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”

**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

**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

**Let’s Eat Smart**

**3rd graders** will enjoy learning about:
- Nutrients
- Food labels
- A balanced diet
- How to store food properly

**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

**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:

<table>
<thead>
<tr>
<th>School Enrichment Kit (please check the appropriate grade):</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kindergarten – Food Fun!</td>
</tr>
<tr>
<td>1st Grade – Healthy Me!</td>
</tr>
<tr>
<td>2nd Grade – MyPlate Party!</td>
</tr>
<tr>
<td>3rd Grade – Let’s Eat Smart</td>
</tr>
<tr>
<td>4th Grade – Rate that Plate</td>
</tr>
<tr>
<td>5th Grade – Food Science Investigator (FSI)</td>
</tr>
</tbody>
</table>

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.