

## Checklist for 3<sup>rd</sup> Grade Show Me Nutrition (SMN302)

### Curriculum: Building My Body

**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 identify essential macro and micro nutrients, use the food label to choose healthy foods, use the fat content of foods to choose a fast food meal, learn about the digestive system and body cues and use decision-making to make healthy food choices. They also identify advertising technique using current ads.

#### **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](mailto: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

\_\_\_ Magazine Ads

\_\_\_ All 4Kids DVD

\_\_\_ Spin Game - Magnetic Whiteboard Spinners Only

\_\_\_ Dairy Council Food Model Cards

#### **TEACHING MATERIALS FROM PUBLICATIONS**

\_\_\_ **Publication # SMN302**

\_\_\_ **Teaching materials** available for each activity:

\*MyPlate poster- N921 OR MyPlate Food poster-N923

\*I like to move it! Stickers – N851

\*Body Cues Poster - N952

\*MyPlate sticker – N920

\*Youth My Plate Handout - N925

\*MyActivity Log - N864

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

\*FNEP Food Label Cards – N574

     **Newsletters (NS Spanish):**

\*\* N140, NS140 – Lesson 1  
\*\* N143, NS143 – Lesson 3  
\*\* N145, NS145 – Lesson 5  
\*\* N147, NS147 – Lesson 7

\*\* N142, NS142 – Lesson 2  
\*\* N144, NS144 – Lesson 4  
\*\* N146, NS146 – Lesson 6  
\* N141 – Lesson 8 (Spanish N/A)

**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 3rd grade

     ✓ **Food Supply List** - revised 5/2014  
     ✓ **Key for ads in Lesson 6**  
     ✓ **Fat Tubing in Lesson 3** - Instructions for making

**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>

Pre/Post Tests – Building My Body:

<http://extension.missouri.edu/fnep/evaluationtools/index.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>

