

Ordering

If you are interested in implementing Food & Me, or have additional questions about the program, contact your local county representative.

<http://fsnep.ucdavis.edu>

<http://efnep.ucdavis.edu>



This brochure was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local county food stamp office.

**Additional Funding provided by:
Expanded Food and Nutrition Education Program (EFNEP)**

Shasta County Department of Public Health

UC Davis Division of Agriculture and Natural Resources

FOOD & ME materials are produced by Scholastic Inc. and USDA's Team Nutrition



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FOOD & ME
*Teacher's Guide for
Pre-K & Kindergarten*

FOOD & ME is an integrated nutrition program designed to encourage children to:

- Choose a variety of foods
- Eat more fruits and vegetables
- Be more physically active
- Explore new foods

The FOOD & ME Kit



Eating and physical activity habits are key to preventing disease and promoting overall good health. The materials contained inside the FOOD & ME kit will teach the basics of healthful eating and physical activity. This kit engages the children and reinforces the message of a healthful lifestyle beyond the classroom and into the children's homes.

The FOOD & ME kit consists of six components designed to be integrated into the regular classroom lesson plans.



The Six Components of FOOD & ME

1. FOOD & ME Teacher's Guide*

Inside you will find a curriculum including a set of engaging activities designed to cover broad nutrition issues and help you lay a foundation for learning about healthy food choices. Activities range from exploring where foods come from to growing your own foods to having a tasting party.



2. Parent Reproducibles

This includes 14 pages to photocopy and send home with children. It includes ideas for helping families make healthy food choices and lots of activities for parents and children to do together at home.



3. Children's Magazines

A set of *Story Time* magazines for children promoting exploration of new foods through a rhythmic fun filled storybook is included.



4. Poster

A colorful teaching poster serves as a springboard for discussion of food and shopping topics, and provides an attractive backdrop for a play station.

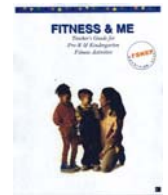
5. Family Newsletter

Take Out, a newsletter for parents, introduces a variety of topics on healthy eating and physical activity.



6. FITNESS & ME Teacher's Guide*

This booklet contains many fun and active games to get children moving.



*These activities have been linked to the California Department of Education standards and frameworks. A summary of the findings is included.