

LiveWell Kids Nutrition Food Tasting Overview 2019 - 20

	Module 1 Mindful Eating	Module 2 Fruits & Vegetables	Module 3 Food Labels & Marketing	Module 4 Water	Module 5 Year End Summary & Physical Activity
Lesson Dates	September 27 th – October 4 th	November 4 th – November 8 th	January 17 th – January 24 th	February 28 th – March 6 th	April 24 th – May 1 st
Food Sample	Plums	Brussels Sprout Salad <i>*1 jar of olive oil per school</i>	Dried Fruit	Cucumber Lemon Water	Melon and Fresh Herbs <i>*2 bunches of basil per school</i>
Food Count for 1 st Grade Classes	10 plums cut into 4-6 slices	12 sprouts, 1 lemon, 1 tsp olive oil	2 bags	1 cucumber & 1 lemon	2 melons, 25 basil leaves and/or mint leaves
Food Count for 2 nd Grade Classes	10 plums cut into 4-6 slices	12 sprouts, 1 lemon, 1 tsp olive oil	2 bags	1 cucumber & 1 lemon	2 melons, 25 basil leaves and/or mint leaves
Food Count for 3 rd Grade Classes	10 plums cut into 4-6 slices	12 sprouts, 1 lemon, 1 tsp olive oil	2 bags	1 cucumber & 1 lemon	3 melons, 25 basil leaves and/or mint leaves
Food Count for 4 th Grade Classes	11 plums cut into 4-6 slices	15 sprouts, 1 lemon, 1.5 tsp olive oil	3 bags	1 cucumber & 1 lemon	3 melons, 25 basil leaves and/or mint leaves
5 th Grade	11 plums cut into 4-6 slices	15 sprouts, 1 lemon, 1.5 tsp olive oil	3 bags	1 cucumber & 1 lemon	3 melons, 25 basil leaves and/or mint leaves