

Checklist for Live It!

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:

Live It! is a curriculum developed by the Oregon Dairy Council. There are 10 lessons. One of the lessons: Navigating ChooseMyPlate.gov is optional – you can do it only if the class has access to computers.

BEFORE TEACHING

- ___ **FNP:** Check with your supervisor that the school/site is on the current **Approved Site List**
- ___ ***Note:** Live It! Isn't used with EFNEP
- ___ **Get teaching materials** needed for each activity from your region

MARKETING

- ___ **Grade Level Expectations (GLE) Handout:** <http://extension.missouri.edu/fnep/marketing.htm>
- ___ **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 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 – promotes programs under FNEP: youth, adult, & teen parents
- ___ **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

- ___ **Curriculum** – No longer available for purchase from Oregon Dairy outside of Oregon. Copy can be found at: S:\MUCampus\HES\FNEP\Curricula-teaching materials\Live It! - revised Pyramid Plus\COPY of Curriculum
- ___ **MyPlate Wheels**
- ___ **Dairy Council Nutrient Bar Graphs**
- ___ **Serena Williams Ad Lesson 8**
- ___ **What is Normal Poster** - (in curriculum) – no longer available for purchase

Website Videos

- ___ **Movin' & Groovin'**- <http://extension.missouri.edu/hes/healthystaff/movemore.htm>
- ___ **Websites for fast food nutrition information used in fast food activity**, p. 9, Lesson 9: Quick and Easy Healthy Eating
 - **Taco bell – 7 pages:** <http://www.tacobell.com/nutrition/information/>
 - **Portion distortion Online Quiz** or slide sets: <http://www.nhlbi.nih.gov/health/educational/wecan/eat-right/portion-distortion.htm> for Lesson 8: Body Image, Going Further, p. 4

TEACHING MATERIALS FROM PUBLICATIONS

- ___ **Physical Activity Cards** - N862 (chair exercises, p. 5 and chair flexibility, pp. 23 & 24)
- ___ **Missouri Physical Activity Handouts** - N330 – N337 (series of 8 handouts - instructions on exercises)
- ___ **Food Label Cards** – N574
- ___ **Show Me Simple and Healthy Recipe Cards** – NC100 – NC150 - (List of recipes can be found on the s: drive at: S:\MUCampus\HES\FNEP\Curricula-teaching materials\Recipe Cards\ Show Me Simple and Healthy recipe card list.docx)
- ___ **FNEP Nutrition Class Certificate** - N960, or at S:\MUCampus\HES\FNEP\Curricula & teaching materials\Participant Program Completion Certificates

MATERIALS ON THE SHARE DRIVE

S:\MUCampus\HES\FNEP\Curricula & teaching materials\Live It! - revised Pyramid Plus

- ___ **Guide sheet for Curriculum**
- ___ **Missouri's version of *Poor Choices Paula***
- ___ **Guide Sheets for Movin' & Groovin' and Takin' It Slow** physical activity videos
- ___ **Food Supply List**
- ___ **Supersizing of America display handouts: Eating Out Portions and Portions to Fit Your Health** at: S:\MUCampus\HES\FNEP\Alternative delivery & special projects\Displays\Supersize - for Lesson 8: Body Image, Going Further, p. 4

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/performeval.htm>

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

Questions? Contact Candy Gabel, Curriculum Coordinator at GabelC@missouri.edu

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