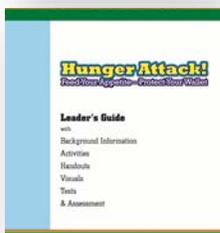
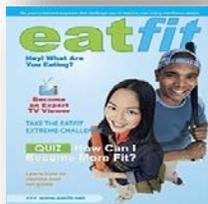
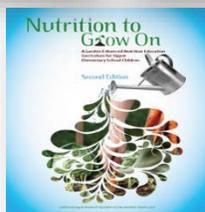
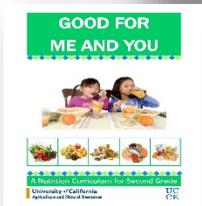
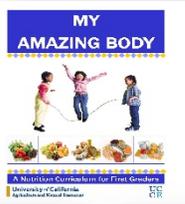




University of California
Agriculture and Natural Resources

Nutrition Education



Youth Nutrition Education Program

Expanded Food and Nutrition Education Program

UC Cooperative Extension, [Fill in Here] County

Available Curricula

Grade 1:
My Amazing Body

Grade 2: Good for Me and You

Grade 3: It's My Choice

Grades 4-5:
Nutrition to Grow On

Grades 6-8:
Eat Fit

Grades 9-12:
**Hunger Attack!
Feed Your Appetite—Protect Your Wallet**

Grades 1-3
An English Language Arts-based health and nutrition curriculum. Students learn to make healthy food and exercise choices to establish lifelong habits.

Grades 4-5
An innovative curriculum designed to teach students about food and nutrition through plant-based lessons.

Grades 6-8
Provides hands-on activities with a magazine-style workbook that challenges adolescents to improve their eating and fitness choices.

Grades 9-12
Through interactive lessons, teens learn that the food they buy not only affects the amount of money they spend, but can also affect their health.

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Helping students make the grade with healthy foods!

Who We Are

The Expanded Food and Nutrition Education Program (EFNEP) is a federally-funded program that offers nutrition education to limited-resource families and children. In California, EFNEP is administered by the University of California Cooperative Extension. EFNEP assists limited-resource clients gain the knowledge, skills, attitudes, and changed behavior necessary to choose nutritionally sound diets and improve well-being.

What We Do

The youth program is delivered by EFNEP staff that will utilize one of several University-approved curricula. We provide our curricula at no cost when you partner with us and allow us to teach 6-8 one-hour lessons!

Who Can Participate

Our services are offered at **no cost** to schools, organizations or programs where 50% or more of youth are receiving free or reduced-price school meals.

What We Offer

- **Curricula support Common Core State Standards**
- In-class presentations with food tastings
- Bilingual handouts available on some curricula
- Family newsletters and nutrition classes

"If people want to be healthy, they should eat right. People should be eating protein, vegetables, fruits, dairy, and grains. These foods have many healthy nutrients like vitamins. Nutrients come from different parts of the plant. We absorb these nutrients when we eat plants."

--Mauricio, 4th Grade, Inyo County (2014)



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