

## Checklist for Eating Smart, Being Active (ESBA)

During Pregnancy

Updated 3/2017

*This checklist identifies materials you will need for this curriculum from campus, the share drive and selected Publications items. Be sure to review the Curriculum Information section and Supplies Needed section for each activity to see what other teaching materials you will need to teach this curriculum.*

### Description:

This supplemental lesson for ESBA helps pregnant women choose foods and lifestyle behaviors to meet the specific needs of pregnancy.

### **BEFORE TEACHING**

\_\_\_ **FNP:** Check with your supervisor that the school/site is on the current **Approved Site List**

\_\_\_ **Read: From Telling to Teaching** by Joye Norris. Provides background on the dialogue approach to teaching

### **MARKETING**

\_\_\_ **Displays:** (each region was given a one-time distribution of these). There is one display for agencies and one for participants. Contact Karen Sherbondy at [sherbondyk@missouri.edu](mailto:sherbondyk@missouri.edu) for more information

\_\_\_ **Participant brochure:** Want to help your family develop good nutrition habits for a lifetime? N977, NS977 (Spanish) available from Publications

\_\_\_ **Agency brochure** - N982 – available from Publications. This brochure promotes all of our FNEP programs

\_\_\_ **Tiger Business Cards** - N575: FNEP Program Business Cards qty of 50 – contain current required statements

\_\_\_ **Promotional brochures** – Missouri WIC Works and How to Get Food Help, USDA - get from coordinator

**TEACHING MATERIALS FROM CAMPUS – contact Stefanie Crupe - [crupes@missouri.edu](mailto:crupes@missouri.edu)**

### **TEACHING**

\_\_\_ **Curriculum:** Educator Guide - 8 Lessons, Handouts, Small Visuals (flipchart/table top easel binder -8 ½ X 11), and (3) Supplemental Lessons, Handouts & Visuals. All are available in Spanish except for the Supplemental Lesson Plans

- **10/14/09 guidance for use of ESBA handouts from Candy Gabel:**
  - *Use WIC or Steps handouts that go with the lesson if the participants are interested in having a handout. (Provide the handouts as an option at the end of class but do not give them out automatically)*
  - *Use MyPlate handouts in both English and Spanish when the ESBA lesson handouts provide information on amounts needed from each food group and portion size*

\_\_\_ **National Dairy Council Food Models**

\_\_\_ **Walkin' Indoors DVD**

**MATERIALS ON THE WEB & VIDEOS**

\_\_\_ **Photos of fresh guacamole, pico de gallo, salsa and fresh lemon/lime:** to be used with *Create a Meal* Activity, Lesson 3: <http://extension.missouri.edu/fnep/teaching.htm>

\_\_\_ **Movin' & Groovin' Video:** <http://extension.missouri.edu/hes/healthystaff/movemore.htm>

\_\_\_ **Takin' it Slow Video:** <http://extension.missouri.edu/hes/healthystaff/stressless.htm>

\_\_\_ **WIC brochure #1095 – Exercise During Pregnancy:**  
[http://health.mo.gov/living/families/wic/wiclwp/pdf/R\\_1095\\_ExerciseDuringPregnancy.pdf](http://health.mo.gov/living/families/wic/wiclwp/pdf/R_1095_ExerciseDuringPregnancy.pdf)

**TEACHING MATERIALS FROM PUBLICATIONS**

NS is a Spanish version

\_\_\_ **MyPyramid for Pregnancy handout** – N944, NS941

\_\_\_ **MyPlate Poster** N921 or **MyPlate Food poster** N923

\_\_\_ **MyPlate Sticker** N920

\_\_\_ **Missouri Physical Activity Handouts** - N330 – N337 (series of 8 handouts - instructions on exercises). In Spanish at S:\MUCampus\HES\FNEP\Alternative delivery & special projects\Spanish\ESBA Physical activity handouts

\_\_\_ **Food Label Cards** – N574

\_\_\_ **Show Me Simple and Healthy Recipe Cards** – NC100 – NC150 - (List of recipes can be found at: S:\MUCampus\HES\FNEP\Curricula-teaching materials\Recipe Cards\ Show Me Simple and Healthy recipe card list.docx)

\_\_\_ **Teen Parent Recipes** - N714 – selected (see guide sheet)

**MATERIALS ON THE SHARE DRIVE**

S:\MUCampus\HES\FNEP\Curricula & teaching materials\ Eating Smart Being Active ESBA

\_\_\_ **Curriculum Guide Sheet**

\_\_\_ **Worksheet for Participants**

\_\_\_ **Educator Guide Slip Sheets** – 2 revisions for specific lesson

\_\_\_ **Lesson plan checklist** – used to organize what you need for each lesson

\_\_\_ **List of supplemental handouts for use with ESBA** (Title: Alternative handouts for ESBA) Some of these supplemental handouts are available from Publications, others are from WIC

\_\_\_ **Food Supply List & Alternatives**

\_\_\_ **Missouri physical activity handouts N330 – N337** (series of 8 handouts that provide instructions on a series of exercises. In Spanish at S:\MUCampus\HES\FNEP\Alternative delivery & special projects\Spanish\ESBA Physical activity handouts

**PARTICIPANT CERTIFICATES**

\_\_\_ Order N960 from Publications and write in the name of the participant on the English language certificate or go to the share drive at S:\MUCampus\HES\FNEP\Curricula & teaching materials\Participant Program

Completion Certificates for fillable certificates in English and Spanish.

## **NUTRITION EDUCATION REINFORCEMENTS GUIDANCE**

- Approved reinforcements are supplied by campus and have a nutrition message
- Each region has a limited quantity that must last for the program year. Do not give an item to each participant for each class they attend, distribute an item after attendance in a series of classes

## **FORMS**

**Consent Form (FNP Only):** <http://extension.missouri.edu/fnep/admin.htm>

**Program Information Form, N525:** <http://extension.missouri.edu/fnep/admin.htm>

## **EVALUATION/REPORTING FORMS**

**Instructions for using all FNP evaluation tools:** <http://extension.missouri.edu/fnep/performeval.htm>

**FOR EFNEP only:** EFNEP Adult Entry/Exit forms - N502 and N503 and NS502 and NS503 (Spanish available from Publications)

**Success Stories** – submit online at: <http://extension.missouri.edu/fnep/evaluation.htm>

**Questions?** Contact Candy Gabel, Curriculum Coordinator at [GabelC@missouri.edu](mailto:GabelC@missouri.edu)

**Checklist located at:** <http://extension.missouri.edu/fnep/teaching.htm>

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 **Extension**  
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Running out of money for food?  
Contact your local food stamp office or go online to [dss.mo.gov/fsd/fstamp](http://dss.mo.gov/fsd/fstamp).  
For more information, call MU Extension's Show-Me Nutrition line at 1-888-515-0016.