

Recommended Teaching Materials for Adults (updated July 2010)

The following table highlights the main materials that are recommended for teaching adult WNEP audiences in each of the three core areas. For a description or to obtain these resources or additional supporting materials, browse or search WNEP resources in the Family Living Programs resource database (NetID required), https://www.uwex.edu/ces/flp/apps/flrc/tch_res2/browse.cfm.

SP indicates the material is available in Spanish

V indicates the curriculum or lesson plan uses a video or DVD

Audience	Primary Recommended Teaching Materials in Each WNEP Core Outcome Area		
	<i>Dietary Quality</i>	<i>Food Safety</i>	<i>Resource Management</i>
<p><i>Families with children</i> (general)</p>	<p>CURRICULA OR LESSON PLANS: SP Loving Your Family, Feeding Their Future SP Sisters in Health We Can! Parent lessons on physical activity Stepping Up to a Healthy Lifestyle lessons What's the Best Fruit? What's the Best Vegetable? Making Fast Food Choices SP, V My Pyramid: Simple Steps to Healthy Living SP, V Breakfast is for Champions SP, V Get Fresh!</p> <p>OTHER PRINT MATERIALS: SP Variety of dietary quality fact sheets Three Simple Steps to Eating More Fruits and Vegetables Get on the Grain Train Get Moving for the Fun and Health of It Finding Your Way to a Healthier You SP MyPyramid Poster and MiniPoster SP How Food Affects You</p> <p>VARIOUS DISPLAYS and FLIP CHARTS: Go to the WNEP teaching resources search page and search with "display" or "flip chart" selected as type of resource</p>	<p>CURRICULA OR LESSON PLANS:</p> <p>OTHER PRINT MATERIALS: SP Food Safety Alert: Protect Yourself from Listeria SP What You Should Know about E.coli 157:H7</p>	<p>CURRICULA OR LESSON PLANS: Money for Food SP, V Food Basics series SP, V Lilly Gets Her Money's Worth What's the Best Fruit? What's the Best Vegetable?</p> <p>OTHER PRINT MATERIALS:</p> <p>VARIOUS DISPLAYS and FLIP CHARTS: Go to the WNEP teaching resources search page and search with "display" or "flip chart" selected as type of resource</p>

Audience	Recommended Teaching Materials in Each WNEP Core Outcome Area		
	<i>Dietary Quality</i>	<i>Food Safety</i>	<i>Resource Management</i>
<i>Families with children</i> (feeding infants)	<p>CURRICULA OR LESSON PLANS:</p> <ul style="list-style-type: none"> Feeding Your Infant flipchart SP, V Baby’s First Spoonful SP, V Feeding Your Infant 8-12 months <p>OTHER PRINT MATERIALS:</p> <ul style="list-style-type: none"> SP Bright Futures Nutrition Family Fact Sheets 		See <i>Families with children (general)</i> , previous page
<i>Families with children</i> (feeding toddlers and preschoolers)	<p>CURRICULA OR LESSON PLANS:</p> <ul style="list-style-type: none"> SP, V Parents and Children Sharing Food Tasks SP, V Feeding Your Child 1-3 years SP Raising Healthy Eaters SP Vary Your Veggies <p>OTHER PRINT MATERIALS:</p> <ul style="list-style-type: none"> MyPyramid Pointers to Help Your Preschooler Maximizing the Message: Helping Moms and Kids Make Healthier Choices guidelines Nibbles for Health SP Bright Futures Nutrition Family Fact Sheets 		See <i>Families with children (general)</i> , previous page
<i>Families with children</i> (feeding school-age children)	<p>PRINT MATERIALS:</p> <ul style="list-style-type: none"> SP Bright Futures Nutrition Family Fact Sheets SP How Food Affects You Maximizing the Message: Helping Moms and Kids Make Healthier Choices guidelines 		See <i>Families with children (general)</i> , previous page

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	<i>Dietary Quality</i>	<i>Food Safety</i>	<i>Resource Management</i>
<i>Pregnant women and caretakers of infants</i>	<p>CURRICULA OR LESSON PLANS</p> <p>SP, V A Mother’s Guide to Breastfeeding</p> <p>V Being Active During and After Pregnancy</p> <p><i>See also - Families with children (general)</i> - and - <i>Families with children(feeding infants)</i></p>	<p>CURRICULA OR LESSON PLANS:</p> <p>OTHER PRINT MATERIALS:SP Food Safety Alert: Protect Yourself from Listeria</p> <p>SP What You Should Know about E.coli 157:H7</p> <p>SP Listeriosis and Food Safety</p>	<p>CURRICULA OR LESSON PLANS:</p> <p>Money for Food</p>
<i>Adults age 18-64</i>	<p>CURRICULA OR LESSON PLANS:</p> <p>SP Sisters in Health Making Fast Food Choices Stepping Up to a Healthy Lifestyle lessons*</p> <p>SP, V MyPyramid: Simple Steps to Healthy Living Food Attitudes</p> <p>SP, V Grasa? No Gracias!</p> <p>ACTIVITIES: Food Label Quiz</p> <p>OTHER PRINT MATERIALS: Get on the Grain Train Get Moving for the Fun and Health of It</p> <p>SP How Food Affects You Finding Your Way to a Healthier You</p> <p>SP MyPyramid Poster and MiniPoster</p> <p>DISPLAYS: Go to the WNEP teaching resources search page and search with “display” selected as type of resource</p>	<p>CURRICULA OR LESSON PLANS:</p> <p>OTHER PRINT MATERIALS:</p>	<p>CURRICULA OR LESSON PLANS:</p> <p>Money for Food Food Attitudes What’s the Best Fruit? What’s the Best Vegetable?</p>

Audience	Recommended Teaching Materials in Each WNEP Core Outcome Area		
	<i>Dietary Quality</i>	<i>Food Safety</i>	<i>Resource Management</i>
<i>Adults age 65 and older</i>	<p>CURRICULA OR LESSON PLANS:</p> <p>Eat Smart. Live Strong Nutrition for the Young at Heart NOAHnet Lesson Series: Whole Grains NOAHnet Lesson Series: Fruits and Vegetables Other NOAHnet Lessons: Breakfast Healthy Snacking Holiday Eating</p> <p>Physical Activity Jeopardy Stepping Up to a Healthy Lifestyle lessons*</p> <p>OTHER PRINT MATERIALS:</p> <p>SP Eating Well as We Age Finding Your Way to a Healthier You MyPyramid for Older Adults</p> <p>DISPLAYS:</p> <p>Go to the WNEP teaching resources search page and search with “display” selected as type of resource</p>	<p>PRINT MATERIALS:</p> <p>V To Your Health!</p>	