



Dear Educator,

Welcome to *Nutrition Voyage: The Quest To Be Our Best*, Team Nutrition's new lessons for grades 7 and 8. Using a theme of exploration, the three lessons (treks) for each grade include:

- **Engaging ways for students to learn** about making healthy food and physical activity choices
- **Standards-aligned activities** for Math, Science, and English Language Arts
- **Opportunities for students** to investigate, participate in a challenge, evaluate, and reflect

Don't worry; you don't need a lot of time or fancy supplies for these treks. *Nutrition Voyage's* lessons are ready to go and simple to use. Lesson activities require few supplies and include reproducible handouts. You can also download and print these handouts from the Team Nutrition Web site at <http://teamnutrition.usda.gov>. The lessons are designed to be easy for Math, Science, and English teachers to integrate into their course curricula.

We also encourage you to check out the *Healthier Middle Schools: Everyone Can Help* communication tools, which are also available through the Team Nutrition Web site. These tools include video clips and print materials about school wellness. There are materials for students, principals, teachers, school food service, and parents.

We wish you and your class a happy nutrition voyage! Whether your class is embarking on the challenge to reach "Produce Peak," investigating nutritious snack choices to fuel their trek, or conducting a school survey, it's sure to be an exciting adventure. Trek on!

Sincerely,

Your Friends at Team Nutrition



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Department of
Agriculture

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