



# The SNAC Menu consists of:

## Nutrition Basics: Exploring Whole Foods, Organic Foods, & Food Production, Processing and Marketing

*These curriculae discuss basic whole foods principles, explore and help “ground” children as they learn about their power to make healthier food choices.*

*These curriculae will help inspire classroom conversations about:*

- What "locally grown" means to students
- Eating and exercise habits
- Soil quality and worm composting
- Gardening techniques, including information on organic foods
- Recycling opportunities
- The connections between food and culture
- Being Media savvy
- Farming heritage

1. Healthy Foods from Healthy Soils - A Hands-On Resource for Educators Weaves down to earth activities from a variety of disciplines into one interconnecting cycle, illustrating where food comes from, how our bodies use food and what happens to waste. Children (K-6) are encouraged to take responsibility for their personal choices, to become involved citizens through cooperative learning and to deepen their relationship with healthy food.
2. From Farm To Factory: A Whole Foods Game Designed to help children (K-6) explore the basics of whole foods nutrition principles, includes opportunity for experimentation with unfamiliar whole foods, and engages the decision making and meal/snack planning skills for self-care through food.
3. Multi Media Tools: The Meatrix, The Meatrix 2, and the Grocery Store Wars: Short films designed to educate children about food production, food quality and marketplace issues concerning food choices. Curriculum materials support the films’ teaching objectives through research, classroom discussion and lesson plan ideas based on content of the films.
4. “Super Size Me”: Educationally Enhanced” Includes the complete documentary (PG) supplemented with standards based lesson plans that address a variety of curriculum areas for grades 6-12.
5. Food and Farm Connections: An Exploration of Organic Food and Farm Production Activity booklet consists of 11 activities developed for use in grades 4-6 to help students develop a better understanding of the connections between farming, food and the environment.



# WELCOME TO THE SNAC MENU

## School Nutrition Advisory Committee (SNAC)

The Wellnet's SNAC Menu is a curriculum menu to be used in school settings, community groups or other educational settings.

Our SNAC Menu consists of nutrition education curriculae that teach about whole foods nutrition such as organic, local and fresh food approaches to wellness.

## HOW TO USE THIS SNAC MENU:

1. These curriculae are made available to you to utilize in your classroom or community group setting.

*Please review them and make copies if needed/able, or check the selected resource out with your librarian.*

2. If you desire, you may also/instead schedule one of our volunteers to come into your classroom or community group setting to teach any single lesson plan or any group of lesson plans of your choice.

*Please Contact: Nick Kypreos 302-245-6654 to schedule.*

By bringing innovative curriculum opportunities into the classroom and supporting grassroots teamwork from teachers, administrators, parents & children, we believe this program can make significant improvements on the health of our children.

**Thank you for utilizing these materials.**



# SNAC MENU

## Expanded Table of Contents

### **RESOURCE ONE**

**Healthy Foods from Healthy Soils - A Hands-On Resource for Educators** Weaves down to earth activities from a variety of disciplines into one interconnecting cycle, illustrating where food comes from, how our bodies use food and what happens to waste. Children (K-6) are encouraged to take responsibility for their personal choices, to become involved citizens through cooperative learning and to deepen their relationship with healthy food.

Over 48 Lesson plans. See photo copy of table of contents.

### **RESOURCE TWO**

**From Farm To Factory: A Whole Foods Game** Designed by Dr. Furtado to help children (K-6) explore the basics of whole foods nutrition principles, includes opportunity for experimentation with unfamiliar whole foods, and engages the decision making and meal/snack planning skills for self-care through food.

Consists of one set of game "cards" or cut outs of foods, scoring cards for the foods and instructions. An Optional Round Two of the game allows for parents to provide sample snack recipes for the children to sample in class.

### **RESOURCE THREE**

**Multi Media Tools: The Meatrix, The Meatrix 2, and the Grocery Store Wars:** Short films designed to educate children about food production, food quality and marketplace issues concerning food choices. Curriculum materials support the films' teaching objectives through research, classroom discussion and lesson plan ideas based on content of the films.

DVDs: The Meatrix, The Meatrix 2 and the Grocery Store Wars

- Lesson Plan 1: The Meatrix: Do you want the Truth? Factory Farm vs. Family Farm
- Lesson Plan 2: The Meatrix: Do you want the Truth? Additives
- Lesson Plan 3: The Meatrix: Do you want the Truth? Nutrition Awareness
- Lesson Plan 4: The Meatrix: Do you want the Truth? Make a Difference

## **RESOURCE FOUR**

**“Super Size Me”: Educationally Enhanced**” Includes the complete documentary (PG) supplemented with standards based lesson plans that address a variety of curriculum areas for grades 6-12.

- Lesson 1: What’s For Lunch?
- Lesson 2: Choose Me!... No, Choose Me!
- Lesson 3: Hey! That’s My Lunch!
- Lesson 4: I’m Young! Who Cares What I Eat?
- Lesson 5: Is Yours a Physically Fit Family?
- Lesson 6: But I Saw It on TV!
- Lesson 7: Tipping the Scales
- Lesson 8: Ads Are Kid-Sized Too?
- Lesson 9: The Coins Cast Your Vote
- Lesson 10: How Fast-Food Friendly Is Your Neighborhood?
- Lesson 11: But I’m on a Budget!
- Lesson 12: Reasons to Like Liver- Yours, That Is!
- Lesson 13: The Lunchroom is on the Line
- Lesson 14: But My Friends are Eating It Too!
- Lesson 15: The Evidence Speaks for Itself
- Lesson 16: Take the Physical Fitness Challenge
- Lesson 17: What’s in My Food?
- Lesson 18: Making PE a Priority
- Lesson 19: Fighting Fat in a Big Way
- Lesson 20: The Ins and Outs of Multibillion Dollar Industry
- Lesson 21: Vending Machines: The Complexity of the Issue
- Lesson 22: Fast Food and Geography- What’s the Connection?
- Lesson 23: Eating Healthy in a Dollar-Store World
- Lesson 24: The First Four Letters of Liver are “Live”

## **RESOURCE FIVE**

**Food and Farm Connections: An Exploration of Organic Food and Farm Production** Activity booklet consists of 11 activities developed for use in grades 4-6 to help students develop a better understanding of the connections between farming, food and the environment.

- Lesson 1: Sandwich Super Sleuths
- Lesson 2: Interview and Organic Farmer
- Lesson 3: Market Super Sleuths
- Lesson 4: Farming at School
- Lesson 5: Soil Super Sleuths
- Lesson 6: Mighty Mulch Super Sleuths
- Lesson 7: Pest Preferences
- Lesson 8: Mantis Super Sleuths
- Lesson 9: Garden Interactions
- Lesson 10: Harvest Celebration
- Lesson 11: Spreading the News