

The ABC's of Nutrition

A

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.

B

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.

C

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.

