Classes offered by the
Kid Zone Nutrition Program
Grades 3-5

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.

MyPlate
Objective: Students learn about MyPlate, the food groups and what each group does for our bodies, including some key nutrients found in each group. They will learn about fiber's role in the body through an interactive demonstration and/or a 'fiber tube' relay race.

Calories
Objective: Students will learn what a Calorie is and how carbohydrates, fat, and protein each contribute. Students will make a sample meal plan and calculate the amount of Calories they 'ate'. The students will be introduced to the nutrition facts label on food packages.

Budgeting
Objective: Students will learn about food shopping. In groups, they will 'shop' with a specified amount of money for food for a day, while purchasing a variety of foods from different food groups and staying under a certain amount of Calories.

"Price is Right"
Objective: Students will review *MyPlate*, *Calories*, and *Budgeting* topics through a series of "Price is Right" style games.

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: *Bobby B. Well Club! Class*	Date Choices *First Choice by 1),* *Second by 2)*	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