

## NUTRITION\*\*

### 2.4 What kinds of food do we need to eat and drink in order to stay healthy?

Lesson /Days	Lesson Topic	Connecticut Standard	Required
One Little D's Nutrition Expedition Activity 1 1 day	Pre-test Meet the Royal Food Family	2.4 A23 A INQ 1, 4, 6	Fundamental
Two Little D's Nutrition Expedition Activity 2 2 days	Sir Milkford and Lady Holly's Milk Group	2.4 A23 A INQ 1, 4, 6	Fundamental
Three Little D's Nutrition Expedition Activity 3 1 day	King Henry's Meat Group	2.4 A23 A INQ 1, 4, 5, 6	Fundamental
Four* 1 day	<u>Where Does Food Come From?</u> <u>Rigby 14/15</u>	2.4 A23 A INQ 1, 4, 5, 6	Fundamental
Five Little D's Nutrition Expedition Activity 4 2 days	Princess Peapod Vegetable Group Class poster Steps 1-7; Steps 8-14	2.4 A23 A INQ 1, 4, 5, 6	Fundamental
Six 1 day	Unitedstreaming: Let's Explore: Around the Farm (17:00)	2.4 A23 A INQ 1, 4, 5, 6	Fundamental
Seven Little D's Nutrition Expedition Activity 5 1 day	Queen Anna Banana's Fruit Group Class poster	2.4 A23 A INQ 1, 4, 5, 6, 9	Fundamental
Eight* 1 day	<u>Good Enough To Eat</u> L. Rockwell	2.4 A23 A INQ 1, 4, 5, 6	Fundamental
Nine Little D's Nutrition Expedition Activity 6 1 day	Prince Waffle's Grain Group <u>A Breakfast Story (Rigby)**</u>	2.4 A23 A INQ 1, 4, 5, 6	Fundamental
Ten* Little D's Nutrition Expedition Activity 7 1 day	We Need All Five! "My Favorite Foods" Activity <u>You Are What You Eat</u>	2.4 A23 A INQ 1, 4, 6, 9	Fundamental

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Eleven * 1 day	<u>Showdown at the Food Pyramid</u> DK	2.4 A23 A INQ 1, 4, 6	Fundamental
Twelve Little D's Nutrition Expedition Activity 8 1 day	The Dragon's Tail	2.4 A23 A INQ 1, 3, 4, 5, 6, 9, 10	Fundamental
Thirteen	Read It Before You Eat it!	2.4 A23 A INQ 1, 4, 6	Fundamental
Fourteen 1 day	What Does the Label Say?	2.4 A23 A INQ 1, 2, 4, 5, 6	Fundamental
Fifteen* 2 days	<u>Sunny, the High Energy Girl</u>	2.4 A23 A INQ 1, 4, 6	Fundamental
Sixteen Little D's Nutrition Expedition Activity 9 1 day	Smart Snacking Dragon "Meal and Snack Planning"	2.4 A23 A INQ 1, 4, 6, 9, 10	Fundamental
Seventeen* 1 day	"The After School Snack"	2.4 A23 A INQ 1, 4, 6	Fundamental
Eighteen Little D's Nutrition Expedition Activity 10 1 day	Healthfully Ever After Exercise Keeps You Healthy	2.4 A23 A INQ 1, 3, 4, 6	Fundamental
Nineteen* 1 day	<u>Oh the Things You Can Do That Are Good For You!</u>	2.4 A23 A INQ 1, 3, 4, 5, 6	Fundamental
Twenty	Meal Planning	2.4 A23 A INQ 1, 4, 6, 9, 10	Fundamental
Twenty-one A Day 1	<u>Rice (National Geographic)</u>	2.4 A23, A24 A INQ 1, 4, 5, 6	Fundamental

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Twenty-one B Day 2	<u>Rice (National Geographic</u>	2.4 A23, A24 A INQ 1, 4, 5, 6	Fundamental
Twenty-two 1 day	<u>Food Around the World</u>	2.4 A23, A24 A INQ 1, 4, 5, 6	Fundamental
Twenty-three 1 day	Unitedstreaming: Everybody Needs Food (19:00)	2.4 A23, A24 A INQ 1, 4, 5, 6	Fundamental
Twenty-four 1 day	Unitedstreaming: Food Smarts: My Pyramid for Kids (26:00)	2.5 A23 A INQ 1, 2, 4	Fundamental
Twenty-five	Assessment	2.4	Fundamental

\*Literacy Connection

\*\* Rigby Theme: To Market, To Market