



Nurture- Example Curriculum Overview -Kids Program

Class Date and Time	Adult Lesson or Food Group Focus	Lesson or Food Group Focus	Kids Recipes	Kids Activity or Craft	Parent Handout
	Whole grains for Breakfast	Break-the-Fast	Rice Ambrosia	Cereal Scavenger Hunt	Break the Fast Handout
	Fiber through whole grains, lentils, split peas and beans	Pack A Better Lunch!	Sunbutter sandwiches on whole wheat Apple Sweet Potato Chips	Brown Bag Checklist Craft	Pack a Healthy Lunch
	Fruits and Vegetables	Fruits and Veggies	Veggie Head Muffin	Magnets	Eat More Fruits and Veggies