

Curriculum Recommendations for FNP

*(available in Spanish)

To use with children

Title: *Book in a Bag** (some selections are in Spanish)

Description: Reading and food education activities for young children. Seven lessons.

Target audience: Preschool through early elementary

Behavioral objectives: Participants will choose nutritious meals and snacks.

Programming method suggested: Group

Cost of resource: \$50

Contact: KSU-FNP Office at 785-532-1559

Title: *Chef Combo*

Description: Hands on nutrition education for four-five year old children introducing them to a variety of foods, helping them develop a willingness to taste new foods and understand the importance of being clean and careful when working with food.

Target audience: Preschoolers

Behavioral objectives: Participants will choose and prepare nutritious meals and snacks and practice safe handling and preparation practices.

Programming method suggested: Group

Cost: Determined by Midland Dairy Council

Contact: 1-800-406-6455

Title: *Junior Master Gardener*

Description: Program teaches youth about horticulture and nutrition among other things.

Target audience: 3-5th grades (Level 1), 6-8 (Level 2)

Behavioral Objectives: Participants will choose and prepare nutritious meals and snacks; will balance the food they eat with physical activity; and will use safe food handling, preparation and storage practices.

Programming methods: Group

Cost of resource: For Level 1: Leaders Manual - \$38+\$5.66 S&H, Student Handbook (English or Spanish)- \$20+\$4.70 S&H, Health and Nutrition from the Garden - \$28.50+ \$5.66 S&H. For Level 2: Teacher/Student Book - \$29.50 + \$5.66 S&H

Contact: Evelyn Neier 316-722-0932

Title: *Kids a Cookin'**

Description: Children learn basic cooking skills, good nutrition, healthy food choices and food safety through short videos.

Target audience: Children and their caregivers

Behavioral objectives: Participants will choose and prepare nutritious meals and snacks and practice safe food handling and preparation practices.

Programming method: Group

Cost: Videos/recipe booklets in each county/no charge.

Contact: Kathy Walsten 785-532-1676

Title: *Kids in the Kitchen*

Description:

Kids in the Kitchen encourages children to eat healthy meals and snacks. It provides creative, hands-on learning experiences that teach youth how to prepare simple, healthy foods. It integrates food safety, physical activity and teamwork with each lesson.

Target audience: Youth—two age levels 6-9 year olds and 10-12 yer olds

Behavioral objectives: Participants will choose and prepare nutritious meals and snacks and practice safe food handling and preparation practice.

Programming method suggested: Group

Cost: Free to our counties using KAC

Contact: Kathy Walsten (785-532-1676) or University of Missouri (573-882-9760)

Title: *Professor Popcorn* (Revised in 2002)

Description: Nutrition lessons and camera-ready participant handouts for youth on CD-Rom

Target audience: Grades 1-6 (5 lessons for each grade level)

Behavioral objectives: Participants will choose and prepare nutritious meals and snacks; use safe food handling, preparation and storage practices; and balance the food they eat with physical activity.

Programming method suggested: group

Cost of resource: \$50.00

Contact: Purdue University at 888-398-4636

Title: *Team Nutrition: yourSelf*

Description: Nutrition education and physical activity for 7-8th graders emphasizing their power of choice. Includes ideas linking classroom and cafeteria.

Target audience: Middle school children

Programming method suggested: Group

Behavioral objectives: Participants will choose and prepare nutritious meals and snacks; use safe food handling, preparation and storage practices; and balance the food they eat with physical activity.

Cost: \$25

Contact: 1-800-321-3054

Title: *Team Nutrition: Food & Me Kits*

Description: Nutrition education program for preschool-kindergarten, grades 1-2, grades 3-5.

Target audience: Elementary school children

Behavioral objectives: Participants will choose and prepare nutritious meals and snacks; use safe food handling, preparation and storage practices; and balance the food they eat with physical activity.

Programming method suggested: Group

Cost of resource: Pre-K-K--\$16, Grade -2--\$23, Grade 3-5--\$23

Contact: 1-800-321-3054

Title: *The Power of Choice*

Description: A series of 10 lessons with activities (one hour/ea). Food and nutrition activities including food preparation and tasting. Physical activities are also included.

Target Audience: Ages 11-13

Behavioral Objectives: Participants choose and prepare nutritious meals and snacks; use safe food handling, preparation practices and balance the food they eat with physical activity.

Programming method suggested: After school programming for groups of preteens

Cost of resource: No Cost and can be downloaded from the internet

Contact: <http://www.fns.usda.gov/tm/> (look under Educators icon)

To use with prospective parents, parents or caregivers of young children

Title: *Building a Healthy Diet**

Description: Nutrition lessons with emphasis on working within a limited budget. Includes importance of physical activity.

