

**Overview of University of Missouri Extension
Family Nutrition Education Program's Selected Supplemental Curricula**

Grade or Audience	Title	Focus
Kindergarten-5th	<u>Food Power</u>	Elementary school students learn the importance of healthy food choices and regular physical activity. As students travel through the adventure/exhibit, they learn where the food they eat comes from and how it gives them the energy to grow and play.
3 rd - 5 th grade	Jump Into Foods and Fitness	Teaches students about healthy eating and physical activity. A family newsletter, reinforcing classroom lessons, accompanies each lesson.
Kindergarten-9 th	Kids in the Kitchen	Encourages young people to eat healthier meals and snacks as a result of hands-on cooking experiences.
Kindergarten-6 th	The Lewis and Clark Expedition, A Journey of Food Discovery	The four lessons include outlines, activities and related craft ideas and book and reference material items. When students embark on this journey of food discovery they will learn, like Lewis and Clark and the Corps of Discovery, that there is an exciting world of food to explore.
9 th -12 th	<u>Destination Wellness</u>	Students learn how to distinguish between science and hype when they research nutrition on the Internet. They define a realistic and healthy body image. They conduct a self-assessment of their current eating and physical activity habits and make plans for change. Throughout the eight-lesson kit, the “driver” theme makes lessons enjoyable and reinforces the idea that students are in control of their eating and exercise habits.
Pregnant and Parenting Teens	Teen Parents	Teen Parents is a nutrition curriculum for pregnant and parenting teens. Eating healthy foods and maintaining a healthy weight are critical for pregnant teens because they are still growing and developing. Teen Parents focuses on how to be healthy during pregnancy and how to deliver a healthy baby. Other important topics covered include special nutrient needs for pregnant teens and the harmful effects of drugs and alcohol on the growing fetus. Fun, interactive activities will help teens learn to make important feeding decisions for their infants and young children, plan meals, shop for food, keep food safe, and access community resources.

This is not a complete list of supplemental curricula. For more information about University of Missouri Extension's Family Nutrition Education Program go to <http://outreach.missouri.edu/fnep/>

4/09

Curriculum Key

Bolded Curriculum-Taught year round

Underlined Curriculum-Taught during the school year



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