

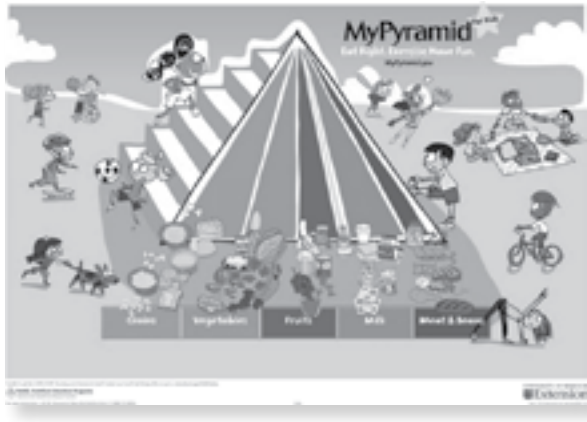
Show-Me Nutrition

Family Nutrition Education Program curricula for the classroom

The Family Nutrition Education Program (FNEP) helps low-income Missourians who are nutritionally at risk to obtain optimal lifelong health and fitness.

One component of FNEP reaches low-income youths through a school nutrition program called Show Me Nutrition. Classes are available for pre-K through grade 12 youths in Missouri schools that meet the criteria for low-income participants. A series of integrated classes, compatible with the Missouri Health and Physical Education Grade Level Expectations. Classes are taught by trained nutrition educators working in cooperation with classroom teachers. For information on the availability of Show Me Nutrition in your area, contact your local University of Missouri Extension center.

All kindergarten through fifth-grade lessons in this series include family newsletters that can be sent home to help families make healthy choices.



S56 Adventures in Nutrition with the Show-Me Chef (kindergarten)

9 lessons

Students practice new skills, such as tasting healthy foods, washing hands and having fun moving their bodies.

S57 Fun with Food and Fitness (first grade)

7 lessons

Students are introduced to MyPyramid and learn that they need to eat a variety of foods from the five major food groups to grow and stay healthy.

Show-Me Standards

There are four goals and six content areas:

Goal 1: Acquire knowledge and skills to gather, analyze and apply information.

Goal 2: Acquire knowledge and skills to communicate effectively within and beyond the classroom.

Goal 3: Acquire knowledge and skills to recognize and solve problems.

Goal 4: Acquire the knowledge and skills to make decisions and act as responsible members of society.

Show-Me Nutrition Standards are online:

extension.missouri.edu/nwregion/Nutrition/ShowMeStandards.htm

They learn the difference between television commercials and regular programming so they can begin to understand how advertising influences food choices. Students are introduced to MyActivity Pyramid and physical activity.

S58 Building MyPyramid (second grade)

7 lessons

Students learn that eating a variety of healthy foods from MyPyramid + being active = good health. To help students build a healthy body image, they learn that healthy bodies come in all sizes and shapes. Students become ad-busters by learning the techniques advertisers use to persuade consumers to buy food. Students use MyActivity Pyramid and MyActivity Log to track time spent being active.

S59 Building My Body (third grade)

6 lessons

Students use MyPyramid to plan meals and choose foods from all the food groups. They are encouraged to start the day with breakfast and learn to pay attention to body cues that help them know when they have eaten and exercised enough. Students use MyActivity Pyramid and MyActivity Log to incorporate proper nutrition and exercise into their daily lives.

S60 Choosing Foods for Me (fourth grade)

11 lessons

Students learn the recommended amounts of food to eat daily from MyPyramid. They learn to use food labels to make healthy food choices and how to make healthy choices when eating out. Students analyze how social influences like family, media, peers and coaches affect body language. They also learn that physical activity is part of a healthy lifestyle. Students use MyActivity Pyramid and MyActivity Log to incorporate choosing the right foods into their daily lives.

S61 Exploring MyPyramid (fifth grade)

11 lessons

Students are encouraged to eat a variety of foods from each food group. They learn to store and prepare foods safely. The importance of physical activity, body acceptance and food choices are addressed. Students use MyActivity Pyramid and MyActivity Log to incorporate the components of MyPyramid into their daily lives.

S62 Digging Deeper (sixth grade)

7 lessons

Students participate in hands-on activities that relate to things that interest preteens and teens, such as appearance and fitting in with their peers. Issues for preteens, such as getting enough calcium and making healthy fast-food choices, are covered in a kid-friendly format. Since sixth-graders are beginning to make more food choices, shop for food and cook meals, lessons include instruction in planning healthy meals using MyPyramid, shopping, food safety and food preparation.

S63 Choices and Challenges (seventh and eighth grades)

7 lessons

There are three levels included in the curriculum: seventh grade, eighth grade, and a seventh- and eighth-grade, mixed-class level. Teens learn to weigh their options and make healthy lifestyle choices. Hands-on activities help teens learn to deal with issues like body image, what to eat at fast-food restaurants and plan a vegetarian diet consistent with MyPyramid. Each lesson includes a fitness break and snack ideas.

Learning activities and opportunities

Designed for groups of 10 or more youths

Missouri 4-H has projects and activities to meet the needs and interests of almost any group of young people. 4-H programs are educational, fun, and action-oriented and provide a variety of experiences that can be adapted for different settings. Typical 4-H settings include school classrooms, after school programs, clubs, and camps. The following group learning opportunities are specifically designed for groups of 10 or more youths but most can easily be adapted for smaller groups.

Additional resources to support these group projects can be found online at:

4h.missouri.edu/go/get/projects/learningactivitiesandopportunities.htm

A00 Locally-sponsored Program

Use number for School Enrichment Programs developed locally with schools.

A03 MY LOGO (Missouri Youth Engaged in Local Government)

The Missouri Youth Engaged in Local Government (MY LOGO) Program is designed to teach middle and high school students about local government in Missouri and to involve them in issues confronting their communities. The basic format uses classroom learning, site visits, student-led action projects, and/or local government project fairs. The program is easily modified to meet each community's local needs and circumstances. (The program was formerly known as Local Government CECH-UP.)

Goals: 1, 2, 3, 4; **Content – Social Studies;** 1, 2.

Resources:

MY LOGO Teacher's Manual.

Online at: cech-up.org

Contact:

Sandy Diamond

Citizenship Education Clearing House

University of Missouri-St. Louis

8001 Natural Bridge Road

St. Louis, MO 63121

314-516-6820

Web site: cech-up.org

A12 Community Service

Allows 4-H'ers to develop and carry out a project or projects aimed at enhancing the community.

Ideas for community service could include:

- Carry On Suitcase Project: Fill suitcases with personal care items to assist local battered women's shelters or other assistance

Order form
for project
literature is
on page 51, or
download from
the 4-H Web
site at:
4h.missouri.edu