NUTRITION IN HEALTH. A CURRICULUM GUIDE. AN INSTRUCTIONAL PACKAGE FOR GRADES K-6. BULLETIN NO. 4037.
KOEPPE, KAREN. WISCONSIN STATE DEPT. OF PUBLIC INSTRUCTION, MADISON. BUREAU FOR FOOD AND NUTRITION SERVICES. 83 520P.
Nutrition has always been an important subset of health education, and this instructional package is designed to help teachers instruct students about nutrition and health at the same time. The major emphasis of this package is to provide elementary school students with the knowledge needed to make informed food choices and thereby enable them to become responsible for their personal nutritional health. Nutrition concepts classified according to four major health content areas (mental health, physical health, safety, and community health) are identified in the individual lesson plans included in this package. The teaching package begins with a section on "The Big Picture" that provides an overview of the major concepts and generalizations of nutrition in health. The first section is followed by seven sections, divided by grade level, of detailed lesson plans for K-6 teachers to use with their students. Appendices of additional resources are also included. (JMK)
NUTRITION
HEALTH

Curriculum guide

In Department of Public Instruction
Het J. Grover, State Superintendent

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