

Who we are...

Extension's Family Nutrition Program (FNP) is provided by the Mississippi State University Extension Service through a federally funded program targeting food stamp recipients and those who are eligible for food stamps. Our target audience includes Mississippi students in grades P-12 who attend public schools that are 51 percent or more participatory in the free/reduced lunch program.

What we do...

The Family Nutrition Program has four broad objectives for nutrition education in the public school system:

- Students will learn how to use the USDA's *Dietary Guidelines* and *Food Guide Pyramid*.
- Students will learn good meal management and food safety practices.
- Students will learn food-shopping strategies to cut costs.
- Students will learn skills to enhance family meals.

Look at what the Family Nutrition Program can do for your students!!



Need more information about the Family Nutrition Program?

For complete information about the Mississippi State University Extension Service Family Nutrition Program and its eligibility requirements, contact your county Extension office.



This nutrition education program is sponsored by the Mississippi State University Extension Service, the Mississippi Department of Human Services, and the Food Stamp Program of the USDA Food and Nutrition Service. This material developed with funds provided by the USDA Food Stamp Program.

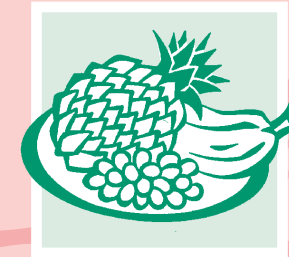
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Offering Nutritional



Programs For

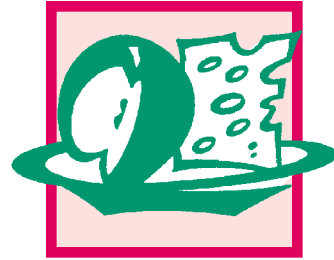


Mississippi Youth



FAMILY NUTRITION
PROGRAM

MISSISSIPPI STATE
UNIVERSITY
EXTENSION SERVICE



One or more of the following curricula will be used to teach nutrition education in the classroom:

Grades P-6 Curricula

- **Chef Combo** – teaches basic nutrition concepts and the importance of trying new foods.
- **Fight Bac!** – curriculum, video, puppet, poster, and tools designed to teach all ages the importance of hand-washing, food safety, food preparation, and cleanup.
- **Glo-Germ** – teaches general hand-washing principles through various activities designed for grades K-6.
- **Cooking With Kids** – a nutrition, foods, and mealtime program.
- **Integrated Nutrition and Physical Activity Program** – An interdisciplinary, integrated health curriculum that targets nutrition and physical activity behaviors.
- **Tickle Your Appetite** – basic food and nutrition lessons.
- **Fruit Heroes** – fruit toys with storybook and activity book.
- **Kids' Gardening: A Kid's Guide to Messing Around in the Dirt** – fun gardening tips for kids.
- **Vegetable Friends** – Vegetable toys with storybook.
- **The Science Chef Travels Around the World** – fun experiments and recipes for kids.
- **The Science Chef** – 100 fun food experiments and recipes for kids.

Books for Grades K-3

<i>From Seed to Plant</i>	<i>Oliver's Fruit Salad</i>
<i>Tops & Bottoms</i>	<i>The Magic School Bus</i>
<i>Food, Fun, and Reading</i>	<i>If You Give a Moose a Muffin</i>
<i>Lunch</i>	<i>Little Nino's Pizzeria</i>
<i>Oliver's Vegetables</i>	<i>Everybody Bakes Bread</i>
<i>Ten Apples Up On Top</i>	<i>Bread Bread Bread</i>
<i>The Edible Pyramid</i>	<i>Bread is for Eating</i>
<i>Today is Monday</i>	
<i>The Surprise Garden</i>	

Grades 7 – 12 Curricula

- It's Your Move! Teen Nutrition Education Program
- Crash Course on Calcium
- Take a Cook on the Wild Side

Videos

- **Body Trust: Undieting Your Way to Health and Happiness**
- **BodyTalk: Teens Talk About Their Bodies, Eating Disorders, and Activism**
- **Eating Right is Basic Videos** – part of a general nutrition program
- **Looking Good, Feeling Good: Healthy You**
- **The Incredible Classroom Eggsperience** – for middle through high school students
- **Fueled for Flight**
- **Bac Attack** – Food safety lesson
- **This is Your Life** – Adolescent nutrition

Program Objectives

Participants will learn how to:

- Use the *Food Guide Pyramid* as a model for making sound nutritional choices
- Increase consumption of fruits and vegetables
- Increase physical activity levels



Mississippi Educational Standards

The FNP curriculum fits into the requirements established by the Mississippi Department of Education at all grade levels:

Comprehensive Health – Nutrition

Kindergarten...Competency 1: Identify food groups in the Pyramid.

Grade 1...Competency 1: Explain reasons for eating a variety of foods.

Grade 2...Competency 1: Identify and explain how dietary habits effect health.

Grade 3...Competency 1: Explain how foods affect the quality of health.

Grade 4...Competency 1: Explain the relationship of proper nutrition to good health.

Grade 5...Competency 1: Explain the effect of food nutrients on health.

Grade 6...Competency 1: Describe criteria for making proper decisions concerning food selection.

Grade 7...Competency 1: Contrast fad and balanced diets.

Grade 8...Competency 1: Analyze how nutrition affects physical, mental, and emotional development.

Grades 9 - 12...Competency 1: Analyze the social and environmental factors that influence dietary habits. Competency 2: Compare or identify the inter-relationship between the amount of energy used and the amount of food consumed to obtain ideal weight. Competency 3: Interpret the relationship between nutritional factors, diseases, and eating disorders.

Extension's Family Nutrition Program also fits into the Mississippi Department of Education's curricula requirements for "Personal/Consumer Health," "Disease Prevention and Control," "Human Growth and Development," and "Physical Education."