

## Food Sense Curriculum for Youth 2008

Title	Content
Food, Fun and Reading	Pre K-2 <sup>nd</sup> grade program with lessons that include a food related story, hands-on nutrition activities (such as Pyramid relay), preparing and eating a snack*, take home activities and recipes.
MyPyramid for Kids, Eat Smart Play hard	Lessons for grades K-6 Curriculum developed by USDA that supports the 2005 Dietary Guidelines and MyPyramid. Lessons on each section of the pyramid: Grains, Vegetables, Fruits, Milk/Dairy, Meat/Beans and Fats.
Exploring MyPyramid with Professor Popcorn	Nutrition and food safety lessons for grades 1-6. The curriculum provides lessons, which includes nutrition and health information with an opportunity to practice new skills so that young people will understand that good health is, in part, about the food and physical activity choices that they make daily.
Loving your Family, Feeding their Future	Lessons for 3 <sup>rd</sup> -6 <sup>th</sup> grades. Nutrition education through the Food Stamp Program. The curriculum helps children and families to use foods from every food group. It is easy to use and give tips and recipes for the whole family to enjoy. Do 4 of the 7 Habit lessons and the Kids can take home the Healthy Family Guidebook and lesson sheets. Guidebooks and lesson sheets are available for teacher preview upon request.
Importance of Eating Breakfast	Children of all ages who participate in this activity will be able to: <ul style="list-style-type: none"> <li>• Identify quick and easy-to-fix foods to eat at breakfast.</li> <li>• Commit to eating breakfast most days of the week.</li> </ul> "Power up with Breakfast" from the USDA program will be used which gives tips and fun ideas for breakfast. Pamphlets and recipes sent home with children.

\*Snacks or ingredients for the class are provided the school or by donation, unless it is for demonstrations only, which will be provide by the Food Sense Program.

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