

## Checklist for 7<sup>th</sup>/8<sup>th</sup> Grade Show Me Nutrition (SMN782) Curriculum:

### Choices and Challenges

**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:**

Helps develop critical thinking and decision making skills about important issues like maintaining a healthy body image, the health risks of eating disorders and the advertising tactics used to sell products to teens. Other skills stressed include fitting physical activity into our daily lives, advocating for a community that supports physical activity, making healthy fast food choices, food shopping and healthy cooking.

**NOTE:** 7<sup>th</sup>/8<sup>th</sup> 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](mailto:crupes@missouri.edu)

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

\_\_\_ **✓** 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

\_\_\_ Dairy Council Food Model Cards

\_\_\_ MyPlate Wheels

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

\_\_\_ Nutrient Bar Graph Cards

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

## TEACHING MATERIALS FROM PUBLICATIONS

\_\_\_ Publication # SMN782

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

- \*MyPlate Poster- N921 OR MyPlate Food Poster-N923
- \*MyPlate Stickers – N920
- \*Choose MyPlate – MX954
- \*FNEP Food Label Cards – N574

## MATERIALS ON THE SHARE DRIVE

S:\MUCampus\HES\FNEP\Curricula & teaching materials\Show Me Nutrition SMN 3rd grade

\_\_\_ **v** Food Supply List - revised 5/201

## Website Videos

\_\_\_ **v** 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 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](mailto:GabelC@missouri.edu)

Checklist located at: <http://extension.missouri.edu/fnep/teaching.htm>