Nutrition education resources from the US Department of Agriculture's Food, Nutrition, and Consumer Services.

Curriculum	Grade level	Description
SuperTracker Nutrition Lessons for High School Students	Grades 9-12	Help high school students learn how to build a healthy diet using SuperTracker. Topics include selecting healthy snacks, finding personal recommendations for what and how much to eat, evaluating food selections, and building healthy meals. Each lesson includes learning objectives, detailed instructions, and accompanying resources and handouts.
Nutrition Voyage: The Quest to be Our Best	Grades 7-8	Includes three mini-lessons per grade level as well as challenges, competitions, and other youth engagement strategies.
Serving Up MyPlate: A Yummy Curriculum	Grades 1-6	Includes three lessons per grade level, three original songs, a poster, and a MyPlate at Home handout for parents (available in English, Spanish, traditional Chinese, and French). Plus, level three includes the MyPlate Blast Off game.
Dig In! Standards-based Nutrition Education from the Ground Up	Grades 5-6	Includes 10 lessons that connect school gardens to MyPlate plus posters, student reproducibles, and a Dig In at Home handout for parents (available in English and Spanish).
The Great Garden Detective Adventure	Grades 3-4	Includes 11 lessons that connect school gardens to MyPlate plus bulletin board materials, veggie dice, fruit and vegetable flash cards, and 10 issues of *Garden Detective News* for parents/caregivers.
Discover MyPlate: Nutrition Education for Kindergarten	Kindergarten	Includes six lessons, a teacher training booklet and slideshow, student workbooks, six emergent readers, an original song, poster, food cards, look-and-cook pictorial recipes, and parent handouts (available in English and Spanish).