

Nutrition Resources Recommended by Florida EFNEP/FNP Extension Educators

Curricula/Videos/Activities

Preschool

Breakfast Clubbies Video & Activity Kit. Food Groupies, Inc. Ages 3 to 7. Materials feature the popular Food Groupie® puppets. Kit includes 4 videos, teacher's guide with activities and reproducibles. 1996. \$81.45 (NASCO)

Celebrate Healthy Eating, Dannon Institute. Pre-K. Sections include Calcium and Protein Foods; Spring Fruits and Vegetables; Breads and Grains; Fall Fruits and Vegetables. Posters, teaching tips, and downloadable materials including games, activities, and recipes available at:
<http://www.celebratehealthyeating.org/index.cfm>

Chef Combo's Fantastic Adventures in Tasting and Nutrition. Grades Pre-K to 2. Kit includes puppets, teacher's guide, and English and Spanish family newsletters. National Dairy Council. 1995.

Food Groupie® kits. Multimedia packages for children age 3 to 7 including puppets, activities, videos, storybooks, audiocassettes, CDs, and teacher's guides. Various kits available, starting at \$39.95 (NASCO).

Five A Day, Let's Eat & Play, Palm Beach County Health Department. Pre-K. Kit includes ten lessons, storybook, and a spinner board. 1998.

Kid's Club: Nutrition Activities for Young Children. Grades Pre-K to 2. Kit includes puppets, teacher's guide, audiotape, CD, songbook, storybook, and game. Noteworthy Creations. 1997.

The Kids' Multicultural Cook Book: Food and Fun Around the World, Deanna Cook. Grades Pre-K to 5. 1995.

Moo 2 You Video. Florida Dairy Council (floridadairyCouncil.org). Grades Pre-K to 5.

Mooove to Lowfat or Fat Free Milk, Florida's Interagency Food and Nutrition Committee. Grades Pre-K-5 and adults. Lesson plans, activities, and illustrative materials available at:
<http://www.doh.state.fl.us/family/mooove/milk.html>

Nutrition Activities for Preschoolers, Cryer, Harms, Ray. Book contains tips for successful nutrition education, fact sheets, activities, parent newsletters, and resource lists. 1996.

The Partnership for Food Safety Education's Fight BAC!® Campaign has food safety educational materials for all ages. Visit: www.fightbac.org.

Preschool Nutrition Education Curriculum. Florida Department of Education. Pre K. Lesson plans, parent letters, and teacher information. 1992.

Project Food, Land & People: Resources for Learning. Project Food, Land & People. Grades Pre-K through 12. Lessons with hands-on activities. 2000. \$15.00 (Florida Ag in the Classroom).

Pyramid Café Kit. National Dairy Council. Grades 2-3. Materials include teacher's guide, student workbooks, poster, handout, and reproducibles. 1998.

Pyramid Players. North Dakota State University Extension Service. Grade 2. Food Guide Pyramid, food safety, and physical activity. Each of the five lessons has the following sections: Nutrition Notes, Fitness Facts, Snack Time, Student Activity, Parent Letter, Cafeteria Corns (ideas for involving the school and foodservice), and pre and post evaluations. 2000.
\$25.00

Snackin' Healthy, Michigan State University Extension 4-H. Grades Pre-K-2. Leader's Guide, Member's Packet, and activity cards.
<http://ceenet.msue.msu.edu/bulletin/ctlgmast.html>
1991/1993. \$10.00 for set

Snacks 'n' Celebrations Cookbook. Oregon Dairy Council. Grades Pre-K to 5. 115 pages of recipes and activities. 1995. \$7.50.

Elementary

Breakfast Clubbies Video & Activity Kit. Food Groupies, Inc. Ages 3-7. Materials feature the popular Food Groupie® puppets. Kit includes 4 videos, teacher's guide with activities and reproducibles. 1996. \$81.45 (NASCO)

Building Better Breakfasts. University of Florida 4-H. Grades K-5. Five lessons with activities. 1996.

Chef Combo's Fantastic Adventures in Tasting and Nutrition. Grades Pre-K to 2. Kit includes puppets, teacher's guide, and English and Spanish family newsletters. National Dairy Council. 1995.

E.A.G.A.H.B.E.D.D.: Eat a Good and Healthy Breakfast Every Day...Day. National Dairy Council. Grades K-5. Video and activity booklet. 13 min. 1994.

