



Using The Whole Pyramid

Food Safety Detective

Youth act out stories, identify food safety problems and come up with ways to solve them.

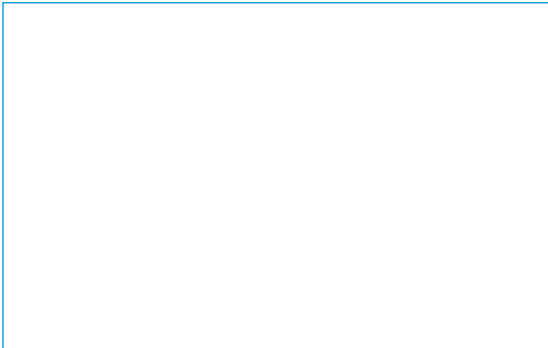


How can you take advantage of this opportunity for your students?



The answer is simple. Call the Nutrition Connections staff member in your area to discuss a series of lessons for your school or class. If your group has youth older than 12, other materials are available for this age group.

Call Today!
The Nutrition Connections Staff Member in your area is:



To find out more, call UNH Cooperative Extension, Nutrition Connections Program, at 1-800-366-3546.
UNH Cooperative Extension, 315 Daniel Webster Hwy., Boscawen, NH 03303
603-225-5505 ext. 30

Belknap County
36 County Drive
Laconia, NH 03246
527-5475

Carroll County
P.O. Box 860
Center Ossipee, NH 03814
539-3331

Cheshire County
800 Park Ave.
Keene, NH 03431
352-4550

Coos County
629A Main St.
Lancaster, NH 03584
788-4961

Grafton County
Whole Village Center
258 Highland St.
Plymouth, NH 03264
536-3720 ext. 107

Hillsborough County
329 Mast Rd.
Goffstown, NH 03045
641-6060

Merrimack County
315 Daniel Webster Hwy.
Boscawen, NH 03303
796-2151

Rockingham County
113 North Road
Brentwood, NH 03833
679-5616

Strafford County
259 County Farm Rd., Unit 5
Dover, NH 03820
749-4445

Sullivan County
24 Main Street
Newport, NH 03773
863-9200

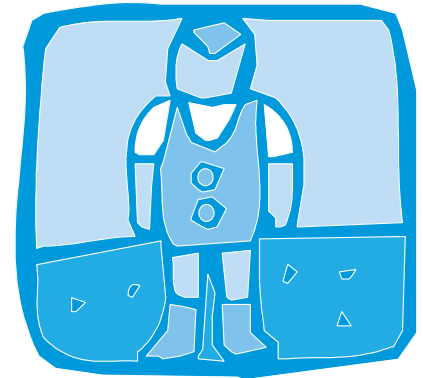


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COOPERATIVE EXTENSION

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THE ABC'S OF NUTRITION

Teach Children to Eat Better and Stay Fit!



Read on for more information 

The ABC's of Nutrition



Here's how you can take advantage of this special opportunity for the youth in your program or school.

We have exciting materials and activities that youth really enjoy. We work with children to show them how to eat healthfully and keep active, skills they can keep using throughout life! Here's what teachers have to say about the impact of the program:

*"I heard them talking excitedly about which recipes they were going to make."
"You made the information fun to learn."*

Nutrition Connections, part of the University of New Hampshire Cooperative Extension, can work with schools, after-school programs, and community youth groups that have a large portion of youth from limited income families. To see if your school or group qualifies, call the Nutrition Connections staff member listed in this brochure.



A Nutrition Connections staff member will come to your school or group and conduct a series of seven lessons. We can adapt the materials to the needs of your youth.

The Nutrition Connections Curriculum

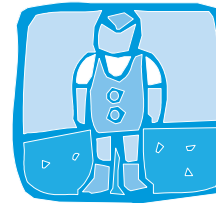
More than the ABC's of Nutrition

Our Goal:

To make an impact at a young age to help children eat better and stay fit.

Youth learn about:

- ◆ foods and nutrition
- ◆ food safety
- ◆ staying fit
- ◆ consumer issues



The curriculum is especially designed for youth ages 6-12. Each topic area is listed with a sample lesson.

Sample Lessons

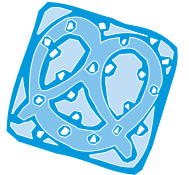
Eating All Kinds of Foods Name 3!

Youth form a circle and count to 10 while passing an object around. At the count of 10, the person holding the object must name 3 types of food such as 3 fruits or 3 grains.

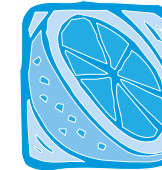


Amazing Grains - What's In Snack Foods?

Youth work in small groups to learn more about food labels. They compare two snack foods for fat content and rank them.



Fabulous Fruit - Will The Real Orange Juice Please Stand Up?



Youth taste three types of beverages and try to guess which one is the real orange juice. They compare the labels of all the beverages.

Eat Your Veggie Vegetable Jeopardy

This lesson is modeled after the popular game show. Youth work in teams to answer questions about all types of vegetables.



Dairy Does A Body Good Instant Replay



Youth form two teams. Team A demonstrates an exercise. They shout Instant Replay and Team B tries to do it. Repeat back and forth.

Protein Power - Let's Take A Survey

Youth will survey one person to learn about his or her choices in fast food restaurants. The youth will graph answers to questions.

