



Fourth Grade

Nutrition Pathfinders

Teaching the Skills for a Lifetime of Healthy Habits

Upper elementary is a critical time for students to understand and practice healthy eating habits since they are making more decisions on their own each day. This seven-lesson nutrition program aligns to [education standards](#), uses a proven [behavior-change model](#) and helps students develop healthy eating habits that will help them succeed in the classroom and beyond!

Teachers love *Nutrition Pathfinders* because:



Nutrition programs are [free to California teachers](#) and available for a nominal cost for teachers [from other states](#).

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When nutrition is added to the curriculum students:

- ✦ Discuss nutrition with friends and family.