



ENSURING SUCCESS WITH THE K-5 CLASSROOM BOOK SETS

INTRODUCTION

Health Through Literacy™ was developed to help teachers and students in kindergarten through fifth grade learn basic nutrition and physical activity messages through quality children's literature.

Children and teachers both enjoy reading time, and *Health Through Literacy™* helps extend the time spent each day on language arts by reinforcing basic nutrition messages in an interesting, fun way.

BOOK SETS

The kindergarten through fourth grade book sets are comprised of six books; five have nutrition messages and one has a physical activity message. The fifth grade book set is comprised of five books; four have nutrition messages and one has a physical activity message. Books may be read in any order, and may be read to students over and over again. Educators may wish to read each book several times and follow each reading with a different activity that links to the core curriculum.

LESSON GUIDE

Each book comes with a **lesson guide** found in a pocket near the back of the book. The lesson guide includes:

- The **title** and **author** of the book
- A **picture** of the book cover

- A **description** of the book
- Key nutrition and physical activity **concepts**
- **Discussion questions** to orient students to the key ideas in the book before reading
- An **activity idea** for students to do while the book is being read
- **Discussion questions** to help reinforce the key messages after reading the book
- The name of a recommended **Fit Bits™ activity** (See epec4kids.com/content/fit-bits for more information about Fit Bits.)
- A **food tasting idea**
- **Core curriculum links** that tie the book and its messages to other areas of the curriculum
- **To see links to the Common Core State Standards and Next Generation Science Standards**, visit our website at www.michiganfitness.org/pe-nut and click on the *Classroom Instruction* link on the right.

FOOD TASTING

The food tasting idea is particularly important, because it gives students a chance to practice what they are learning. As with other subject areas, nutrition learning can be reinforced by providing students with the opportunity to put their new knowledge and skills to use; in the case of nutrition education, this means giving students a chance to experience healthy eating. Doing so maximizes the likelihood that students will link what they are learning in school with what they do in their time away from school.