



Illinois Nutrition Education
and Training Program

www.kidseatwell.org

Math & Science Classroom (Grade 9- 12)

Multiple Grades –Math

Nutrition Lessons for Math, Science, and other subjects

Indiana Team Nutrition compiled a variety of free, printable K-Grade 12 nutrition lesson plans that can be integrated into the core subject areas.

www.doe.in.gov/food/training/nutrition_lessons.html

It's in the Label

Students will use food labels to compare the fat content of similar foods to assist in making informed choices. Fat content is the focus of this lesson with a curriculum link to mathematics.

<http://www.californiaprojectlean.org/doc.asp?id=170>

Nutrition Education of Texas

A searchable database for nutrition-based lesson plans and activities for teachers. Choose to search by subject and/or grade level.

<http://netx.squaremeals.org/>

High School –Science

The Science of Picky Eaters (Grades 9-12)

Students investigate the genetic basis of taste by testing their ability to taste a bitter compound and by sampling food. Video clips included to complement activities.

www.pbs.org/teachers/connect/resources/7139/preview/

Multiple Grades –Science

Popular Health & Nutrition Activities for Science Class

These fun and informative health and nutrition activities for science class will get your students interested in their well-being. Find activities on the chemistry of cooking, nutrition experiments, classifying vegetables, facts about food groups, and more!

www.teachervision.fen.com/health/childrens-science-activities/53362.html

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NASA Space Food and Nutrition Educator Guide (K-Grade 8)

The activities in this NASA educator guide for grades K-8 emphasizes hands-on and cooperative involvement of students as they explore unique problems of keeping astronauts happy and healthy in space.

http://www.nasa.gov/audience/foreducators/topnav/materials/listbytype/Space_Food_and_Nutrition_Educator_Guide.html

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