

**Recommended Teaching Materials for Adults** (updated Nov 2008)

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](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><b><i>Families with children</i></b> (general)</p>	<p>CURRICULA OR LESSON PLANS:</p> <p><b>SP</b> Sisters in Health</p> <p><b>SP</b> Loving Your Family, Feeding Their Future</p> <p>We Can! Parent lessons on physical activity</p> <p>Stepping Up to a Healthy Lifestyle lessons</p> <p>What's the Best Fruit?</p> <p>What's the Best Vegetable?</p> <p>Making Fast Food Choices</p> <p><b>SP, V</b> My Pyramid: Simple Steps to Healthy Living</p> <p><b>SP, V</b> Breakfast is for Champions</p> <p><b>SP, V</b> Get Fresh!</p> <p>OTHER PRINT MATERIALS:</p> <p><b>SP</b> Eating for Pleasure and Health</p> <p><b>SP</b> How Food Affects You</p> <p><b>SP</b> Feeding Young Children</p> <p>Get on the Grain Train</p> <p>Get Moving for the Fun and Health of It</p> <p>Finding Your Way to a Healthier You</p> <p>MyPyramid Poster and MiniPoster</p> <p>VARIOUS DISPLAYS and FLIP CHARTS:</p> <p>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:</p> <p><b>SP</b> Keeping Food Safe</p>	<p>CURRICULA OR LESSON PLANS:</p> <p>Money for Food</p> <p><b>SP, V</b> Sally Gets Her Money's Worth</p> <p>What's the Best Fruit?</p> <p>What's the Best Vegetable?</p> <p>OTHER PRINT MATERIALS:</p> <p><b>SP</b> Stretching Your Food Dollars</p> <p>DISPLAYS:</p> <p><b>SP</b> What Will Your \$5 Buy?</p> <p>OTHER MATERIALS:</p> <p><b>SP, V</b> Food Basics series</p>

Audience	Recommended Teaching Materials in Each WNEP Core Outcome Area		
	<i>Dietary Quality</i>	<i>Food Safety</i>	<i>Resource Management</i>
<p><b><i>Families with children</i></b> (feeding infants)</p>	<p>CURRICULA OR LESSON PLANS:  <b>SP, V</b> Baby’s First Spoonful  <b>SP, V</b> Feeding Your Infant 8-12 months</p> <p>OTHER PRINT MATERIALS:  <b>SP</b> Bright Futures Nutrition Family Fact Sheets</p>		<p>See <b><i>Families with children (general)</i></b>, previous page</p>
<p><b><i>Families with children</i></b> (feeding toddlers)</p>	<p>CURRICULA OR LESSON PLANS:  <b>SP, V</b> Parents and Children Sharing Food Tasks  <b>SP, V</b> Feeding Your Child 1-3 years  <b>SP</b> Raising Healthy Eaters  <b>SP</b> Vary Your Veggies</p> <p>OTHER PRINT MATERIALS:  Nibbles for Health  <b>SP</b> Bright Futures Nutrition Family Fact Sheets</p>		<p>See <b><i>Families with children (general)</i></b>, previous page</p>
<p><b><i>Families with children</i></b> (feeding school-age children)</p>	<p>PRINT MATERIALS:  <b>SP</b> Bright Futures Nutrition Family Fact Sheets  <b>SP</b> How Food Affects You</p>		<p>See <b><i>Families with children (general)</i></b>, previous page</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>Nutrition for the Young at Heart</p> <p>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><b>SP</b> Eating Well as We Age  Finding Your Way to a Healthier You  MyPyramid Poster and MiniPoster</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><b>V</b> To Your Health!</p>	