



Nutrition Ed. Video Links

Nutrition Videos:

K-3rd

My Plate: <https://youtu.be/WXEQskOnqVM>

My plate videos: https://www.youtube.com/playlist?list=PL8wgGeKVh_7d4x7icBCNj99MsachAAChi

Fruit and Veggies: <https://youtu.be/EXJSF2kD1mk>

Whole grains: <https://youtu.be/-BNYjcvGH8o>

Protein: https://youtu.be/_veZWm9YV90

Drinking water: <https://youtu.be/FGBbBP-QYE0>

Extras: <https://youtu.be/UHs-nPI0Qn8>

Fats: <https://youtu.be/rHBlqjoSADQ>

4-6th

My Plate: <https://youtu.be/RWBWznDW-Rs>

Fruits and Vegetables: <https://youtu.be/tZBGeZhxA DY>

Whole Grains: <https://youtu.be/whwkeG9msL>

Protein: <https://youtu.be/ioSo8wYvVw4>

Hydration: <https://youtu.be/ikX1hODRKU0>

Fats: <https://youtu.be/QVGZP-NpPII>

Nutrition Labels: <https://youtu.be/pv5g9IUQV44>

Cooking Videos:

How to make a rainbow salad: <https://www.youtube.com/watch?v=gvzzwztV7U>

Make Zucchini Pasta: <https://www.youtube.com/watch?v=tXSdcqmSU8s>

Make ice Pops: <https://kids.nationalgeographic.com/explore/nature/kids-vs-plastic/ice-pops/>

How to dice: <https://www.youtube.com/watch?v=1GikRLKsWeM#action=share>

Quick Yogurt Parfaits: https://youtu.be/r2BXgBY_ujw

Making Cracker Snacks: <https://youtu.be/C7kTa5abBNk>

Make fruit two ways: https://youtu.be/-3atI8JJX_0

Watermelon Sundaes: <https://youtu.be/5HzDslEzRPM>

How to make Lemon Lime Soda: <https://youtu.be/sX78USZkVKE>

How to make tropical Fruit salad: <https://youtu.be/MKpCS9oAtvc>

Hot to make quesadillas: <https://youtu.be/9YiTRBwk6Xk>

Whole wheat blueberry muffins: <https://youtu.be/mj3GibBPKyA>

Spring Fun Food: https://youtu.be/KnP6vSCL88I?list=PL8wgGeKVh_7d4x7icBCNj99MsachAAChi

Frozen fruit cups: <https://youtu.be/2Y9mPmbiwy8>

Peanut Butter banana smoothie: <https://youtu.be/oZpqz94SFNU>

How to make a charger wrap: <https://youtu.be/VTF0TCMAamY?list=PL5SUN-qc7GC5sdNv50oeLnVmWnR-EXJDV>

Peanut butter and apple wrap: <https://youtu.be/jl1ByxdBb8M?list=PL5SUN-qc7GC5sdNv50oeLnVmWnR-EXJDV>

Lead. Protect. Empower.