

# Grades K-12 Nutrition and Physical Activity Curriculum

The Expanded Food and Nutrition Education Program (EFNEP) is a free program that offers a series of 30-60 minute lessons delivered weekly in the classroom. EFNEP curriculum is evidence and research based, providing students with the opportunity to learn and develop skills to make healthy choices that last a lifetime.

EFNEP uses a variety of fun, hands-on, educational activities to promote making healthy choices, and to reinforce being physically active every day. Many lessons include the option to distribute food tastings to enhance the daily topic. Activities vary for each grade level.

For questions or to schedule classes, contact Amy Habig ([habig.13@osu.edu](mailto:habig.13@osu.edu), 937-736-7207).

## **K, 1<sup>ST</sup>, & 2<sup>ND</sup> GRADE BALANCE MY DAY CURRICULUM**

- Lesson 1: Make Your Plate Great
- Lesson 2: Dairy, Dairy, Dairy
- Lesson 3: Fruits and Veggies
- Lesson 4: Whole Grains
- Lesson 5: Lean Protein, Reducing Fat, and Reducing Sugar
- Lesson 6: Be Food Safe
- Lesson 7: Review and Celebrate!

## **3<sup>RD</sup> GRADE LEARNING HEALTHY TOGETHER CURRICULUM**

- Lesson 1: Exploring MyPlate and the Five Food Groups
- Lesson 2: Dairy, Dairy, Dairy!
- Lesson 3: Fruits and Vegetables
- Lesson 4: Grains, Breakfast and Sugar Sense
- Lesson 5: Protein Power, Fat Facts and Healthy Snacks
- Lesson 6: Food Safety
- Lesson 7: Review and Celebrate!

## **4<sup>TH</sup> & 5<sup>TH</sup> GRADE LEARNING HEALTHY TOGETHER CURRICULUM**

- Lesson 1: Exploring the Five Food Groups with MyPlate
- Lesson 2: Food Safety Comes First
- Lesson 3: Fruits and Vegetables – Make Half Your Plate a Rainbow
- Lesson 4: Nutrition Facts Label – Read This Before You Eat That
- Lesson 5: Limit Screen Time & Get Moving
- Lesson 6: Rethink Your Drink
- Lesson 7: Celebrate Your Health

## **6<sup>TH</sup>, 7<sup>TH</sup>, & 8<sup>TH</sup> GRADE LEARNING HEALTHY TOGETHER CURRICULUM**

- Lesson 1: Planning Your Plate!
- Lesson 2: Dairy, Dairy, Dairy
- Lesson 3: Fruits, Veggies. and You!
- Lesson 4: Go for “Whole” Grains and Food Preparation
- Lesson 5: Protein and Healthier Choices When Eating Out
- Lesson 6: Food Safety
- Lesson 7: Review and Celebrate!

## **9<sup>TH</sup>, 10<sup>TH</sup>, 11<sup>TH</sup>, & 12<sup>TH</sup> GRADE EATING SMART BEING ACTIVE CURRICULUM**

- Lesson 1: Welcome to Eating Smart Being Active
- Lesson 2: Get Moving
- Lesson 3: Plan, Shop, Save
- Lesson 4: Fruits and Veggies: Half Your Plate
- Lesson 5: Make Half Your Grains Whole
- Lesson 6: Go Lean with Protein
- Lesson 7: Build Strong Bones
- Lesson 8: Make a Change
- Lesson 9: Celebrate Eating Smart and Being Active