Target audience: Adults

Behavioral objectives: Participants will choose and prepare nutritious meals and snacks; use safe food handling, preparation and storage practices; manage their food resources and use thrifty shopping practices for nutritious foods and balance the food they eat with physical activity.

Programming method suggested: Individual or small group

Cost of resource: \$75 for English version. Spanish masters -\$20

Contact: Iowa State at 515-294-5247

Title: *Feeding Our Youngest**(newsletters and handouts in Spanish)

Description: 4 lessons and a set of newsletters (English and Spanish). Relevant videos and supporting materials are recommended.

Target audience: Caregivers of infants and toddlers 0-18 months.

Behavioral objectives: Participants will choose and prepare nutritious meals and snacks; use safe food handling and storage practices.

Programming method suggested: Individual or small group

Cost of resource: \$ 11.00 for curriculum, \$.84 for set of 12 newsletters

Contact: KSU Extension Distribution Center 785-532-5830.

Title: *Nutrition: Good for You*

Description: A newly revised nutrition curriculum for those who care for young children. Includes lessons on planning child friendly menus, cooking with children and physical activity. Includes Spanish handout, video and fact sheets.

Target audience: Child care providers or parents of young children

Behavioral objectives: Participants will choose and prepare nutritious meals and snacks and balance the food they eat with physical activity.

Programming method suggested: Group

Cost of resource: to be determined

Contact: KCCTO (not Barb Roth) 1-800-227-3578

Title: *Have a Healthy Baby*

Description: Lessons focus on healthy diet, importance of weight gain during pregnancy and healthy lifestyle choices. Two sets of lesson plans are included, one for teen and the other for adults.

Target audience: pregnant teens and adults

Behavioral objectives: Participants will choose and prepare nutritious meals and snacks; safe food handling, preparation and storage practices

Programming method suggested: Individual or small group

Cost of resource: Instructor's Handbook - \$50.00

Contact:

Purdue University - 1-888-398-4636

Participant Workbook (package of 10 available from KSU-FNP office 785-532-1559)

To use with adults

Title: *Basic Foods and Nutrition (Part of Basic Living Skills)*

Description: Kitchen basics, nutrition information on eating healthy (using food guide pyramid), and food budgeting. Six lessons

Target audience: adults and older youth

Behavioral Objectives: Participants will choose and prepare nutritious meals and snacks; will use safe food handling, preparation and storage practices, and manage their food resources and use thrifty shopping practices.

Programming methods: Small group; individual

Cost: Available in all counties

Contact: Sandy Procter 785-532-1559

Title: *Building a Healthy Diet**

Description: Nutrition lessons with emphasis on working within a limited budget. Includes importance of physical activity.

Target audience: Adults

Behavioral objectives: Participants will choose and prepare nutritious meals and snacks; use safe food handling, preparation and storage practices; manage their food resources and use thrifty shopping practices for nutritious foods and balance the food they eat with physical activity.

Programming method suggested: Individual or small group

Cost of resource: \$75 for English version. Spanish masters -\$20

Contact: Iowa State at 515-294-5247

Title: *Eating Right is Basic**

Description: A series of nutrition lessons with emphasis on individual goal setting. Sections on eating for two, feeding infants, feeding children and adolescents.

Audience: Teens and adults

Programming method suggested: Small group

Behavioral objectives: Participants will choose and prepare nutritious meals and snacks; use safe food handling, preparation and storage practices; manage their food resources and use thrifty shopping practices for nutritious foods

Cost of Resource: \$65 (includes notebook and CD-Rom) There are some handouts in Spanish.

Contact: Michigan State University Extension at 517-353-9102

Title: *EFNEP Adult Curriculum**

Description: Topics include nutrition, meal planning, food safety, shopping and parenting.
Available in Spanish & English,
18 flip charts and participants handouts.
English version is currently in each county office

Target audience: Adults and older teens

Behavioral Objectives: Participants will choose and prepare nutritious meals and snacks; use safe food handling, preparation and storage practices; manage their food resources and use thrifty shopping practices for nutritious foods.

Programming method suggested: Individual or small group

Contact: KSU-FNP office 785-532-1559 for extra copies

Title: *La Cocina Saludable**

Description: A five part nutrition education program for young Spanish speaking mothers.

Target audience: Latino women and their children

Behavioral objectives: Participants will choose and prepare nutritious meals and snacks; use safe food handling, preparation and storage practices; manage their food resources and use thrifty shopping practices for nutritious foods and balance the food they eat with physical activity.

Programming method suggested: Small groups

Cost for resource: \$85

Contact: Colorado State at 877-692-9358

Title: *Mission Nutrition*

Description: Hands on activities in which participants learn to prepare nutritious meals and snacks.

5 lesson plans including food demonstration scripts, educational materials, participant handouts and reminder cards

Target audience: Adults

Behavioral objectives: Participants will choose and prepare nutritious meals and snacks; use safe food handling, preparation and storage practices; manage their food resources and use thrifty shopping practices for nutritious foods and balance the food they eat with physical activity.

