

Team up with the Virginia Family Nutrition Program

Pick a Better Snack

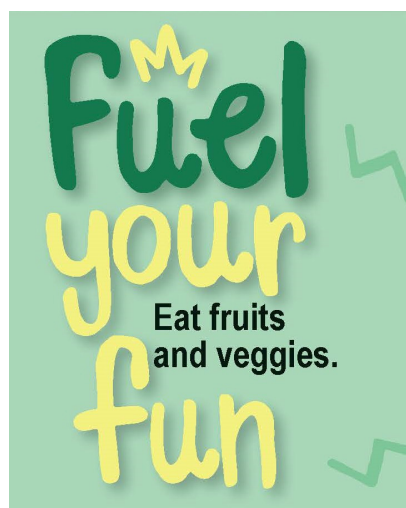
For K-2nd Grade



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 Iowa'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).



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

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,i,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

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



STRAWBERRY



PEACH



KIWI



Vegetables

ZUCCHINI



PEPPERS



SPINACH



JICAMA



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