

# What's New at Team Nutrition!



**Nutrition Voyage: The Quest to Be Our Best** takes 7<sup>th</sup> and 8<sup>th</sup> grade classes on an exploratory journey into school wellness. Educators can use these mini-lessons to teach middle school students about nutrition and physical activity while meeting standards for Math, Science, and English Language Arts. Trek on!

**Now Available Online!**

**Recipes for Healthy Kids** are three cookbooks (for schools, families, and child care centers) created in collaboration with the American Culinary Federation and the School Nutrition Association, containing 30 kid-approved, kid-created recipes. Each recipe contains 15 ingredients or less and features dark green and orange vegetables, dry beans and peas, or whole grains. **Now Available Online!**



**Healthier Middle Schools – Everyone Can Help** is a series of communication tools designed to help you engage teachers, principals, parents, food service managers and students in school wellness efforts. There is an audience-tested video and a print handout designed for each audience. Use these to strengthen your school wellness policy and HealthierUS School Challenge efforts.

**Now Available!**

**Just the Facts!** are a set of fact sheets developed to help schools implement the major recommendations from *the 2010 Dietary Guidelines for Americans*, the nutrition foundation for all school meals programs. The sheets can be used to incorporate the recommendations within the school meal pattern requirements and nutrition standards. **Now Available Online!**



## SERVING UP MyPlate

A Yummy Curriculum

**Serving Up MyPlate: A Yummy Curriculum** helps grades one through six explore the importance of eating from all five food groups using the new MyPlate icon and a variety of hands-on activities. It includes standards-based lessons, an *Eat Smart To Play Hard With MyPlate* poster, *MyPlate At Home* parent handout in English and Spanish, and three original songs about making healthy food choices with the five food groups. **Now Available!**

**Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program** is a series of tip sheets developed for child care providers to help them meet nutrition, physical activity, and wellness recommendations from the *2010 Dietary Guidelines for Americans*. **Now Available Online!**



**Many other materials are available!**



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