Every Day, Lost of Ways: In Interdisciplinary Nutrition Curriculum. Pennsylvania Department of Education. Grades K-6. 35 lessons and resource lists. (Lessons used and recommended include Lesson 1 Greater Than, Less Than, Equal to: Measuring the Pyramid; Lesson 9 Thirst Quenchers; and Lesson 10 Fats, Oils, Sweets Few, Occasionally, Sometimes). 1996.

Exploring the Food Guide Pyramid with Professor Popcorn, and Hooked on Health. Purdue University. Grades K-8. Lessons include handouts and brochures. 1996.

Fight BAC Food Safety Education Program for Kindergarten through 3rd Grade. Partnership for Food Safety Education; Food Marketing Institute Foundation. Kit includes teacher's guide, script, reproducibles, puppet, and posters. 1999.

Fight BAC Food Safety Education Program for 4th, 5th, and 6th Grade Classrooms. Partnership for Food Safety Education; Food Marketing Institute Foundation. Kit includes video, teacher's guide, experiment guide, activities, home survey, and take-home BAC-catcher game. 1999.

Food, Fun, Fitness. University of Florida 4-H. Grades K-5. Eight lessons including classroom and take-home activities. 1996.

Food Fundamentals. University of Florida 4-H. Grades 3-8. Nine lessons including classroom and take-home activities. 1994.

Food Groupie® kits. Multimedia packages for children age 3 to 7 including puppets, activities, videos, storybooks, audiocassettes, CDs, and teacher's guides. Various kits available, starting at \$39.95 (NASCO).

Fun with Foods. University of Florida 4-H. Grades K-2. Eight lessons including classroom and take-home activities. 1992.

Gimme 5...Fruits and Veggies! Leon County Extension Service. Five lessons in teacher's guide, with activities, recipes, and reproducibles. 1997.

Healthy Choices for Kids. Growers of Washington State Apples. Grades 3-5. Curriculum includes activity booklet, classroom cookbook, and poster. 1992.

Healthy Living A - Z, Oklahoma State Cooperative Extension. Grades 4-8 and Adult. 20 lessons, which focus on increasing fruit and vegetable intake through cooking demonstrations, nutrition, and food safety information. Curriculum is on CD and includes PowerPoint presentations, leader's guide, evaluations, handouts, and recipes. 2000. \$40.00

How to Teach Nutrition to Kids. Connie Evers, MS, RD. Book includes teaching tips and over 200 activities for children ages 6-10. 1995.

Downloadable handouts and activities are available at: <http://www.nutritionforkids.com/>.

How to Teach Nutrition to Kids Leader/Activity Guide. Connie Evers, MS, RD. Book includes 35 nutrition education activities for children ages 6-10.

Janey Junkfood's Fresh Adventure! Foodplay. Grades K-6. Includes video and teacher's guide with lesson plans and reproducibles. 30 minutes. 1996. \$99.00 (NASCO).

Kid's Club: Nutrition Activities for Young Children. Noteworthy Creations. Grades Pre-K to 2. Kit includes puppets, teacher's guide, audiotape, CD, songbook, storybook, and game. 1997.

Kids in the Kitchen. University of Missouri-Columbia. Grades K-3 and 4-6. Sixteen lessons (8 for each age group) that encourage healthy eating through hands-on cooking experiences. Also includes nutrition and food safety information. 2002. \$35.00

Kids Kitchen. Foodplay. Grades K-5. Video, activity guide, and recipes. 55 minutes. 1996.

The Kids' Multicultural Cook Book: Food and Fun Around the World, D. Cook. Grades Pre-K to 5. 1995.

Moo 2 You Video - Florida Dairy Council (floridadairyCouncil.org) - Grades Pre-K to 5.

Mooove to Lowfat or Fat Free Milk, Florida's Interagency Food and Nutrition Committee. Grades Pre-K-5 and adults. Lesson plans, activities, and illustrative materials available at:

<http://www.doh.state.fl.us/family/mooove/milk.html>

Nutrition Curriculum Activities Kit, Center for Applied Research in Education. Level 1 (Grades 5-8) and Level 2 (Grades 9-12). Each book has 20 ready-to-use teaching units including a teacher's guide, activities, reproducible worksheets, and evaluations. 1986.

