National Health Education Standards addressed in “Fun”tastic Nutrition<sup>SM</sup>

- Health Promotion and Disease Prevention
- Health Influences
- Health Information, Products and Services
- Using Communication Skills to Promote Health
- Reducing Health Risks
- Setting Goals for Good Health
- Health Advocacy

314-286-0460
bjcschooloutreach.org
Learning about nutrition is fun!

“Fun”tastic Nutrition focuses on improving nutrition and health knowledge to empower students to establish healthy eating behaviors.

The four interactive sessions for grades 2-5 were developed and are taught by Registered Dietitian Nutritionists. Activities reinforce concepts of the lessons and include opportunities for students to move their bodies.

This program includes a pre- and post-test with the following topics:

- **MyPlate**
  Recognize the importance of each food group.

- **Digestive System**
  Discover the functions of the organs in the digestive system.

- **Heart Health**
  Explore ways to protect the health of the heart.

- **Label Reading** (grades 4-5)
  Learn how to read and interpret a food label. (Healthy Kid Book is used for younger grades.)

For more information, call the BJC School Outreach and Youth Development program line at **314-286-0460** or go to [bjcschooloutreach.org](http://bjcschooloutreach.org).