



Nurture – An Example of an Elementary School Curriculum Overview

15 to 20 minutes allocated for each lesson

Date	Grades	Lesson	Visuals	Activities	Resources	Handouts/Communication
October	K-2	Food for Fuel: Go or Slow?	Food Cards	Go-Slow Relay	Teacher's Guide Go Slow Foods	Go or Slow Food Handout
	3-5	Food for Fuel: Go or Slow?	Food Cards	Go-Slow Relay	Teacher's Guide Go Slow Foods	Go or Slow Food Handout
November	K-2	Break the Fast	Breakfast Visuals	Rise & Shine Yoga and Tubby Toes		For all grades: Break the Fast Calendar The Importance of Breakfast
	3-5	Break the Fast	Breakfast Visuals	Kids Yoga Sun Salutations		
December	K-2	Grade this Breakfast		Blueberry Harvester		For all grades: Breakfast = Better Grades
	3-5	Cereal Scavenger Hunt	Cerealscavenger_labels	Cereal_Detective_Worksheet		