Nutrition Smart, Penn State Nutrition Center - Grades K-5. Reproducible lessons and activities. 1995.

The Partnership for Food Safety Education's Fight BAC!® Campaign has food safety educational materials for all ages. Visit: www.fightbac.org.

Project Food, Land & People: Resources for Learning. Project Food, Land & People. Grades Pre-K through 12. Lessons with hands-on activities. 2000. \$15.00 (Florida Ag in the Classroom)

Pyramid Pursuit: Mississippi Comprehensive School Health Education Curriculum. Grades K-3. Mississippi Department of Education. Lessons and activities teaching the Food Guide Pyramid concepts. 1994.

Red Riding Hood and the Well-Fed Wolf video. Churchill Media. Grades 3-5. 16 minutes. 1993.

Snack Smart. Leon County Extension Service. Grades K-8. Kit includes teacher's guide, student booklet, recipe booklet, and food lists and photos. 1995.

Snackin' Healthy. Michigan State University Extension 4-H. Grades Pre-K-2. Leader's Guide, Member's Packet, and activity cards. <http://ceenet.msue.msu.edu/bulletin/ctlgmast.html>. 1991/1993. \$10.00 for set

Snacks 'n' Celebrations Cookbook. Oregon Dairy Council. Grades Pre-K to 5. 115 pages of recipes and activities. 1995. \$7.50

Middle School

The Danger Zone: A Food Safety Program for Teens. USDA. Grades 6-8, 9-12. Video, teacher's guide, and poster. 25 minutes. 1991.

Exploring the Food Guide Pyramid with Professor Popcorn, and Hooked on Health. Purdue University. Grades K-8. Lessons include handouts and brochures. 1996.

Food Pyramid Pursuit. NASCO. Grades 6 and up. Game for 4 to 6 players. 1999. \$19.95

Food Safety Bingo. NASCO. Grade 7 to adult. 1995. \$21.75

Fruit and Vegetable Power Activity Book. NASCO. Grades 6-12. 32 pages of reproducible activities. \$8.95

Healthy Living A - Z, Oklahoma State Cooperative Extension. Grades 4-8 and Adult. 20 lessons, which focus on increasing fruit and vegetable intake through cooking demonstrations, nutrition, and food safety information. Curriculum is sold as a CD and includes PowerPoint presentations, leader's guide, evaluations, handouts, and recipes. 2000. \$40.00

MVE-TV: The Channel for Moderation, Variety and Exercise, National Livestock and Meat Board. Grades 6-12. Video and teacher's guide and reproducibles. 10 minutes. 1997.

The Partnership for Food Safety Education's Fight BAC!® Campaign has food safety educational materials for all ages. Visit: www.fightbac.org.

Project Food, Land & People: Resources for Learning. Project Food, Land & People. Grades Pre-K through 12. Lessons with hands-on activities. 2000. \$15.00 (Florida Ag in the Classroom).

Snack Smart. Leon County Extension Service. Grades K-8. Kit includes teacher's guide, student booklet, recipe booklet, food lists, and photos. 1995.

Sound Nutrition for Teenage Mothers-to-Be. Florida Department of Education. Grades 6-8, 9-12. Kit contains teacher's manual, video, overheads, and posters. 12 min. 1995.

Your SELF. USDA's Team Nutrition. Video, teacher's guide, and reproducibles. Grades 6-8. 22 min. 1998.

High School

The Danger Zone: A Food Safety Program for Teens. USDA. Grades 6-8, 9-12. Video, teacher's guide, and poster. 25 min. 1991.

Food Pyramid Pursuit. NASCO. Grades 6 and up. Game for 4 to 6 players. 1999. \$19.95

Food Safety Bingo. NASCO. Grade 7 to adult. 1995. \$21.75

Fruit and Vegetable Power Activity Book. NASCO. Grades 6-12. Reproducible activities. 32 pg. \$8.95

MVE-TV: The Channel for Moderation, Variety and Exercise, National Livestock and Meat Board. Grades 6-12. Video and teacher's guide and reproducibles. 10 min. 1997.

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Project Food, Land & People: Resources for Learning. Project Food, Land & People. Grades Pre-K through 12. 2000. Lessons with hands-on activities. \$15.00 (Florida Ag in the Classroom).

Sound Nutrition for Teenage Mothers-to-Be. Florida Department of Education. Grades 6-8, 9-12. Kit contains teacher's manual, video, overheads, and posters. 12 min. 1995.

