

Checklist for 5th Grade Show Me Nutrition (SMN502)

Curriculum: Exploring the Food Groups

Updated 6/2014

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

Preteens use the food groups to make healthy choices based on the nutrients in each food group. They learn to use food labels to identify foods high in fat and sugar. They learn the importance of making physical activity part of a healthy lifestyle and developing a positive body image.

NOTE: 5th 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>

___ **v** Show Me Nutrition for Kids Pocket Folder, N996

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

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

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

___ Spin Game - Magnetic Whiteboard Spinners Only

___ Glo Germ Lotion & UV Lamp – *(check-out from your region)*

TEACHING MATERIALS FROM PUBLICATIONS

___ Publication # SMN502

___ Teaching materials available for each activity:

*MyPlate Poster- N921 OR MyPlate Food Poster-N923

*Youth MyPlate Handout – N925

*MyActivity Log for Kids - N864

*FNEP Food Label Cards – N574

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

*Fresh Fruit & Vegetable Cards – N576
*Make Room for Snacks Publication – N900

____ Newsletters (*NS Spanish*):

** N180, NS180 – Lesson 1
**N182, NS182 – Lesson 3
**N184, NS184 – Lesson 5
**N186, NS186 – Lesson 7
**N188, NS188 – Lesson 9
**N190, NS190 – Lesson 11

**N181, NS181 – Lesson 2
**N183, NS183 – Lesson 4
**N185, NS185 – Lesson 6
**N187, NS187 – Lesson 8
**N189, NS189 – 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

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>