

http://www.fruitsandveggiesmorematters.org/?page_id=35&iRID=273 –
Very Veggie Snack Pizza.

Lesson Time: 45 Minutes

Students will:

- Be able to identify food group from MyPyramid for kids.
- Be able to recognize and use shapes. Students will be physically active.

Lower Elementary School Lesson: “Adventures in Healthy Eating”

Go to page 30 of the MNTT Binder to view the lower elementary lesson that compliments the very veggie snack pizza. Add shopping and prep time to document this lesson on your calendar.

<http://www.californiaprojectclean.org/docuserfiles//JumpStartTeens%20Lesson5.pdf>

Lesson Time: 50 Minutes

Students will:

- Learn why it is important to read food labels.
- Learn how to use a food label to compare fat content in foods.

High School Lesson Overview: “It’s in the Label”

Attractive packaging and clever advertising often hide the nutritional quality of a food. Students will use food labels to compare the fat content of similar foods so they can make more informed choices. Fat content is the focus of this lesson.

Use one of the **Quick PA Ideas** starting on page 56 of the MNTT Binder to go along with your nutrition lesson.