

Iowa Nutrition Education Lessons for Afterschool Students

This page provides an overview of suggested lessons for afterschool student nutrition education. Iowa Team Nutrition has developed a series of lessons that can stand alone to provide general nutrition education or complement other lessons developed by [Iowa Department of Health and Human Services](#).

A brief overview of the lessons is provided below to inform the selection of which lessons should be taught locally. The curriculum starts with general nutrition education that is provided in the initial lessons and the content advances to more detailed nutrition concepts in the remainder of the lessons. The afterschool program may select which lessons to teach based on student readiness. If students have been previously exposed to general nutrition concepts with a different curriculum, the afterschool program staff should assess if it may be appropriate to start with more detailed content. Based on local preferences, the content of the lessons could be combined or rearranged.

Overview of the Iowa Nutrition Education Lessons for Afterschool Students (30 to 60 minutes each):

Each lesson will include a taste test.

1. Lesson one provides an introduction to food groups. Students will discuss the benefits of healthy choices, which foods fit into which food groups and draw/color food from each group.
2. Lesson two explains that foods are grouped by nutrient profile, introduces students to nutrients and explains why eating a variety of foods is important. Students can have fun and burn off some energy playing a relay game.
3. Lesson three lets students explore fruits and vegetables by learning some fun facts. Students will play a dice game to help practice categorizing vegetables by subgroup.
4. Lesson four teaches students about the six parts of plants that are eaten and about the six things plants need to germinate and grow. Then students will plant their own seed to grow a vegetable plant. If time allows, there is an optional fruit and veggie yoga activity.
5. Lesson five has students play a quiz game show that is fun and reviews lesson content to reinforce and bring learning full circle. The prize for winning students is to plan the menu for an afterschool snack.

Overview of the Iowa Department of Health and Human Services [Pick A Better Snack Lessons \(PABS\)](#):

PABS are brief 30-minute lessons focusing on learning about a specific fruit or vegetable and then tasting it. PABS is for children 5-9 years old. The PABS goal is to increase consumption of fruits and vegetables and encourage active lifestyles. There are [27 different fruit and vegetable lessons](#) that are organized by [Year 1](#), [Year 2](#) and [Year 3](#). The lessons include [printable stickers](#) and [family newsletters](#) (English and Spanish are available). Supplemental materials include [coloring pages](#) and [fact sheets](#).

Note: The curriculum described above is for grades 2-3. A curriculum for kindergarten to grade 1 is also available.

Notes:

1. Afterschool program staff are encouraged to take the [Nutrition Education for Afterschool Snack Programs](#) course in Iowa Learning Online Professional Development (ILOPD). The free course provides general nutrition education to help empower afterschool staff with knowledge of nutrition, the

Afterschool Snack Program guidelines, strategies for introducing new foods and establishing a positive food environment.

2. As a part of the Iowa Team Nutrition Sub-Grants, guidance is provided for offering a fruit or vegetable taste test to accompany the nutrition education lessons. One taste test should be offered during each lesson to complement the nutrition education. If possible, taste tests are encouraged to accompany nutrition education whether or not a grant is received.



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