

Classes offered by the Kid Zone Nutrition Program Grades K-2

Nutrition Educators use hands-on interactive lessons and food demonstrations to teach your class the importance of proper nutrition and physical activity. Each class will feature a short lesson, an interactive session, and then a recipe or food demonstration/tasting.

Please note, this is not an exhaustive list. Lessons and activities may be added/changed based on grade level and the needs of the teacher and students.

Bobby B. Well Club! Healthy Eating for Kids

Objective: Bobby B. Well is the mascot for the Arizona Nutrition Network. Students will have the opportunity to be a part of the Bobby B. Well Club where they learn how to increase their fruit and vegetable consumption, drink fat free or low fat milk, and get at least an hour of physical activity each day. Children will become pen pals with Bobby B. and his buddies, and the class will receive letters throughout the year with advice on how to eat smart and play hard! Students each receive a club membership packet with notebooks, comics, and club badges.



Plate Power

Objective: Students learn about MyPlate for Kids, the food groups and what each group does for our bodies. They also learn that physical activity coupled with proper diet can make them feel good, do well in school, and stay healthy.



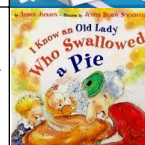
GO LOW! with Milk: Get Your Calcium-Rich Foods

Objective: Students will learn that 1% and fat free milk contain all of the same nutrients without all the fat of whole or 2% milk. Fun games and hands-on activities teach children about the milk group and the importance of Calcium.



I Know an Old Lady Who Ate Too Much! A Thanksgiving Story

Objective: Students listen to an interactive storytelling of a woman who couldn't control her portions on Thanksgiving Day and ends up becoming a float in the parade. By the end of the lesson, children will be able to identify correct portion sizes.



Most classes run about 45-50 minutes in length.

If interested in a class, please select possible class dates and class topics. Complete the registration form below and put this sheet in the Kid Zone box at your school, mail in with included envelopes, or email Brandon or Jerrad (e-mail addresses below).

Date Sent	School	Name	E-mail	Grade Level

Class: Example: <i>Bobby B. Well Club! Class</i>	Date Choices <i>First Choice by 1), Second by 2)</i>	Time	# of Children in Cass	Any special considerations? Allergies/Special Needs
	1) 2)			
	1) 2)			



The Kid Zone Nutrition Program will notify you via e-mail of the selected date and time. For questions, contact:
Brandon Hernandez at (480) 350-5409, Brandon_Hernandez@tempe.gov, or
Jerrad Xavier at (480) 350-5447, Jerrad_Xavier@tempe.gov

