

Recommended Teaching Materials for Youth, 2011

The following table highlights materials that are recommended for teaching key concepts for WNEP youth audiences. 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.

Grade	Key concepts	Curricula/materials	Evaluation
PreK – K	<ul style="list-style-type: none"> • Identify foods. • Taste different kinds of foods (especially whole grains, vegetables, fruits, and dry beans and peas). • Practice washing their hands. • Be physically active every day. 	Tickle Your Appetite The Foods I Eat, The Foods You Eat Food, Fun, and Reading Pyramids Between the Pages Fight BAC for grades K-3	-Parent survey – F/V -Parent survey - hand washing -Teacher Observation – hand washing
Grade 1	<ul style="list-style-type: none"> • Taste different kinds of foods (especially whole grains, vegetables, fruits, and dry beans and peas). • State that people need food to grow and be healthy. • Describe food characteristics, using senses. • Identify examples of foods related to different cultures. • Identify foods that come from plants. • Know how to wash hands. 	Food, Fun, and Reading Pyramids Between the Pages Fight BAC for grades K-3 Show Me Nutrition	-Parent survey – F/V -Parent survey - hand washing -Teacher Observation – hand Washing -YCSB tools: 1 & 2 (hand washing)
Grade 2	<ul style="list-style-type: none"> • Identify food and categorize into basic food groups. • State that people need food and water to grow and be healthy. • Identify foods that come from plants and animals. • Identify why people need to eat different kinds of foods (for energy, to be healthy, to grow). • Identify examples of foods related to different cultures. • Know how and when to wash their hands. 	Food, Fun, and Reading Pyramids Between the Pages Fight BAC for grades K-3 Show Me Nutrition Youth Curriculum Sourcebook	-Parent survey – F/V -Parent survey - hand washing -Teacher Observation – hand Washing -YCSB tools: 1 & 2 (hand washing) -F/V Sampling
Grade 3	<ul style="list-style-type: none"> • Identify why people need to eat different kinds of food (grains for energy, fruits and vegetables to prevent illness and heal wounds, milk for strong bones and teeth, meat and beans for strong muscles and growth). • Identify the relationship between physical activity (energy out), and water and food (energy in). • Demonstrate how to wash their hands correctly. • Describe times when they should wash their hands. 	Professor Popcorn Youth Curriculum Sourcebook Stepping Up to a Healthy Lifestyle Start Smart Eating and Reading Fight BAC for grades K-3 Show Me Nutrition	-Parent survey – F/V -Parent survey - hand washing -Teacher Observation - Healthy Food Choices -F/V Sampling -YCSB tools: 1 & 2 (hand washing) 11 (variety of fruits) 12 (fruit for breakfast) 14 (variety of vegetables)

Grade 4	<ul style="list-style-type: none"> Describe why people need to eat different kinds of food (grains for energy, fruits and vegetables to prevent illness and heal wounds, milk for strong bones and teeth, meat and beans for strong muscles and growth). Identify why one snack might be a better choice than another snack. Identify the benefits of physical activity. Identify recommended amounts of food from each food group. Identify the consequences of consuming too much or too little food. Track progress toward achieving nutrition or physical activity goals. Identify the importance of key food safety messages. 	<p>Professor Popcorn Youth Curriculum Sourcebook Stepping Up to a Healthy Lifestyle Start Smart Eating and Reading Fight BAC Your Game Plan for Food Safety Show Me Nutrition</p>	<p>-Guided Goal Setting -YCSB 11 (variety of fruits) 12 (fruit for breakfast) 14 (variety of vegetables) 18 (healthy snack) 19 (healthy drink) -Portion Awareness -Teacher Observation – Healthy Food Choices -F/V Sampling</p>
Grade 5	<ul style="list-style-type: none"> Demonstrate understanding of health promotion concepts: eating a variety of foods, classifying foods including combination foods by food groups, relationship of food groups to health promotion/disease prevention). Identify healthier snack and meal choices. Use food labels to identify serving size and servings per package. Read ingredient information to identify whole grain foods. Describe the importance of balancing food with physical activity. Identify barriers to being physically active and ways to overcome these barriers. Explain the importance of key food safety messages. 	<p>Professor Popcorn Youth Curriculum Sourcebook WIN Kids lessons from WIN the Rockies Stepping Up to a Healthy Lifestyle Fight BAC Your Game Plan for Food Safety Show Me Nutrition</p>	<p>-Guided Goal Setting -YCSB 11 (variety of fruits) 12 (fruit for breakfast) 14 (variety of vegetables) 18 (healthy snack) 19 (healthy drink) 21 (healthier fast food meal) -Portion Awareness -Teacher Observation – Healthy Food Choices -F/V Sampling</p>

Grade 6 – 7 – 8	<ul style="list-style-type: none"> • Identify the relationship between nutrients, foods groups and health. • Describe how age and gender affect nutrient needs. • Analyze their eating and physical activity behaviors related to their health goals. • Demonstrate setting personal nutrition and physical activity goals, and track progress toward achievement. • Use food labels to make healthier choices. • Explain the concept of energy balance. • Plan meals and snacks that incorporate MyPyramid recommendations. • Explain the relationship between food safety practices and health. • Explain the importance of assuming responsibility for personal health behaviors. 	<p>WIN Kids lessons from WIN the Rockies The Power of Choice Jump Start Your Bones Stepping Up to a Healthy Lifestyle Making Fast Food Choices Fight BAC Your Game Plan for Food Safety Show Me Nutrition</p>	<p>-Guided Goal Setting -Portion Awareness -Teacher Observation – Healthy Food Choices -F/V Sampling</p>
Grades 9 – 12	<ul style="list-style-type: none"> • Describe the relationship between the Dietary Guidelines for Americans, MyPyramid recommendations and health. • Explain why factors such as age and gender affect nutrient needs. • Plan meals and snacks for one or more days that incorporate MyPyramid recommendations. • Plan meals and snacks for one or more days within a food budget. • Practice food safety. 	<p>Stepping Up to a Healthy Lifestyle USDA bulletins:</p> <ul style="list-style-type: none"> • Finding Your Way to a Healthy You • Get on the Grain Train • Fabulous Fruits, Versatile Vegetables • Get Moving <p>Money for Food Making Fast Food Choices Fight BAC Show Me Nutrition</p>	<p>-Stepping Up Evaluation -Portion Awareness -Teacher Observation – Healthy Food Choices -F/V Sampling</p>