



MID VALLEY SCHOOL DISTRICT

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Curriculum Overview* Lessons on Food, Nutrition, and Healthy Choices

Grades	Courses and Topics
K – 2	Health and Safety Food Groups and Food Pyramid My plate/serving sizes Germs/sickness prevention Dental care (brushing/flossing) Stranger Danger/Who to Trust Exercise: effects on the body
7	Foods Class Healthy substitutions and healthy choices taught during all food demonstrations.
Other Secondary Grades	Contemporary Living & Advanced Food Courses Healthy substitutions and healthy choices taught during all food demonstrations.
	Nutrition and Fitness Elective Course Nutrition for Health The Importance of Nutrition Nutrients Healthy Food Guidelines Nutrition Labels and Food Safety Cooking 101 Maintaining a Healthy Weight Body Image and Eating Disorders Lifelong Nutrition Sports Nutrition Snacking Obesity Importance of Breakfast How to read cereal Boxes Food Groups Breakfast, body image, portion size, physical activity, importance of fruits and vegetables, nutrients, late night snacking, vegetarian diet, etc. Physical Activity

*This is a brief overview of some of the lessons offered to students and is not intended to be a comprehensive record of all lessons.