

## FCHS...Promoting Healthy Families, Schools & Communities

As the health and wellness component of Rutgers Cooperative Extension, FCHS combines research and practical advice to help Gloucester County residents stay healthy, enjoy life, be active and reduce health care costs. Our programs empower consumers to make informed health decisions and educate professionals in health promotion and school wellness.



We conduct research and offer programs, workshops, publications and on-line learning opportunities. FCHS staff work with schools, local agencies, organizations and businesses to deliver nutrition and fitness messages to the public via our *Get Moving-Get Healthy with FCHS* initiative. We offer a variety of programs, including:

- *Grow Healthy*: A Garden-Enhanced School Wellness Initiative
- *Seeds to Success*: The Youth Farmstand Project
- *Build A Better...:* Hands-on youth & adult workshops that get you making and tasting wholesome, fresh foods
- *Functional Foods for Life*: Edible education program for adults
- *FCHS Professional Development*: Programs for teachers & school nutrition professionals



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## Healthy Choices School Enrichment

### Health & Wellness Programs for Elementary Schools from FCHS (Family & Community Health Sciences)



Call us today to schedule *your* program!

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# Healthy Choices Enrichment Makes the Common Core Achievable (And Fun!)

FCHS' *Healthy Choices School Enrichment* series features 4-6 interactive lessons, presented by FCHS professionals, that support classroom education. Our lessons teach critical thinking skills, conceptual understanding, and offer opportunities for real-world applications of math, science, literature, social studies, health and art.

## Our Program

*Healthy Choices School Enrichment* is available to all Gloucester County elementary schools. Most lessons are free; some require a supply fee. Supplemental activities are available for lesson expansion by teachers. We ask schools to choose 4-6 programs to build a series of lessons, which supports sustained learning and impacts. Choose from any of our popular lessons:

**The Very Healthy Caterpillar (Pre-K—2):** Join the caterpillar as she learns about healthy eating, hunger, feeling full and the reasons we eat. *Caterpillar* integrates into Health/PE, Mathematics, Science, Art, ELA and Social Studies learning standards. Packed with hands-on activities, students sort, discuss, graph, write and more with this clever adaptation of the favorite storybook, *The Very Hungry Caterpillar*.

**The Little Seed: (Pre-K—2):** Students love the story of Pete, the little tomato seed kids love and care for. Pete teaches children about the life cycle of seeds, and the importance of eating fresh fruits and vegetables and exercising. *The Little Seed* supports Health/PE, Science, ELA, and Social Studies learning standards.

**MyPlate for Kids (K-6):** This introduction to basic nutrition focuses on the MyPlate guidelines created by the USDA. It's hands-on, interactive, and incorporates Health/PE, Mathematics and ELA standards.

**Guess with Gusto: (Pre-K-5):** One of our most popular programs! Students use touch and smell to explore, identify and describe food. *Gusto* incorporates Health/PE, Science, and ELA standards while showing how MyPlate can be used to plan meals and snacks.



**Germs! Germs! Germs! (Pre-K—6):** *Germs!* teaches students proper hand washing techniques to prevent the spread of foodborne illness. It's also a great program to teach students how to reduce the spread of cold and flu. Through interactive experiences, *Germs!* highlights the effectiveness of hygiene techniques to meet Health/PE and Science standards.

**The Three Sisters (K-6):** According to Native American legend, squash, corn, and beans are three inseparable sisters who can only thrive and grow together. Students enjoy this Native American story through coordinating cooking, taste-testing and other hands-on activities to support Health/PE, Science, ELA, and Social Studies learning standards.

**Build a Better Smoothie (K-6):** Getting the daily recommended 5+ servings of fruits and vegetables is easy, with the assistance of quick and tasty recipes. Using smoothies as a tool, this program meets standards for Health/PE, ELA, and Mathematics.



**Build a Better Salad (K-6):** Here's another great "make and taste" program! *Salad* teaches students to "pump up the volume" of their salads, incorporating new and unique toppings to create salads that are nutritious, creative and delicious, too. Meets standards for Health/PE, ELA, and Mathematics.

**Pick a Food (K-6):** Suitable for grades K-6, *Pick a Food* shows students the importance of making healthy choices for food and its impacts on the body. Students learn through a variety of activities, which utilize the Health/PE, ELA, and Science standards.

**MyPlate Garden Pizza Party (2-6):** What student doesn't love pizza? Students of all ages create and cook healthy pizza with plenty of vegetables and whole wheat crust. Students also learn the importance of healthy eating and physical activity with a MyPlate lesson and exercise break. The lesson integrates Health/PE and Mathematics standards.