

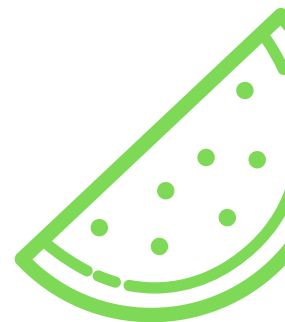
NUTRITION AND PHYSICAL ACTIVITY EDUCATIONAL PROGRAMS

**BROUGHT TO YOU BY
NEBRASKA EXTENSION**

LENGTH AND NUMBER OF
SESSIONS VARY BY PROGRAM



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more information.
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Nebraska 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.

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

CURRICULA WE USE

The main nutrition and physical activity curricula we use to teach our programs in in-school, after-school and summer programs are described below. A nutrition education session typically contains four main components - a nutrition lesson, physical activity time, preparing a recipe, and tasting.

CHOOSE HEALTH: FOOD, FUN, AND FITNESS (CHFFF)

Developed by Cornell Cooperative Extension

CHFFF is designed for 8-12 year old youth (3rd-6th grade). Six lessons focus on choosing healthy beverages, eating more fruits and vegetables, reading the Nutrition Facts label, choosing more whole grains, eating healthier when eating out, and breakfast. Each lesson includes interactive nutrition activities, food preparation, active games, goal setting, and a family newsletter.



CATCH KIDS CLUB (CKC)

Developed by CATCH Global Foundation, The University of Texas Health Science Center at Houston (UTHealth)

CKC nutrition curriculum is available for grades K-5 and grades 5-8, designed for after-school programs. Lessons focus on MyPlate food groups, physical activity, healthy snacks and beverages, and breakfast. It includes family newsletters, visual aids, handouts, and games.

KIDS IN THE KITCHEN (KIK)

Developed by the University of Missouri Extension

KIK is designed for youth ages 6 to 15 years old in summer and after-school programs.

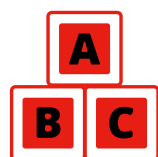
The focus of this curriculum is hands-on cooking experiences.

Each lesson contains recipes, handouts, physical activities, and visual aids.



SCHOOL ENRICHMENT KITS (SEK)

Developed by Nebraska Extension



The SEK Program is a unique approach to reaching Nebraska's youth, grades K-5, using the teaching support of local teachers. The lesson plans meet the National Standards health curriculum objectives required for the nutrition unit of each age group. The kits include, handouts, visual aids, games, and family newsletters.

TEEN CUISINE

Developed by Virginia Tech and Virginia Cooperative Extension

Teen Cuisine is designed to teach youth from grades 6 to 12 important life skills to promote optimal health - both in the present and in the future. Lessons address key concepts about nutrition, food prep and cooking, food safety, and physical activity using approaches and strategies that enhance learning and behavior change among teens.



LEARN, GROW, EAT & GO! (LGEG)

Developed by the International Junior Master Gardener® Program



LGEG is a research-based, evidence-based curriculum geared for students in grades 3-5. It grows good kids through an interdisciplinary program combining academic achievement, gardening, nutrient-dense food experiences, physical activity, and school & family engagement.

Nebraska Extension can also help schools to meet school wellness policy elements!