

Checklist for 4th Grade Show Me Nutrition (SMN402) Curriculum:

Choosing Foods for Me

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 learn the recommended amounts of food to eat from the food groups daily. They use food labels to make healthy food choices, and how to make healthy choices when eating out. They analyze how social influences like family, media, peers and coaches affect body image and learn that physical activity is part of a healthy lifestyle.

NOTE: 4th 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>

___ Agency Brochure, N982 – promotes programs under FNEP: youth, adult, Food Power & Teen Parents

___ 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

___ Dairy Council Food Model Cards

___ Nutrient Bar Graph Cards

___ MyPlate Wheels

___ So, What is Normal Poster – *(No longer available via Oregon Dairy Council, use the poster from your LiveIT! Curriculum)*

- ___ Spin Game - Magnetic Whiteboard Spinners Only
- ___ Body Talk DVD – (check-out from your Region)

TEACHING MATERIALS FROM PUBLICATIONS

___ Publication # SMN402

___ Teaching materials available for each activity:

- *MyPlate Poster- N921 OR MyPlate Food Poster-N923
- *Youth My Plate Handout - N925
- *MyActivity Pyramid for Kids Poster – MP687
- *MyActivity Pyramid for Kids Handout – N386
- *Make Room for Snacks Publication – N900
- *MyPlate sticker – N920
- *MyActivity Log for Kids - N864
- *FNEP Food Label Cards – N574

___ Newsletters (NS Spanish):

- ** N160, NS160 – Lesson 1
- ** N162, NS162 – Lesson 3
- ** N164, NS164 – Lesson 5
- ** N166, NS166 – Lesson 7
- ** N168, NS168 – Lesson 9
- ** N170, NS170 – Lesson 11
- ** N161, NS161 – Lesson 2
- ** N163, NS163 – Lesson 4
- ** N165, NS165 – Lesson 6
- ** N167, NS167 – Lesson 8
- ** N169, NS169 – Lesson 10

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

Website Videos

- ___ ✓ Movin' & Groovin'- <http://extension.missouri.edu/hes/healthystaff/movemore.htm>
- ___ ✓ Takin' It Slow - <http://extension.missouri.edu/hes/healthystaff/stressless.htm>

NUTRITION EDUCATION REINFORCEMENTS

Guidance for distribution of nutrition education reinforcements

- Approved reinforcements are ones supplied by campus and have a nutrition 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>