



QUICK-START GUIDE

HEALTHY CHOICES, HEALTHY ME!

First Grade

STEP 1. Confirm that you have all materials

Teacher materials include:

- A Teacher Guide with lesson plans
- A box of food pictures
- A *Making Healthy Food Choices* poster.

Student materials include Student Workbooks in both English and Spanish.

STEP 2. Review each lesson plan

Inside the *Healthy Choices, Healthy Me!* Teacher Guide you will find 11 lesson plans for first grade (see chart below). Review each lesson plan, including the Curriculum Connections. The Curriculum Connections not only provide opportunities to meet the needs of multiple learning styles, but they reinforce concepts taught in the core lesson.

First Grade Lessons	
About MyPyramid	Milk & Milk Products
Fruits	Vegetables
Grains, Breads & Cereals	Meat, Beans & Nuts
Extra Foods	Mixed Foods
Build Your Breakfast	Choosing Food-Group Snacks
Playing Hard, Feeling Great	

STEP 3. Review the *More for Teachers* section in the Teacher Guide

The “More for Teachers” section (pp. 123–137) in the back of the Teacher Guide contains:

- A list of special events to mark on your calendars that may generate some fun ideas or a theme to use when you teach *Healthy Choices, Healthy Me!*
- Information about USDA’s MyPyramid and the benefits of using it to teach students about nutrition
- A list of frequently asked questions and answers
- A chart of nutrients and their functions





- Information about how a healthy breakfast contributes to better learning
- A scope-and-sequence chart that provides information on how *Healthy Choices, Healthy Me!* lessons are aligned to standards.

STEP 4. Teach the lessons

When the *Healthy Choices, Healthy Me!* program is implemented as it was intended, students are more likely to eat healthier foods and be more physically active, and you are more likely to see improvement in students' attention, attendance and classroom behavior.

Therefore, we encourage you to:

- use the pre-assessment and post-assessment
- teach all of the lessons provided in their entirety
- teach the lessons in the order that they appear in the Teacher Guide
- use the materials provided, including the Teacher Guide, the *Making Healthy Choices* poster, box of food pictures and Student Workbooks.

Teacher Tips

Teachers who have used *Healthy Choices, Healthy Me!* in their classrooms have the following suggestions for other teachers:

- Plan for 30 minutes to 60 minutes of class time for each lesson. Preparation time for each lesson ranges from 15 to 30 minutes.
- Use the family letter on the first day you teach the program. Involving parents reinforces what is being taught in the classroom and may encourage parents to become classroom volunteers.
- Strike a balance between whole group and individual work. Most of the lessons could certainly be done as a whole-group activity. However, individual work will provide a better assessment of each student's true knowledge gains and behavior changes.
- Model the workbook activities for your students before they begin to work on their own. In most activities, an example of the task to be performed has been modeled in the workbook.
- Encourage your students to share their personal or home experiences with food, eating and physical activities whenever possible. It will help children relate to one another and personalize the activities.
- Be a healthy role model. Students closely watch your words and actions. Making healthy food choices and talking about healthy eating outside the classroom will send students the right message and reinforce classroom lessons. It may also encourage healthy eating behaviors and attitudes in your students.
- Talk with other teachers at your school who use the program for other ideas.