

# IT'S MY CHOICE...EAT RIGHT! BE ACTIVE!

## A Nutrition Curriculum for Third Grade

### Book-based Lessons

- ◆ **Lesson 1 - It's My Choice...MyPlate and Exercise for Health!**  
*Picky Peggy* by Jennifer Dussling
- ◆ **Lesson 2 - It's My Choice...Fruits and Vegetables Every Day!**  
*The Ugly Vegetables* by Grace Lin
- ◆ **Lesson 3 - It's My Choice...Whole Grains Every Day!**  
*Macaroni and Rice and Bread by the Slice* by Brian P. Cleary
- ◆ **Lesson 4 - It's My Choice...Vary the Protein!**  
*Scrambled Eggs Super* by Dr. Suess
- ◆ **Lesson 5 - It's My Choice...Choosing Healthy Beverages!**  
*Alicia's Fruit Drinks* by Lupe Ruiz-Flores



*Students make healthy food and exercise choices by developing positive attitudes and behaviors towards food and fitness.*

### Meets California State Department of Education's Grade-based Standards

- Common Core Standards for English Language Arts
- Health Framework and Content Standards
- Nutrition Competencies

### Lesson Highlights

Provides over 10 hours of instruction plus other classroom enrichment activities.

- ◆ Teacher Background
- ◆ Group Book Reading
- ◆ Lesson Application
- ◆ Classroom Enhancements
- ◆ Tasting Activity
- ◆ Family Flyers
- ◆ Visual Support Pieces
- ◆ Interactive PowerPoint

### Contact:

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