

Parenting Tip of the Month

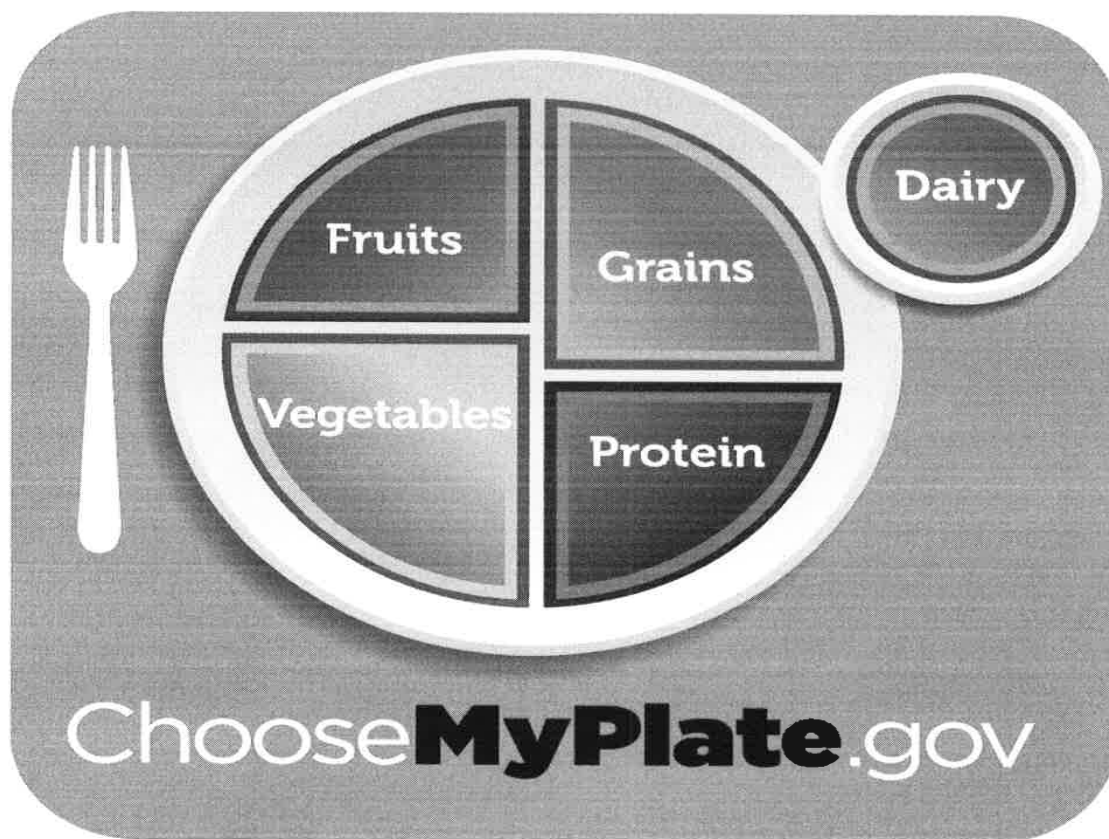
December



Lower Elementary Teachers

Nutrition Presentation

Jessica Capsel is a nutritionist specializing in child nutrition. She has spent the last 10 years working with the United States Department of Agriculture (USDA) to improve the nutritional quality of meals served through the federal nutrition programs including the National School Lunch Program (NSLP). Jessica is passionate about kids eating a wide variety of foods (getting away from so-called "kid foods"), teaching kids where food comes from and including them in food preparation -- cultivating brave eaters with an appreciation and respect for food. This is the key to child nutrition.



Lower Elementary Nutrition Presentation

Wednesday, December 5, 2018

This presentation will introduce lower elementary learners to MyPlate -- the tool used to support the current Dietary Guidelines for Americans. MyPlate encourages eating a variety of foods while making half the plate fruits and vegetables. We will explore what a healthy meal or snack really looks like and what food choices kids can make to build their own healthy plates.

Presented by Jessica Capsel, Nutritionist specializing in child nutrition

www.choosemyplate.gov

Material of the Month

December



Lower Elementary Teachers

Fundamental Needs of People

Montessori teaches students to use the *Fundamental Needs of People* lesson to frame studies of humans and cultures. This Montessori history lesson explains that when we look at any culture from any time period, people satisfy specific needs that are universal to all humans. However, they address these needs in very unique ways, depending on the resources around them. The lesson includes discussions of a culture's *spiritual needs*; philosophy, religion, art, communication, and vanity/adornment. Also, it organizes human's *material needs*; shelter, nutrition, defense, clothing, and transportation.

