Checklist for Kids in the Kitchen (KIK), 3rd 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

____ Kids a Cookin’ Videos: Contains old food guide images so consider this before using

TEACHING MATERIALS FROM PUBLICATIONS

____ Curriculum - N800 – (3rd 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](http://extension.missouri.edu/fnep/admin.htm)
Food Restrictions Form – Food Tasting *(FNP & EFNEP Youth)*: [http://extension.missouri.edu/fnep/admin.htm](http://extension.missouri.edu/fnep/admin.htm)
Program Information Form, N525: [http://extension.missouri.edu/fnep/admin.htm](http://extension.missouri.edu/fnep/admin.htm)

Success Stories – submit online at: [http://extension.missouri.edu/fnep/evaluation.htm](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](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.  
For more information, call MU Extension's Show-Me Nutrition line at 1-888-515-0016.