

Fun Activities for Kids



Matching Games



Dancing



Problem Solving



And more!

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**UT Extension
Healthy Families,
Healthy Communities**

WWW.UTHEALTHYFAMILIES.ORG

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Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating.

UT Extension provides equal opportunities in programs and employment.

Power U

Nutrition Curriculum for Fourth and Fifth Grade



Fun, hands-on activities for kids to learn healthy eating and to encourage physical activity

Real. Life. Solutions.™

FAMILY & CONSUMER SCIENCES
UT EXTENSION
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THE UNIVERSITY OF TENNESSEE

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Welcome to Power U

Healthy habits begin at a young age. Power U is a curriculum to teach kids how to build healthy habits by eating a variety of nutritious foods and incorporating physical activity into their daily lifestyle at an early age.

Power U consists of 2 levels, one recommended for 4th graders and one recommended for 5th graders. Educators should work with Extension staff to determine which level best suits their student's needs.



Lessons



Move with Me!

Dance and move to keep your body strong and healthy!

Variety, Balance, Moderation

Learn how a variety of foods can fit into a healthy diet!

Fruits and Vegetables 1

Explore the science of food through the food chain!

Fruits and Vegetables 2

Color the rainbow by choosing a variety of fruits and vegetables!

Portion Investigators

Portions have changed over the years! Find out why this matters!



B.O.N.E.S.

Keep bones strong and healthy with calcium!

Move More with Me

Move your body for good health!

Moving on with Fiber

How does fiber keep the gut healthy?

Fat Facts

Find out about healthy fats in foods how much we should be eating!

Sugar Facts

Replace those added sugars with nutrient-packed foods and drinks!



Meet Academic Standards

Power U can help kids meet Tennessee Academic Standards for 4th and 5th grade.

Speaking and Listening Standards

Foundational Literacy Standards

English Language Art Standards

Health Education Standards

Science Education Standards

And more!