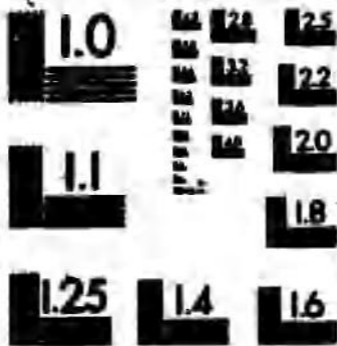


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NUTRITION IN HEALTH. A CURRICULUM GUIDE. AN INSTRUCTIONAL PACKAGE FOR GRADES K-6. BULLETIN NO. 4037. KOEPPPE, KAREN WISCONSIN STATE DEPT. OF PUBLIC INSTRUCTION. MADISON. BUREAU FOR FOOD AND NUTRITION SERVICES. 83 520P.



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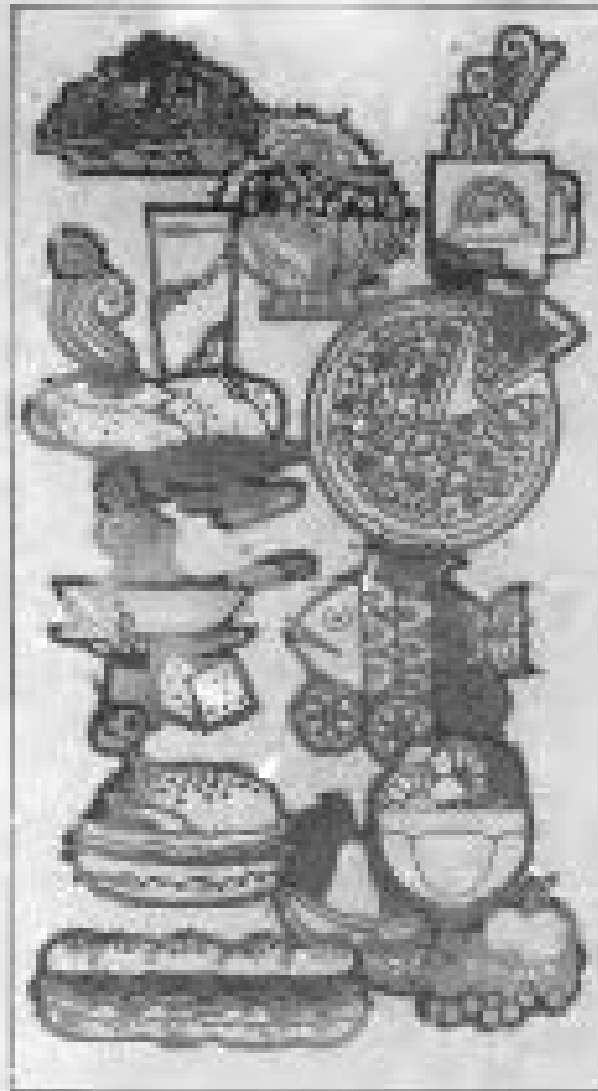
AUTHOR Koeppe, Karen
TITLE Nutrition in Health. A Curriculum Guide. An Instructional Package for Grades K-6. Bulletin No. 4037.
INSTITUTION Wisconsin State Dept. of Public Instruction, Madison. Bureau for Food and Nutrition Services.
SPONS AGENCY Department of Agriculture, Washington, D.C.
PUB DATE 83
NOTE 520p.; Published as part of the Nutrition Education and Training Program.
PUB TYPE Guides - Classroom Use - Guides (For Teachers) (052)
EDRS PRICE MF02/PC21 Plus Postage.
DESCRIPTORS Behavioral Objectives; Eating Habits; Elementary Education; Elementary School Curriculum; *Elementary School Students; *Health Education; Interdisciplinary Approach; Lesson Plans; *Nutrition; *Nutrition Instruction; *Physical Health
IDENTIFIERS Nutrition Education and Training Program

ABSTRACT

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)

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NUTRITION IN HEALTH

a curriculum

Wisconsin Department of Public Health
Herbert J. Grover, State Superintendent

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NUTRITION HEALTH

Curriculum guide

Ohio Department of Public Instruction
John J. Grover, State Superintendent

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