

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

Updated 6/2015

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:

ESBA is an 8-lesson nutrition curriculum for adults from Colorado/California. Topics include: physical activity, food budgeting and shopping, fruits, vegetables, grains, building strong bones, protein and iron, making dietary changes, and healthy celebrations. Additional lessons focus on nutrition during pregnancy and feeding infants.

### **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

\_\_\_ **ESBA Training Power Point:** **ESBA 6 2012.ppt** - S:\MUCampus\HES\FNEP\Curricula-teaching materials\Eating Smart Being Active ESBA\Training videos\ESBA 6 2012.ppt

### **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

\_\_\_ **ESBA Promotional Flyers** at S:\MUCampus\HES\FNEP\Curricula- teaching materials\Eating Smart Being Active ESBA\ESBA marketing flyer

- Print-on-demand for agencies and participants - participant version has a fillable, one with a space for contact information and one without. Also available in Spanish

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

**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 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 supplemental 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
- \_\_\_ Dairy Council Nutrient Bar Graphs
- \_\_\_ Calcium Visuals: Bags of flour showing how much calcium is in bones at different ages (p. 7, Lesson)
- \_\_\_ Walkin' Indoors DVD

**MATERIALS ON THE WEB & VIDEOS**

- \_\_\_ **Bacterial Growth Handout:** to be used with *Go Lean with Protein*, pgs. 18-19  
<http://extension.missouri.edu/fnep/teaching.htm>
- \_\_\_ **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>
- \_\_\_ **Fast Food Nutrition Information** used in *Make a Change*, Lesson 7:
  - **Nutrition info for fast food restaurants i.e. Arby's, Boston Market, Domino's, Hardees, KFC, McDonald's, Papa John's, Pizza Hut, Subway, Taco Bell, Taco John's, Wendy's etc.**  
<http://www.fastfoodnutrition.org/>

**TEACHING MATERIALS FROM PUBLICATIONS**  
 NS -Spanish version

- \_\_\_ **Adult MyPlate Handout** – N924, NS924 (Web Only)
- \_\_\_ **MyPlate Poster** - N921 or MyPlate food poster N923
- \_\_\_ **MyPlate Handouts** (MX series) – see Alternative handouts for ESBA on ESBA share drive
- \_\_\_ **FNEP Pocket Folder** – N998, NS998
- \_\_\_ **MyActivity Pyramid for Kids** (N386) or **Adults** (18 – 64 years) – N388
- \_\_\_ **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
- \_\_\_ **Cultural Food Photos** - N860
- \_\_\_ **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)
- \_\_\_ **Missouri Supplemental Handouts** (optional) – N350 – N362
- \_\_\_ **FNEP Nutrition Class Certificate** - N960, or at S:\MUCampus\HES\FNEP\Curricula & teaching materials\Participant Program Completion Certificates
- \_\_\_ **Adult Survey Cards:**

ESBA Lesson	Survey Card
1. Get Moving!	N 529

2. Plan, Shop, \$ave	N 530, N532
3. Fruits and Veggies: Half Your Plate	N 533
4. Make Half Your Grains Whole	N 534
5. Build Strong Bones	N 531
6. Go Lean with Protein	N 528

**MATERIALS ON THE SHARE DRIVE**

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

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

\_\_\_ **Produce Handouts** at S:\MUCampus\HES\FNEP\Recipes & handouts for fairs, food banks\Produce handouts

\_\_\_ **Educator Guide Slip Sheets** – 5 revisions for specific lessons

\_\_\_ **Worksheets for Participants**

\_\_\_ **Food Label Cards Guide Sheet** - Title of doc: Food label cards and ESBA guide sheet. Spanish translation of some ingredient lists (Title: Sp Ingredient Lists)

\_\_\_ **Dairy Council Nutrient Bar Graphs Guide Sheet**

\_\_\_ **Spanish Nutrition Facts Label Handout**

\_\_\_ **MyActivity Pyramid Handout**

\_\_\_ **30 minute ESBA lessons**

\_\_\_ **Lesson Plan Checklist**

\_\_\_ **Supplemental Handouts** - (Title: Alternative handouts for ESBA). Some handouts are available from Publications and in Spanish - S:\MUCampus\HES\FNEP\Alternative delivery & special projects\Spanish\ESBA Steps handouts

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

**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>

**Food Restrictions Form – Food Tasting (FNP & EFNEP Youth):** <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/performanceval.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>