YOUTH PROGRAM

# Expanded Food and Nutrition Education Program

The Expanded Food and Nutrition Education Program (EFNEP) is a free 7-lesson program series delivered weekly in the classroom. Lessons are 30-60 minutes each. EFNEP curriculum is evidence and research based, providing students with the opportunity to learn and develop skills to make healthy choices that last a lifetime.

## K-2 LESSONS
*BALANCE MY DAY*

1. Make Your Plate Great
2. Dairy, Dairy, Dairy
3. Fruits & Veggies
4. Whole Grains
5. Lean Protein
6. Be Food Safe
7. Review and Celebrate!

## 3RD GRADE LESSONS
*LEARNING HEALTHY TOGETHER*

1. Exploring MyPlate
2. Dairy, Dairy, Dairy
3. Fruits and Vegetables
4. Grains, Breakfast, and Sugar Sense
5. Protein Power, Fat Facts, and Healthy Snacks
6. Food Safety
7. Review and Celebrate!

## 4TH & 5TH GRADE LESSONS
*LEARNING HEALTHY TOGETHER*

1. Exploring the Five Food Groups with MyPlate
2. Food Safety Comes First
3. Fruits and Vegetables- Make Half Your Plate a Rainbow
4. Nutrition Facts Label- Read This Before You Eat That
5. Limit Screen Time and Get Moving
6. Rethink Your Drink
7. Celebrate Your Health

## 6TH-8TH GRADE LESSONS
*TEEN CUISINE*

1. Eat Smart
2. You Are What You Eat
3. Power Up With Breakfast
4. Find the Fat
5. Watch Out for Added Sugars
6. Snack Attack
7. Review and Celebrate!

## 9TH- 12TH GRADE LESSONS
*EATING SMART BEING ACTIVE*

1. Welcome to Eating Smart Being Active
2. Get Moving
3. Plan, Shop, $ave
4. Fruits and Veggies: Half Your Plate
5. Make a Change
6. Food Safety and Make Half Your Grains Whole Grains
7. Review and Celebrate!

*The high school program can also be delivered as a 9-lesson series.*

THE OHIO STATE UNIVERSITY EXTENSION

Ohio State University Extension is part of the College of Food, Agricultural, and Environmental Sciences at The Ohio State University.

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