

Checklist for 6th Grade Show Me Nutrition (SMN602)

Curriculum: Digging Deeper

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:

Students gain the skills they need to make most of their own food decisions. Appearances are of great concern to preteens, so the importance of physical activity to help them look and feel good is stressed. Students learn that calorie needs are based on age, gender and activity level, and the difference in high nutrient and low nutrient foods.

NOTE: 6th 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

___ 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

___ Dairy Council Food Model Cards

___ MyPlate Wheels

___ Spin Game - Magnetic Whiteboard Spinners Only

___ Body Talk DVD – (check-out from your Region)

TEACHING MATERIALS FROM PUBLICATIONS

___ Publication # SMN602

___ Teaching materials available for each activity:

- *MyPlate Poster- N921 OR MyPlate Food Poster-N923
- *Youth My Plate Handout - N925
- *Make Room for Snacks Publication – N900
- *FNEP Food Label Cards – N574

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>

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>