



Nutrition Education Toolkit

The Maryland's Building Blocks for Healthy Children Nutrition Education Toolkit is focused on shaping the positive food preferences and eating habits among preschoolers, three to five years of age, specific to fruits, vegetables, and whole grains. The lessons will connect food and nutrition to math, science, and language arts content areas. The toolkit consists of six monthly learning modules with four weekly lessons in each module. Lessons were developed and taken from current child care nutrition education resources. These resources are identified in each module.

I. Learning Module 1: Introduction/ Dietary Guidelines for Americans/MyPlate

- A. Introduction to the course & healthy eating: linking nutrition and physical activity to health
- B. Hunger and Satiety
- C. MyPlate (identify the 5 food groups) and Dietary Guidelines for Americans
- D. Food safety

II. Learning Module 2: Tasting and Trying New Foods

- A. Exploring the five senses
- B. Eating a variety of foods
- C. Trying new foods
- D. Taste Testing (include Rules for Taste Testing)

III. Learning Module 3: Vegetables and Vegetable Sub-groups

- A. Vegetables : On MyPlate & in My Body
- B. Connection to Reading and Language Arts
- C. Connection to Science and Math
- D. Taste Testing Vegetables

IV. Learning Module 4: Whole Grains

- A. Whole Grains: On MyPlate & in My Body
- B. Connection to Reading and Language Arts
- C. Connection to Science and Math
- D. Taste Testing Whole Grains

V. Learning Module 5: Fruits

- A. Fruits: On MyPlate & in My Body
- B. Connection to Reading and Language Arts
- C. Connection to Science and Math
- D. Taste Testing Fruits

VI. Learning Module 6: Mealtime Behavior/ Fun with Food

- A. Mealtime manners and behavior
- B. Growing a garden
- C. Cooking activities
- D. Taking nutrition home

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