Teaching Nutrition in Elementary Schools

Build-a-Meal Card Game

Activity Objectives/Overview:
"The student will be able to identify the major food groups and some of the foods that belong within them. The learners will also recognize the idea that each meal should include food from a variety of food groups. The learners for this game include children from 6 to 9 years of age. The children should be introduced to the game as part of a class unit on food and nutrition. The playing of the game is designed to reinforce the concepts of food groups and the importance of food variety in meals. After exposure to the game, instructors can find ways to link the playing of the game to an awareness of the food groups that the students consume as part of their daily meals."

Build-a-Meal Interactive Computer Game
http://www.nourishinteractive.com/kids/healthy-games/6-kevins-build-a-meal-game-balanced-meals

Activity Objectives/Overview:
"The student will be able to identify and assemble the components of a balanced meal or snack from a kitchen, school lunchroom, and grocery store."

Reading Food Labels Interactive Computer Game

Activity Objectives/Overview:
"The student will be able to understand food labels, identify different nutrients found on the food label, compare nutrients between two or more food labels, and determine the amount of specific nutrients on a food label."

For more information and lesson plans, visit Nourish Interactive at

To access the 10 Tips for Nutrition Education Series, visit Choosemyplate at
http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html