



Nutrition Education Program (NEP) School Enrichment Kits for Elementary Schools

Due to special grant funding, this program is only available to elementary schools where 50% or more of the students participate in the free and reduced price school lunch program.



Food Fun!

Kindergarteners will enjoy learning about:

- Why food is important to good health
- The five food groups
- Healthful foods with the “Old Lady Who Swallowed a Pie”

Let's Eat Smart

3rd graders will enjoy learning about:

- Nutrients
- Food labels
- A balanced diet
- How to store food properly



Healthy Me!

Join the Dairy Council's “Chef Combo” as he helps **1st graders** discover:

- Why their bodies need food
- How their bodies use this food
- How to plan a balanced meal



Rate That Plate

4th graders will enjoy learning about:

- Nutrients
- Using MyPlate to make healthy food choices
- How eating healthy foods makes them feel good
- Eating a healthy breakfast

MyPlate Party!

2nd graders will enjoy learning about:

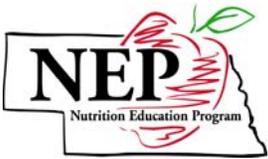
- Why they need food
- The digestion process
- How to make healthful food choices
- The definition of a combination food

Food Science Investigator (FSI)

5th graders' curiosity will quickly peak as they investigate:

- What and why nutrients are important
- How to use MyPlate to select a balanced diet
- Different food labels and what they mean
- Food Safety





Request Form

School Name: _____

Teacher's Name: _____

Room Number: _____ Number of Students: _____

E-mail Address: _____

Phone Number: _____

Program requested:

School Enrichment Kit (please check the appropriate grade):	
<input type="checkbox"/>	Kindergarten – Food Fun!
<input type="checkbox"/>	1 st Grade – Healthy Me!
<input type="checkbox"/>	2 nd Grade – MyPlate Party!
<input type="checkbox"/>	3 rd Grade – Let's Eat Smart
<input type="checkbox"/>	4 th Grade – Rate that Plate
<input type="checkbox"/>	5 th Grade – Food Science Investigator (FSI)

Date(s) Requested:

To request a kit, please contact:

Kathy Kneifl
 NEP Extension Assistant
 UNL Extension in Dodge County
 1206 West 23rd Street
 Fremont, NE 68025
 Phone-402-727-2775
 Fax-402-727-2775
 e-mail-kkneifl2@unl.edu

This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP) and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

University of Nebraska–Lincoln Extension educational programs abide with the nondiscrimination policies of the University of Nebraska–Lincoln and the United States Department of Agriculture.