

Read for Health



What are the Curriculum Components?

Read for Health focuses on the following themes:

Fruits and Veggies
Picky Eating
Family Meals
Seeds and Planting
Growing and Harvesting
Cooking
Physical Activity
Farmers' Markets
...and many more!

"The kids really enjoyed the lesson! They had a great time guessing the items in the bag and especially loved the smell of fresh oranges. Everyone tasted the fresh produce afterward and many students were surprised by how many of the new foods tasted they liked. Thanks for providing this opportunity to us!"
-3rd grade teacher in
Montgomery County

What is Read for Health?

Read for Health is a nutrition education curriculum that uses language arts as a vehicle to teach nutrition and physical activity. These health messages are then reinforced through activities, food tastings, and a newsletter home to family.

Who is the Target Audience?

The Read for Health curriculum targets pre-k through elementary aged youth. This resource is designed to be used in a variety of settings including the following:
Schools · After-school programs · Libraries · Community Centers · Family and Children Centers

Each theme contains the following:

Recommended Book: Lessons are designed around reading a children's book aloud. There is one recommended book for each theme along with several other great books that can be used to teach or reinforce the same topic.

Short Lesson: Lessons are designed in an interactive read-aloud format. Children will be prompted to discuss their feelings and ideas about each topic.

Food Tasting or Activity: Each lesson presents an opportunity to taste new foods or practice being physically active in a fun and creative way.

Optional Reinforcement Activity: The curriculum has an "Activities Appendix" that contains a wide range of activities that can be used to reinforce all themes discussed in the lessons. Activities are related to a variety of academic discipline areas and are appropriate for children of all ages.

Newsletter: A one-page newsletter is provided with each theme to be sent home to the caregiver. The goal of these newsletters is to provide reasonable action items for health behavior change in the home.

For Additional Information: