

What is Food Power?

Food Power is a fun K through 5th-grade program that teaches students the importance of healthy eating and physical activity in an exciting and interactive way.

Food Power consists of:

Food Power Connects

K through 5th-grade classroom lessons aligned with the Missouri Grade Level Expectations that enable teachers to enhance and expand the concepts experienced in **Food Power Adventure**.



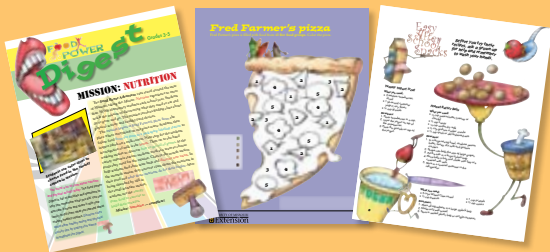
Food Power Adventure

An interactive exhibit experience that takes children to the farm to learn where food comes from and into the human body to learn how it gives them energy to grow and play.



Food Power Digests

Colorful magazines reinforce the **Food Power Adventure** messages that can be used in the classroom and shared at home.



Food Power is a program offered by University of Missouri Extension in cooperation with the Department of Nutritional Sciences, College of Human Environmental Sciences. It adds unique activity-based experiences to the University of Missouri Family Nutrition Education Programs, funded in part by USDA's SNAP.

For more information, call MU Extension's Show-Me Nutrition Line at 1-888-515-0016.

Running out of money for food? Contact your local Food Stamp office or go to: www.dss.mo.gov/fsd/istamp.



Check out **Food Power** online at:

extension.missouri.edu/hes/foodpower

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Family Nutrition Education Programs

Nutrition and Lifeskills for Missouri Families

University of Missouri Extension



Food Power Adventure

Stations engage students in activities that reinforce healthy choices and behaviors.

Farm –

Many foods are raised on farms.

Packaging/Labeling –

Learn about food packaging and labeling.

Hands –

Wash hands to get rid of germs even though they can't be seen.

Cafeteria –

Choose a variety of foods.

Mouth –

Food is tasted and digestion begins in the mouth.

Stomach –

Food is broken down and mixed up in the stomach, then absorbed in the small intestine to go to all parts of the body.

Muscles –

Choose healthy foods and exercise for your heart and other muscles.

Bones –

Choose calcium-rich foods and exercise daily.



Bringing Food Power to your school...










- Costs \$150 per setup. Small schools can partner to share the cost. Up to 450 students can participate in Food Power per day.
- Requires a space 50' x 50' x 10' for the **Food Power Adventure** exhibit
- Involves recruiting volunteers, such as parents or high school students to help set up, present and take down **Food Power Adventure**
- Takes approximately 45 minutes for each class to experience all the stations
- Includes **Food Power Connects** K through 5th grade lesson plans that allow teachers to connect the **Food Power Adventure** experience with concepts taught in the classroom, such as science, math and health. All **Food Power Connects** lessons are aligned with the Grade Level Expectations.



How to schedule Food Power in YOUR school

Contact the University of Missouri Extension Food Power representative in your school's county.

Regional Food Power Representatives

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 Contact your local FNEP representative or Julie Royse, 573-634-2834 roysej@missouri.edu	 Linda Morgan 573-359-0923 morganlj@missouri.edu
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