Educational Resources to supplement Curriculum

Programming method suggested: Group

Cost of resource: \$40.00

Contact: KSU-FNP office 785-532-1559

Title: *Money for Food*

Description: Curricula with stand alone lessons on food budgeting. 13 lessons.

Target audience: Adults or teens

Behavioral Objectives: Participants will manage their food resources and use thrifty shopping practices.

Programming method: group/individual

Cost: Available through KSU-FNP

Contact: Karen Hudson -785-532-1559

Title: *Safe Food and You**

Description: A food safety curriculum. A video is used with mothers-to-be; there is a CD with hand washing songs for preschoolers and their parents.

Target audience: Mothers-to-be, preschoolers and their parents.

Behavioral objectives: Participants will have safe food handling, preparation and preparation practices.

Programming method: Small group

Cost: \$45; \$ 5 for Spanish handouts

Contact: Purdue University at (1-888-398-4636)

Title: *Walk Kansas*

Description: A series of newsletters with nutrition and physical activity suggestions that can be the foundation of the Walk Kansas program.

Target audience: All ages

Behavioral objectives: Participants will choose and prepare nutritious meals and snacks and balance the food they eat with physical activity.

Programming method: Group

Cost: No cost

Contact: Mike Bradshaw 785-532-1942

To use with seniors

Title: *Healthy Eating for Life (HELP)*

Description:

Nutrition lessons and handouts for the older adult
Evaluation materials included
The lessons span 5-6 sessions

Target audience: Older adults

Behavioral objectives: Participants will choose and prepare nutritious meals and snacks; use safe food handling, preparation and storage practices; manage their food resources and use thrifty shopping practices for nutritious foods and balance the food they eat with physical activity.

Programming method suggested: Group

Cost of resource: \$70/notebook; \$28/computer disk

Contact: KSU-FNP office 785-532-1559

Title: *The K-State Nutrition PAGE--Practical Advice for Good Eating** (Recipes for the cooking series in Spanish)

Description: A cooking program that can be done in a series of 4 or more sessions. Recipes are available in Spanish. There are also series of bulletins that focus on simple behaviors to encourage improvements in dietary quality. (Some are also available on audiocassette tape.) Each comes with a short participant evaluation questionnaire. Current topics include: our changing food supply/portion sizes; breakfast; fruits and vegetables; and medications and nutritional health. In addition, an interactive cooking school/recipe series with accompanying nutrition facts sheets. Available in Spanish.

Target audience: Adults, especially older adults

Behavioral objectives: Participants will choose and prepare nutritious meals and snacks and use safe food handling, preparation and storage practices.

Programming method suggested: Individual or small group

Cost of resource: The cooking program materials will be free. Color copies of the bulletins are \$0.10 per bulletin

Contact: KSU-FNP at 785-532-1559

Title: *Vim and Vigor*

Description: For FNP programs, the focus is on choices regarding diet quality, safe food handling, and physical activity. A leader's guide notebook includes materials to help plan, promote, prepare, conduct and evaluate the program. Scripted presentations with visuals (transparencies, PowerPoint slides and Corel Presentations slides) along with take-home written materials are the centerpiece components of the leader's guide notebook. Topics suitable for FNP programming include: 1. Live Smart! Be Smart! How a Healthy Lifestyle Promotes Mental and Emotional Vitality (*Note: Only the first 12 slides of this topic, which cover diet and physical activity, are suitable for use in FNP-funded programs*); and 2. Eat Smart! Be Smart! A "Recipe" for Keeping Your Brain in Shape (*All 16 slides with this topic are suitable for use in FNP programs*).

Target Audience: Adults, especially older adults

Behavioral objectives: Generally, the objective is to improve healthy eating and physical activity and enhance adult quality of life. More specifically, the objective is to increase FNP participants' awareness of how diet and physical activity choices promote physical, mental and emotional vitality.

Programming methods: For FNP programs, I recommend that you combine the slide presentations with food taste-testing or a recipe demonstration, use the written handouts as appropriate, and allow time for discussion.

For example, just as one idea, you could organize your sessions like this:

Meeting #1—Use slides 1-12 of presentation #1. Taste a whole-wheat bagel and/or crackers and/or juice boxes.

Meeting #2 —Use slides 1-8 of presentation #2. (This will allow a review of the diet guidelines from meeting #1.)
Taste a fruit and/or vegetable.

Meeting #3—Use slides 9 and 10 of presentation #2. (This will allow a review of fruits and vegs from meeting #2.) Taste a nourishing beverage and/or a whole grain food.

Meeting #4— Use slides 11-16 of presentation #2. (This will allow a review of the entire series.) Taste a legume, egg, dairy, fish and/or flax recipe.

