

Food and Fun for Healthy Families



EATING SMART • BEING ACTIVE

IOWA STATE UNIVERSITY
University Extension

Eating Smart • Being Active is the curriculum used by Iowa State University Extension nutrition programs, EFNEP (Expanded Food and Nutrition Education Program) and FNP (Family Nutrition Program which is a part of Food Stamp Nutrition Education). The lessons are designed to teach the main messages of the Dietary Guidelines for Americans 2005 and MyPyramid, both developed jointly by the US Department of Health and Human Services and the US Department of Agriculture. The eight lessons and the goals of each lesson:

Lesson	Goals
1. Get Moving	<ul style="list-style-type: none">Families enjoy being active.Participants accurately complete the required entry forms.
2. Plan, Shop, \$ave	<ul style="list-style-type: none">Families plan and shop for meals and snacks that are healthy and within their budget.
3. Vary Your Veggies... Focus on Fruit	<ul style="list-style-type: none">Families increase the amount of vegetables and fruits they eat every day.Families have more than one kind of vegetable and one kind of fruit every day.
4. Make Half Your Grains Whole	<ul style="list-style-type: none">Families choose at least half of their grains as whole grains.
5. Build Strong Bones	<ul style="list-style-type: none">Families get enough calcium from low-fat or non-fat dairy foods or other foods high in calcium.
6. Go Lean with Protein	<ul style="list-style-type: none">Families have lean protein foods and keep all food safe to eat.
7. Make a Change	<ul style="list-style-type: none">Families limit foods high in fat, sugar, and salt.
8. Celebrate! Eat Smart & Be Active	<ul style="list-style-type: none">Participants discuss feeding children and celebrate new knowledge and skills to make healthy food and activity choices.Participants accurately complete the required exit forms.

Each lesson includes:

Lesson enhancements

Lesson enhancements are tools to help participants make the behavior changes suggested in the lesson. For example, there is a produce brush for the vegetable and fruit lesson, a strength band with the dairy lesson, and a food thermometer for the protein/food safety lesson. Participants receive an enhancement with each lesson.

Worksheets and handouts

The lessons have full-color worksheets and handouts. The worksheet is given to participants early in the lesson to use during the activities. All lessons, except the final lesson, have a handout which is given near the end of the lesson. It reviews the key points of the lesson.

Physical activity

Physical activity is an important part of a healthy lifestyle. That's why there is a *Let's be active!* section included in each lesson and *Being Active* is part of the name of the curriculum. Being active is another way

of saying physical activity. Each lesson contains a warm-up, a stretch, and an active part followed by a cool down. These are all brief—and fun, since adding CDs and boom boxes to the lessons! If participants become familiar with the stretches, exercises, and activities, and practice them in class, they will have the skills to do them at home.

Recipes and preparing and tasting food

EFNEP and FNP participants love getting recipes and tasting new dishes. Giving participants the opportunity to practice and/or observe cooking techniques and taste healthy food is a very important part of the lesson. Each lesson includes a food activity—food preparation, food demonstration, or tasting.

Each person who participates also receives:

Participant folder

Folders are distributed to participants at the first lesson. Participants are encouraged to keep worksheets, handouts, and recipes in the folder and to bring it with them to each lesson.

Graduation certificates

Each person who participates in eight lessons receives a graduation certificate signed by Extension staff certifying they have attended the program. For many participants, this is the first certificate they will receive. It is important to acknowledge their success in completing the program.

This material is funded by the Expanded Food and Nutrition Education Program, USDA's Food Stamp Program, and Iowa State University Extension. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious food for a better diet. To find out more, contact your local Department of Human Services office or call toll-free 1-877-YES-FOOD.

... and justice for all

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