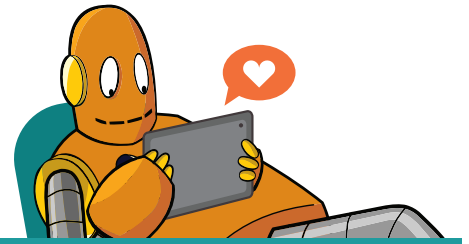
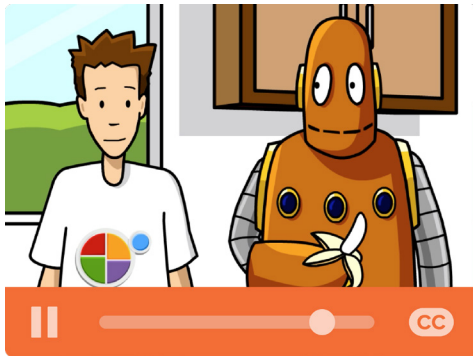


BrainPOP at Home



March is National Nutrition Month! Discover, play, and learn with your family.



WATCH A MOVIE

Nutrition

An apple a day keeps the doctor away! But what else can you do to stay healthy? Watch this movie as a family to discover the key to healthy eating.

WATCH MORE BRAINPOP MOVIES ABOUT NUTRITION:

- [Carbohydrates](#)
- [Fats](#)
- [Body Weight](#)

✧ SPARK A CONVERSATION

- *What's the most surprising fact you learned about healthy eating?*
- *Describe some healthy food choices that you make every day.*
- *How can you change your diet to make it healthier?*



PLAY A GAME

Chef Solus' Build-a-Meal

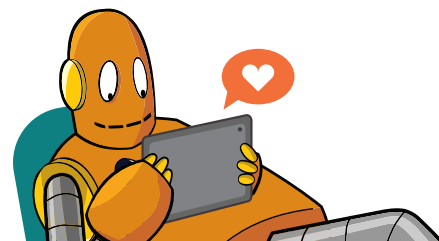
Build balanced meals with foods from each food group.

Sortify: Nutrition

Put your food smarts to the test by sorting food by type, nutrient content, and more!

Questions about using BrainPOP at home? Contact us at families@brainpop.com.

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MAKE A MOVIE

Make-a-Movie: Nutrition*

As a family, plan and produce a BrainPOP-style movie about making healthy food choices and eating a balanced diet. Start the movie with a letter then collaborate to design the scenes, write the script, and record voices.

**Make-a-Movie is available only for those with individual log-ins.*

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