Adult

Ask Sofia Safe About Food Safety video. Altschul Group. Adults. 13 min. 1996.

Food Pyramid Pursuit. NASCO. Grades 6 and up. Game for 4 to 6 players. 1999. \$19.95

Food Safety Bingo. NASCO. Grade 7 to adult. 1995. \$21.75

Healthy Living A - Z, Oklahoma State Cooperative Extension. Grades 4-8 and Adult. 20 lessons, which focus on increasing fruit and vegetable intake through cooking demonstrations, nutrition, food safety information. Curriculum on CD includes PowerPoint presentations, leader's guide, evaluations, handouts, and recipes. 2000. \$40.00

Learning for Better Living, California Cooperative Extension. Adults. Spanish and English materials. 5-part series, including Nutrition and Health and Food Safety. 1995. PDF versions available at: <http://agpublications.tamu.edu/pubs/scal/top.htm>

Lily videos. Altschul Group. Adults. Series includes topics such as breakfast, childhood obesity, eating for less, feeding babies, fruits and vegetables, eating during pregnancy, and starting solid foods. 10-15 min.

Mooove to Lowfat or Fat Free Milk, Florida's Interagency Food and Nutrition Committee. Grades Pre-K-5 and adults. Lesson plans, activities, and illustrative materials available at: <http://www.doh.state.fl.us/family/mooove/milk.html>

Nutrition Essentials. University of Florida. Adults. Series of 17 lessons with interactive discussions, recipes, visuals (PDF and PowerPoint files), and activities. 2002.

The Partnership for Food Safety Education's Fight BAC!® Campaign has food safety educational materials for all ages. Visit: www.fightbac.org.

Models/Displays/Misc

Body fat replicas - NASCO - 1-lb. \$19.95, 5-lb. \$60.80.

Bone Density Model Cards - NASCO - Two cards (normal bone and bone with osteoporosis). \$8.35.

Fat, sugar, and sodium test tubes - Various kits available, starting at \$24.95 (NASCO or NCES).

Food Replicas - Available individually (starting at \$2.10) or in sets (starting at \$26.25) (NASCO or NCES)

Educator Resources (Books and Miscellaneous)

The Activity Pyramid and the Kid's Activity Pyramid. Park Nicollet HealthSource.
www.healthsource.org.

American Dietetic Association Complete Food & Nutrition Guide, 2nd Edition. R.L. Duyff, John Wiley & Sons, 2002.

Bowes and Church's Food Values of Portions Commonly Used. J.A.T. Pennington, Lippincott Williams & Wilkins, 1998.

Child of Mine - Feeding with Love and Good Sense. E. Satter, Bull Publishing, 2000.

Discovering Nutrition. P.M. Insel, R.E. Turner, and D. Ross, Jones and Bartlett Pub., 2002.
Physical Activity and Health: A Report of the

Project Food, Land & People: Resources for Learning. Project Food, Land & People. Grades Pre-K through 12. Lessons with hands-on activities. 2000. \$15.00 (Florida Ag in the Classroom).

Glo Germ™ kit to teach proper handwashing techniques - NASCO - \$55.95

Heart and artery with blockage models - NASCO - Several models starting at \$21.95.

High-Fat...Low-Fat Choices Flip Charts - NASCO - Grade 6 to adult. 1999. \$54.95.

Planning Healthy Meals: From the Grocery Store to Your Table - flip chart with tips for reading food labels and reducing fat. - NASCO - Grade 6 to adult. \$69.00.

Surgeon General, Centers for Disease Control and Prevention and the President's Council on Physical Fitness and Sports, 1996.

<http://www.cdc.gov/nccdphp/sgr/sgr.htm>

Tips for Using the Food Guide Pyramid for Young Children 2 to 6 Years Old. USDA, Program Aid 1647, 1999.

<http://www.usda.gov/cnpp/KidsPyra/PyrBook.pdf>

Understanding Nutrition. E.N. Whitney & S.R. Rolfes, Wadsworth Pub., 2001.

USDA Food and Nutrition Information Center has resource lists for a variety of topics including childhood nutrition, elder nutrition, ethnic foods, supplements, weight control, and more. Visit: http://www.nal.usda.gov/fnic/pubs_and_db.html

Prices were current as of 12/2002.