



PICK A BETTER SNACK (PABS) PROGRAM

ELEMENTARY SCHOOL: KINDERGARTEN, 1ST, 2ND AND 3RD GRADE CLASSROOMS

Description: The PABS program consists of six to eight lessons (taught once per month) that focus on helping children eat more fruits and vegetables. Each lesson consists of two key elements: a nutrition education lesson and a food tasting of fruits or vegetables.

Goal: TO INTRODUCE STUDENTS TO A WIDE VARIETY OF FRUITS AND VEGETABLES AND SHOW HOW FRUIT AND VEGETABLE CONSUMPTION IS IMPORTANT FOR OVERALL HEALTH

Benefits:

- Nutrition lessons are taught by a trained nutrition professional.
- Food tastings are provided for all students in the classroom.
- Additional lessons and books are provided for classroom teachers, including: The Monster Health Book, Grapes of Math, Magic School Bus Human Body, Fruit is a Suitcase of Seeds, The Vegetables We Eat and The Milk Makers.
- Activity cards, fact sheets and other materials are provided for families to practice learning and healthy eating at home.

Topics:

- Increasing intake of a variety of fruits & vegetables
- Choosing fruits and vegetables as healthy snacks

For more information, contact your local Healthy Maine Partnership, visit: www.maine.gov/snaped OR call 221-4560.