

**2009-2010
WHRO Classroom Preview**

Series Title: Eat Healthy, Be Healthy

Curriculum Area: Health

Grades: K-2

of Programs/Length: 5/10 minute programs

Victor and young Sophia colorfully introduce preschoolers and primary aged learners to vitamins, minerals, and each food group of the USDA's My Pyramid For Kids. Good nutrition, the benefits of healthy eating, as well as the importance of exercise are all presented in engaging age-appropriate vignettes.

Recommended daily allowances are also included.

- 1.) Vitamins A to K (Part 1)**
- 2.) Vitamins A to K (Part 2)**
- 3.) Minerals: Calcium to Zinc (Part 1)**
- 4.) Minerals: Calcium to Zinc (Part 2)**
- 5.) Minerals: Calcium to Zinc (Part 3)**
- 6.) USDA Food Groups – Fruit (*PREVIEW PROGRAM*)**
- 7.) USDA Food Groups - Milk**
- 8.) USDA Food Groups - Grains**
- 9.) USDA Food Groups - Oils**
- 10.) USDA Food Groups – Vegetables, Meat & Beans**