



4-H STUDENT NUTRITION ADVISORY COUNCIL (SNAC)

4-H Student Nutrition Advisory Council (SNAC) curriculum are offered in school, before or after school programs and in other community settings helping youth become more knowledgeable about nutrition, gardening and/or physical activity. Youth will lead a leadership project to promote healthy habits in their community and/or teach younger youth about healthy habits.



SNAC OBJECTIVES:

- Empower young leaders to explore nutrition, gardening, and physical activities by engaging them in trying new foods, cooking, gardening, and soccer, to foster healthier schools and communities.
- Cultivate strong, positive relationships between youth and adults to enhance youth development and improve outcomes in health and academics.



TIMELINE/LENGTH OF PROGRAM DESCRIPTION:

This curriculum is designed for 8 hours of instructions. The lessons are 45 minutes to an hour, based flexible scheduling to fit the needs of the teacher.



GENERAL SUPPLIES:

None required. All supplies provided by the University of Missouri Extension and Missouri 4-H.



EVALUATION DESCRIPTION:

We will evaluate what youth gained from the program regarding healthy lifestyle and leadership development.



COST: Free



PLEASE NOTE:

Not all curriculums list on the back are currently available in all counties. Please contact your local 4-H specialist to discuss your needs.



Scan here to
contact the MU
Extension office
near you.



RECOMMENDED CURRICULUMS:



Kids in the Kitchen

GRADES: 4-6

Encourages youth to eat healthier meals and snacks as a result of hands-on cooking experiences. Students experience fun educational activities which help them understand the value of eating from all the food groups, participate in physical activities and learn safe food handling practices in each of the lessons.

MISSOURI LEARNING STANDARDS COVERED:

- **LEVEL B:**
 - **ELA** – 2.R.3.A.e.,
 - **Health** – 1.ME.2.D.a., 2.RA.a.1.A.b., 2.ME.2.A.a., 2.ME.2.B.a., 1.ME.2.A.b., 1.ME.2.A.a.
- **LEVEL C:**
 - **ELA** – 3.R.3.A.d., 5.R.1.B.g.,
 - **Health** – 1.ME.2.D.a., 2.RA.1.A.b., 4.ME.2.D.a., 1.ME.2.A.b., 2.ME.2.B.a., 2.ME.2.A.a., 5.ME.2.C.a., 5.ME.1.A.a., 2.ME.2.D.a., 4.ME.2.B.a.



Soccer for Success

GRADES: 4-8

A positive youth development program that focuses on youth making healthy lifestyle choices. Youth will learn fundamental soccer skills while learning nutrition education and essential life skills.

MISSOURI LEARNING STANDARDS COVERED:

- **Grades 3-5:**
 - **Health** – 3.ME.2.E.a., 2.HM.2.A.a., 3.HM.2.E.a.,
 - **PE** – 5.PA.1.C.a., 4.HM.1.B.a., 4.PA.1.F.a., 5.PA.1.E.a., 5.PA.1.E.b., 5.PA.1.F.a., 5.PA.2.B.a., 4.PA.1.E.a.
- **Grades 6-8:**
 - **Health** – 3.ME.2.E.a., 5.HM.2.C.a., 3.HM.2.E.a., 5.HM.2.A.a.,
 - **PE** – 6.PA.1.E.a., 4.HM.1.B.a., 6.PA.1.F.a., 7.PA.1.E.a., 7.PA.2.B.b.



Eating from the Garden

GRADES: 4-9

Provides researched-based information through nutrition and gardening activities to increase consumption of fruits and vegetables and promote healthier food choices, gardening knowledge and physical activity.

MISSOURI LEARNING STANDARDS COVERED:

- **ELA** – 5.R.3.A.b.,
- **Health** – 1.ME.2.D.a., 1.ME.2.A.a., 5.ME.2.C.a., 3.FS.1.B.a., 5.FS.2.A.a.,
- **PE** – 3.PA.1.A.a., 3.HM.1.A.a., 4.HM.1.C.a., 3.HM.1.B.a., 3.HM.3.A.a.



Illinois Junior Chef

GRADES: 4-9

Students will gain hands-on cooking and kitchen safety skills while learning the basics of nutrition education. Students prepare recipes based on the food group or topic they have learned about in each lesson.

MISSOURI LEARNING STANDARDS COVERED:

- **ELA** – 2.R.3.A.e.,
- **Health** – 1.ME.2.A.b., 1.ME.2.A.b., 2.ME.2.D.a.



ICook

GRADES: 4-12

(taught with youth and parents)

Allows youth and adults to cook, eat and play together. Class members set a healthy lifestyle goal for themselves or their family. Each week participants are encouraged to practice the new healthy lifestyle skills at home.

MISSOURI LEARNING STANDARDS COVERED:

- **ELA** – 3.W.3.A.f.,
- **Health** – 1.ME.2.A.a., 2.ME.2.D.a., 3.ME.2.A.a., 5.ME.2.B.a., 4.ME.2.B.a., 5.ME.2.A.a., 5.ME.3.C.a., 3.ME.1.D.a., 4.ME.2.D.a., 4.ME.3.A.a.,
- **PE** – 2.GM.B.a., 4.HM.1.C.a., 4.HM.1.A.a.



**Beyond
Ready**

Join us in helping youth be Ready for Anything.

More youth. More community. More ready.