# Team up with the Virginia Family Nutrition Program

## Pick a Better Snack

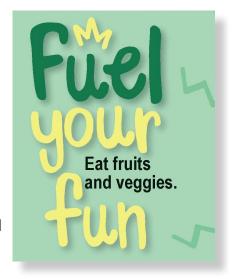
For K-2<sup>nd</sup> Grade



The Family Nutrition Program provides everything you need to bring this practice-based program to your students virtually at home or at your school. We've taken lowa's acclaimed educational series and tailored it for Virginia students in grades K-2. Students who complete this program report making healthier food choices. Research shows that good nutrition affects students' thinking, behavior, and health.

# Pick a Better Snack at Home

The Family Nutrition
Program can provide you
with everything you need to
share this evidence-based
program with your students,
including recorded lessons,
virtual scripts, and book
readings that support Health,
English, Science, and Physical
Education Standards of
Learning (SOLs).



### SOLs:

### We've got you covered!

Kindergarten

**Health:** K.1 a,b,c,e,g; K.2 a,b,c,e,g; K.3 a,e,g

**English:** K.1 a,b,c,d,e,h,j; K.2 a,b,c; K.3 a,b,c; K.4 b,c,d,e; K.5 a,b; K.7 a,b,c,d,e,f,g,h; K.8 b,c,d; K.9 a,b,c

**Science:** K.3 a,b,c,d; K.5 a,b; K.7

a,b

**P.E.:** K.1 a,b,e,f,g,h,i; K.3 b,c; K.4 a,b,c; K.5 a,b,c

First Grade

**Health:** 1.1 b,d,e; 1.2 d; 1.3 a,d,e,m

**English:** 1.1 a,b,c,d,e,h,j,l; 1.2 a,b,c; 1.4 a,b,c; 1.7 a,b; 1.10 b,d; 1.14 c,d

Science: 1.4 a,b,c

**P.E.:** 1.1 a,b,f,g,h,l,k; 1.3 a,b,c; 1.4

a,b,c,d; 1.5 a,c

Second Grade

**Health:** 2.1 b,d; 2.2 b,d; 2.3 a,b,d **English:** 2.1 a,b,c,d,j,l; 2.2 c; 2.6 d;

2.7 b; 2.12 c,d

**Science:** 2.4 b. 2.8 b

**P.E.:** 2.1 c,d,e; 2.2 a,b; 2.3 a,b,c,d,f,g; 2.4 a,b,d; 2.5 b,d

## Pick a Better Snack in Your Organization

Our trained staff can teach this curriculum, co-teach with you, or share resources for you to offer to your students at no cost. They provide flexible scheduling options that fit with your availability.

With the Pick a Better Snack Curriculum and the Family Nutrition Program you can:

- Deliver engaging healthy living programs with proven results
- Support learning and healthy behaviors with fun and free incentives for students to take home
- Provide resources for program implementation including food preparation experiences to practice healthy eating
- Support your school's wellness initiatives

### **For More Information Contact:**

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## Pick a Better Snack

Lesson topics explore a variety of fruits and vegetables that are an important part of a healthy diet. In each lesson, students will learn about:

- Physical activity
- Fun facts about fruits and vegetables
- MyPlate

- Parts of a plant
- Trying new fruits and vegetables
- Food safety and handwashing

## **Fruits**

**CANTALOUPE** 





**ZUCCHINI** 



**STRAWBERRY** 



**PEPPERS** 



**PEACH** 



SPINACH



KIWI



**JICAMA** 



Materials were adapted, with permission, from the lowa Department of Public Health. Pick a better snack™ materials were created with funding from USDA's Supplemental Nutrition Assistance Program—SNAP.



Eat Smart · Move More

www.eatsmartmovemoreva.org

#### www.ext.vt.edu

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program - SNAP which provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your count by or city Department of Social Services or to locate your count Office call Itol-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.

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