Cost of resource: No cost

Contact: Mary Meck Higgins, mhiggins@humeck.ksu.edu

Supplementary Materials

Title: *1999 Commodity Cookbook* (North Dakota EFNEP)

Description: Activities and recipes to use with commodity foods.

Target audience: Native Americans/ any adult who uses commodity foods

Behavioral objectives: Participants will choose and prepare nutritious meals and snacks.

Program Method suggested: individual or group

Cost of resource: \$4.00

Contact: KSU-FNP at 785-532-1559

Title: *Fix it Fresh! Fruits and Vegetables Recipes Series*

Description: The series includes 23 produce facts sheets and 57 recipes, all in large print and ready to photocopy for FNP participants. Each facts sheet is one or two pages in length and includes fun information about the fruit or vegetable along with information about selecting, measuring, handling, ripening, preserving, preparing and serving the crop, and selected nutrition information for one standard serving. One fact sheet covers culinary herbs. The recipes include 10 main dishes, 18 hot side dishes, 19 cold side dishes and 10 healthy sweet foods, with information about how a child could participate, nutrition claims per FDA's food label standards and nutrition facts. Although the recipes generally list fresh fruits and vegetables as ingredients, most can also be prepared using canned or frozen ones.

Target audience: Adults of all ages and some older children, especially gardeners and customers of local fruits and vegetables vendors

Behavioral objectives: Participants will increase their knowledge about: choosing and preparing fruits and vegetables for meals and snacks; safe food handling; and food resource management.

Programming methods: Use these materials as the basis of, or to supplement, nutrition or cooking lessons on fruits or vegetables. Use them with a gardening lesson, other nutrition or cooking classes, a field trip to purchase fruits or vegetables, etc. Provide them to local fruit or vegetable vendors to distribute to customers.

Cost of resource: No cost

Contact: Mary Meck Higgins, mhiggins@humec.ksu.edu

Title: *Kids' Meal Time**

Description: A set of newsletters written in an easy-to-read format. Especially suited for people with limited reading skills. The set includes 12 camera ready news letters and a camera-ready Food Guide Pyramid Poster for preschool age children. A full color version of the poster is available

Target audience: Parents and care givers of preschool age children

Behavioral objectives: Participants will choose and prepare nutritious meals and snacks.

Programming method suggested: Individual

Contact: Currently in every county; KSU-FNP office 785-532-1559/ no charge.

Title: *KS 4-H Food & Nutrition Leaders' Guide* (newly updated)

Description:

Nutrition lessons and camera-ready participant handouts.

Lessons are based on the Food Guide Pyramid and include food preparation activities and information related to nutrition food science, food safety, physical activity, shopping, environmental resources and more.

Target audience: Youth 7-18

Behavioral objectives: Participants will choose and prepare nutritious meals and snacks; use safe food handling, preparation and storage practices; manage their food resources and use thrifty shopping practices for nutritious foods and balance the food they eat with physical activity.

Programming method suggested: Individual or small group

Contact: Currently in each county office/ no charge

Title: *Safe Food for Children**

Description:

5 lessons of food safety for young children in the child care setting. Includes video and supporting materials for child care providers and parents.

Target audience: Child Care providers

Behavioral objectives: Participants will use safe food handling, preparation and storage practices.

Programming method suggested: Individuals

Cost of resource:

Hand washing Activity Page @.20

Hand washing Stickers @ .20

Shopping List Pad @ \$1 per page

Magnet @ .75

Food Storage Charts @ \$1 per set of three

Certificate of Participation @ .20

Contact: K-State Distribution Center

Video and Camera-ready lessons and support materials are currently in every County. Additional brochures available from distribution.

Title: *Youth Curriculum Source Book*

Description: Nutrition lessons and camera-ready participant handouts.

Topics emphasize choosing foods for good health, improving general health , and developing life skills

Target audience: Youth ages 6-11

Behavioral objectives: Participants will choose and prepare nutritious meals and snacks; use safe food handling, preparation and storage practices; and balance the food they eat with physical activity.

Programming method suggested: Group

Educational Resources to supplement Curriculum

Programming Method suggested: Individual or small group

Time Frame per activity

Estimated Cost per Activity:

Cost of Resource: \$30.00

Contact: University of Wisconsin Publications 877-947-7827

Title: *Money Management* (from the *Basic Living Skills curriculum*) Not to be used alone for an FNP activity.

Rather, it should be used with a nutrition curriculum such as *Mission Nutrition*

Description: Topics include: banking services, credit, record keeping, budgeting and stretching resources

Target audience: Adults

Behavioral Objectives: Participants will manage their food resources and use thrifty shopping practices for nutritious foods.

Programming Method suggested: Individual and small group

Cost of resource: Provided through extension

Contact: Joyce Jones for additional information