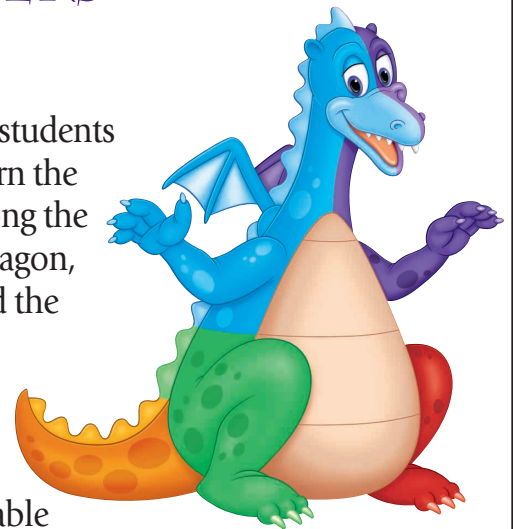


LITTLE D'S NUTRITION EXPEDITION™

A FIVE-FOOD-GROUP-BASED NUTRITION EDUCATION PROGRAM FOR SECOND-GRADERS

Little D's Nutrition Expedition transports second-grade students back to the time of medieval castles and dragons to learn the importance of good nutrition and physical activity. Along the way, they'll meet food-group friends like Little D the dragon, Princess Peapod, Queen Anna Banana and Sir Milkford the Scholar. The ten nutrition lessons in this classroom kit supplement both the Health and Language Arts curricula. Four interactive computer games, like *Little D's Picnic Adventure!*™ and *Get Me to the Banquet on Time!*™ reinforce the classroom lessons, and fun, printable take-aways reward students for their nutrition knowledge.



WHAT'S IN THE CLASSROOM KIT

- Teacher Guide, ten nutrition lessons, blackline masters
- Colorful Classroom Poster featuring Little D and friends
- *Little D's Nutrition Expedition* CD-ROM, with four interactive games that help reinforce nutrition concepts
- Teacher CD-ROM with pre- and post-test to gauge student learning, and other tools

HEALTH AND NUTRITION OBJECTIVES

The lessons in this unit contribute to four Health and/or Nutrition standards:

- Classify foods according to the Five Food Groups and the Food Guide Pyramid
- Recognize that food is needed for good health, growth and development
- Describe food in a balanced diet
- Plan healthy meals and snacks

LANGUAGE ARTS OBJECTIVES

Little D's Nutrition Expedition was designed to support and coordinate with a teacher's existing Language Arts curriculum. The lesson outcomes incorporate reading, writing, listening, and speaking skills appropriate for second-grade students, including but not limited to:

- Identify and compare characters in a story
- Read fictional material for a specific purpose
- Use phonemic awareness to identify rhyming words
- Make predictions before reading and relate to personal experience
- Use information in text to explore cause and effect

Little D's Nutrition Expedition was developed by National Dairy Council® and tested by teachers.

Enroll today for Little D's Nutrition Expedition and preview interactive games online at
www.NutritionExplorations.org.