

Checklist for 1st Grade Show Me Nutrition (SMN102) Curriculum:

Fun with Food and Fitness

Updated 6/2014

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:

Students are introduced to the food groups and learn that they need to eat a variety of foods from the five major food groups to grow and stay healthy. They learn the difference between commercials and regular TV programming so they can begin to understand how ads influence food choices.

NOTE: *1st Grade is not to be used with EFNEP audiences*

BEFORE TEACHING

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

MARKETING

___ Grade Level Expectations (GLE) Handout: <http://extension.missouri.edu/fnep/marketing.htm>

___ Show Me Nutrition DVD – 11 minute overview of the FNP Program - Check-out from your region or contact Stefanie Crupe at: crupes@missouri.edu

___ **✓ Show Me Nutrition for Kids Pocket Folder** - N996

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

TEACHING MATERIALS FROM CAMPUS – contact Stefanie Crupe

TEACHING

___ Children's Books for this curriculum

___ All 4Kids DVD and Healthily Ever After DVD

___ Fight BAC puppet (*if you use a puppet*)

___ Simply Good Fruit/Vegetable poster (*currently use your My Plate Food Poster*)

___ Spin Game - Magnetic Whiteboard Spinners Only

___ Dairy Council Food Model Cards

___ Be Safe Around Food Video – (*check-out from your region*)

TEACHING MATERIALS FROM PUBLICATIONS

___ Publication # SMN102

___ Teaching materials available for each activity:

*MyPlate Poster- N921 OR MyPlate Food Poster-N923 *FNEP Food Label Cards – N574

*MyActivity Pyramid for Kids – N386
*MyActivity Pyramid for Kids Poster – MP687

*Youth My Plate Handout - N925
*Fresh Fruit & Vegetable Cards – N576

____ **Newsletters (NS Spanish):**

** N101, NS101 – Lesson 1
** N103, NS103 – Lesson 3
** N105, NS105 – Lesson 5
** N107, NS107 – Lesson 7

** N102, NS102 – Lesson 2
** N104, NS104 – Lesson 4
** N106, NS106 – Lesson 6

Note:

*English Newsletters – revised versions - available summer 2014
*Spanish Newsletters – old versions are currently available in Publications.
New versions will be available on the s: drive for print-on-demand – date TBD

MATERIALS ON THE SHARE DRIVE

S:\MUCampus\HES\FNEP\Curricula & teaching materials\Show Me Nutrition SMN 2nd grade

____ **√ Food Supply List** - revised 5/2014

NUTRITION EDUCATION REINFORCEMENTS

Guidance for distribution of nutrition education reinforcements:

- Approved reinforcements are ones supplied by campus and have a nutritional message. Regions are no longer able to buy and distribute reinforcements locally.
- 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.
- Allow for flexibility. If participants already have an item, give them another choice but make sure the item/message “matches” the lesson.
- Availability of reinforcements varies by region. Contact your regional Project Director (Coordinator) about what items are available in your region.

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>