



Nutrition Literacy
TOOLKIT
Planning for Comprehensive Nutrition Education

Grades Pre K-12

The Nutrition Literacy Toolkit (*Toolkit*) is not a curriculum, but a tool from which schools and communities can design a curriculum using a menu of effective nutrition education resources. Alignment of student learner outcomes in the *Toolkit* with Colorado core standards for reading, writing, math and physical education allows for teaching skills for healthy eating while practicing skills that will increase students' competencies in reading, writing, math and physical education.

The *Toolkit* is currently being updated to reflect the 2005 Dietary Guidelines for Americans and Food Guidance System (MyPyramid). The online interactive version available for selecting resources and planning curriculum can be found at the link listed below. The *Toolkit* was developed by the Colorado Department of Education Nutrition Unit.

Visit: <http://www.cde.state.co.us/cdenutritran/nutritoolkit.htm>