Arianna's Nutrition Expedition™

A Five-Food-Group-Based Nutrition Education Program for Fourth-Graders

Students will enjoy arm-chair travel with the two heroes of this classroom nutrition program – Arianna Bones and Marcus Muscleman. Whether they're solving a mystery or trekking to Antarctica, these two adventurous fourth-graders put pizzazz into learning about the importance of good nutrition and physical activity. This eight-lesson program supplements both Health and Language Arts curricula, and a companion CD-ROM with interactive games captivates students while reinforcing the classroom lessons.

What's in the Classroom Kit

- Teacher Guide, eight nutrition lessons, blackline masters
- Colorful Classroom Poster featuring Arianna and Marcus
- *Arianna'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 Food Guide Pyramid
- Identify the key nutrients and the relationship of a balanced diet to these nutrients and health
- Describe food in a balanced diet
- Describe food combinations in a balanced diet

Language Arts Objectives

Arianna's Nutrition Expedition was designed to support and coordinate with a teacher's existing Language Arts programs. The lesson outcomes incorporate reading and writing skills appropriate for fourth-grade students, including but not limited to:

- Read text, determine main idea and identify relevant supporting details and facts
- Identify and use knowledge of homophones to expand vocabulary and understand text
- Communicate information acquired from a map, diagram or illustration
- Use information from simple tables, maps and charts to increase comprehension
- Write creatively for a specified purpose and audience

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

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

Copyright © 2005, NATIONAL DAIRY COUNCIL®, Rosemont, IL 60018-5616.