

## Checklist for Kids in the Kitchen (KIK), 3<sup>rd</sup> Edition

Updated 8/2015

*This checklist identifies materials you will need for this curriculum available from Publications, the FNEP website, and the share drive. 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:

Encourages young people 6 to 15 years old to eat healthier meals and snacks as a result of hands-on cooking experiences. Participants learn to prepare simple, healthy foods they can make for themselves and their family members.

### **BEFORE TEACHING**

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

\_\_\_ **Get teaching materials** needed for each activity

### **MARKETING**

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

\_\_\_ **Kids in the Kitchen Agency Brochure** - N990

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

\_\_\_ **Kids a Cookin' Videos:** *Contains old food guide images so consider this before using*

**TEACHING MATERIALS FROM PUBLICATIONS**

\_\_\_ **Curriculum** - N800 – (3<sup>rd</sup> edition, 4/2012)

\_\_\_ **MyPlate Posters** – N921 and N923

\_\_\_ **Youth MyPlate Handout** – N925

\_\_\_ **Physical Activity Cards** – N862

\_\_\_ **MyActivity Pyramid for Kids** – N386

\_\_\_ **MyActivity Log** – N864

\_\_\_ **MyPlate Sticker** – N920

\_\_\_ **I like to move it! stickers** – N851

\_\_\_ **FNEP Food Label Cards** – N574

**MATERIALS ON THE SHARE DRIVE**

S:\MUCampus\HES\FNEP\Curricula-teaching materials\Kids in the Kitchen KIK

- \_\_\_ Kids in the Kitchen Guide Sheet
- \_\_\_ PDF Handouts - use with Smartboards
- \_\_\_ KIK It Up Recipe Card Handouts
- \_\_\_ Ingredients/amounts needed for KIK It Up Recipes
- \_\_\_ Food Supply List

## **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>

**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>



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.