

FIZIKA PARTNER



Build On the Power of Positive Energy!

Make the whole day healthy by bringing health messages and physical activity into all aspects of the curriculum. *Health Through Literacy* uses age-appropriate books for K-5 students, providing tip sheets to both enhance these messages and make connections to math, social sciences and language arts.



CONTENT-RICH RESOURCES

Each grade level from K-5 includes 5-6 age-appropriate books with engaging nutrition and physical activity themes.



INVALUABLE TIP SHEETS

Tip Sheet for each book provides the following tools:

- Discussion guides.
- Ideas for incorporating physical activity into the reading of the book.
- Food tasting opportunities for students.
- Integration of health messages into other areas of the curriculum.

HOME CONNECTION

Health Through Literacy also “takes the message home” by providing take-home books on similar topics, as well as family tip sheets for students to share at home.

Nutrition education works with physical education to create healthy student change. It is important for students to attend school in an environment that supports healthy living.

Ask us how to customize a package tailored to your needs and budget.

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HEALTH THROUGH LITERACY

Designed to bring health messages into all aspects of the curriculum.

Each book in the Health Through Literacy class sets for grades K-5 includes a tip sheet that brings the book to life, reinforcing health messages — and bringing greater depth to other subject areas.



**Health
through
Literacy**


Tips for Using the
Grade Two Book Set

The Vegetable Alphabet Book by Jerry Palotta & Bob Thompson (1992)

DESCRIPTION
The mouthwatering illustrations in this book are so life-like they make you want to reach out and grab the vegetables to try them. Students will be introduced to many new foods and many of the special names for ordinary vegetables. Who knew there was a tomato named Ultra Girl?

KEY CONCEPTS

- Vegetables grow in different ways.
- Vegetables can be eaten and enjoyed in many different forms.
- Different flavors can be enjoyed by trying different kinds of vegetables.



BEFORE READING THE BOOK
Say: Today we're going to read a book called The Vegetable Alphabet Book. Show students the cover of the book.

Ask students:
WHO has seen how a carrot grows?
WHAT other vegetables grow in a similar way to a carrot [Beet, turnip, radish, onion].
WHEN did you last see a vegetable?
WHY is it important to eat a variety of vegetables? [To get different vitamins and minerals and to explore different sizes].
Vegetables compose one of the food groups. **HOW MANY** others are there? [Four others [five total]] **WHAT** are they? [Grains, fruits, meats and beans, and milk. Oils are also represented on the food pyramid, but they are not considered a food group].

Adding activity while you read the book:
Say and Do: As I read the book, put up your hand when I read about a vegetable you have tried.



HTL—Kindergarten



HTL—Grade Two



HTL—Grade Four



HTL—Grade One



HTL—Grade Three



HTL—Grade Five

EPEC-HTL-K	Kindergarten Book Set	6 books with Tip Sheets	\$150
EPEC-HTL-1	Grade One Book Set	6 books with Tip Sheets	\$150
EPEC-HTL-2	Grade Two Book Set	6 books with Tip Sheets	\$150
EPEC-HTL-3	Grade Three Book Set	6 books with Tip Sheets	\$150
EPEC-HTL-4	Grade Four Book Set	6 books with Tip Sheets	\$150
EPEC-HTL-5	Grade Five Book Set	5 books with Tip Sheets	\$150

EPEC is an easy-to-use, award-winning physical education curriculum aligned with NASPE standards. EPEC teaches students the knowledge and skills and fosters the competence and confidence they need to enjoy physical activity for a lifetime.