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Curriculum Units by Fellows of the National Initiative
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Developing Student Leaders through Nutritional Empowerment

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Developing Student Leaders through Nutritional Empowerment is a unit developed to empower my fourth grade students to demonstrate leadership qualities. Students will be asked to first take responsibility for making their own healthy choices, then use information gained through the study of food science to inform others (students, staff, community) in a variety of self-selected ways by designing and creating a service learning project. The focus of their project will be on sharing the knowledge/insights gained through this unit with others to help all make healthy, wise choices. The unit will build leadership skills and communication skills through service to others.

(Developed for Science and Food Study, grade 4; recommended for Science and Food Study, grades 4-5)

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