

HEALTH & NUTRITION HUDDLES

Developed by Registered Dietitians working for the Sequoia Healthcare District, these lessons bring the California Health Standards to PE through weekly “huddles” taught during elementary PE class.

Topic Summary

Unit	DATES	TOPICS	Worksheet (optional)	Worksheet Theme
1 NUTRITION 101 Walk to School Day School Lunch Week Food Day	SEPT	1. Prepare to Move		
	SEPT	2. Hand Washing		
	SEPT	3. Water Promotion		Drink Water 4 Hydration
	OCT	4. MyPlate – Food groups		
	OCT	5. After school snacks		
	OCT	6. Farm Fresh Food Food Day-Taste Testing		
	OCT	7. Extras - Healthy Halloween		Food 4 Balance (Part 1)
2 FAMILY MEALS	NOV	2. Shopping/Cooking		
	NOV	3. Cultural/Family Meals		Food 4 Sharing
	DEC	4. Servings/Portions		Food 4 Balance (part 2)
	DEC	5. Extras-Healthy Winter Celebrations		
3 BALANCED MEALS				
	JAN	2. Brainy Breakfasts		Food 4 Thought
	JAN	3. Likable Lunches		Food 4 growth (part 1)
	JAN	4. Delicious Dinners		Food 4 growth (part 2)
4 HEALTH Heart Month Dental Month				
	FEB	2. Fast Food		Food 4 Health
	FEB	2. Heart Health Healthy Valentine's Day		
	FEB	3. Dental Health		
5 SNACKS/BEVERAGES School Breakfast Week:	MAR	1. Label Reading		Food 4 Energy (part 1)
	MAR	2. Snacks and Drinks for Sports		Food 4 Energy (part 2)
	MAR	3. Food advertising		
6 SAFETY/EMOTIONAL Screen-Free Week:	APR	Coaches’ Choice; MyPlate Refresher		
	APR	Mindfulness		
	APR	Earth Day /Food Waste		
	MAY	Screen Time & Sleep		
	MAY	Brain Health		
	MAY	Plickers Post Test		
	MAY	Summer Health Goals		