

Table 1. Nutrition Mission (NM) curriculum. Medical student volunteers visited MacGregor Elementary School only during weeks with NM session.

Week	NM Session	Topic
-	-	First week of school: students take parental consent forms home to be signed
-	-	Before first week of NM, subjects take pretest
1	1	Food pyramid, macronutrients, and hidden sugar
2	2	Balanced meals, cholesterol
3	3	Exercising indoors, fitness goals
4	-	Subjects maintain log of physical fitness activity goals
5	4	Define calorie, serving size, good versus bad fat
6	-	Subjects maintain log of consumed foods
7	5	Healthy snack options and eating out
8	-	Subjects make a list of their favorite restaurants
9	6	Types of fitness, outdoor games, hydration
10	-	Subjects make a list of their favorite activities with friends and family members
11	7	Creating personalized healthy recipe cookbooks
12	-	Subjects encouraged to use their personalized cookbooks at home to eat healthier
13	8	Field day and celebration
14	-	Subjects take posttest