

Third Grade Nutrition Docent Program  
Maidu Elementary School  
~ Introduction ~

The Third Grade Science Docent Program was revised during the summer of 2006 to reflect an emphasis on nutrition and the Five Food Groups. Students will explore nutrition through hands-on activities, stories, and sampling food items.

**Lesson schedule:** (please note that scheduled months are approximate)

October: Meet the Royal Food Family	Lesson 1
November/December: We Need All Five	Lesson 2
January: Variety of Vegetables	Lesson 3
February: Fruit and Milk Fun	Lesson 4
March: King Henry's Meat Group	Lesson 5
April: Smart Snacking	Lesson 6

Lesson plans are arranged with an introduction/review, step by step activity instructions, closure, and clean up/questions. You may use the lesson plan as a script or you may use your own words. Lessons range from 30 -60 minutes. Lessons are based on the most recent food pyramid. Although background information is included at the beginning of this manual, you may find the following websites helpful if you are looking for additional information:

[www.MyPyramid.gov](http://www.MyPyramid.gov)

[www.nutritionexplorations.org](http://www.nutritionexplorations.org)

Please direct any suggestions, problems, or concerns to 3<sup>rd</sup> Grade teachers Andrea Conley or Kathleen Beiler. Thank you for volunteering your time to help with this program!

**It is very important the Food Allergy/Permission to Taste survey be distributed and collected for every child prior to Lesson 2.**

## Food Allergy Survey/Permission to Taste

Dear Parents,

Our third grade science docent lessons this year will revolve around proper nutrition and physical activity. Several of our activities involve tasting food. Please complete the form below and return to your child's teacher by the end of the week.

Thank you,

Third Grade Teachers

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Child's name \_\_\_\_\_

\*Does your child have any food allergies?      Yes      No

If yes, please list the foods:

\_\_\_\_\_  
\_\_\_\_\_

\* My child has permission to taste foods (if they choose to) as part of the science docent program.      Yes      No

Parent Signature \_\_\_\_\_