



# UF/IFAS Extension Family Nutrition Program

## YOUTH CURRICULA

### Nutrition & Cooking



#### Cooking Matters for Chefs and Kids

Flexible hands-on lessons to develop a love for cooking and the skills to make healthy food choices. Adapted from Cooking Matters for Kids and Cooking Matters for Teens. Includes meal planning tips, activities, handouts, recipes, and food tastings. *Can be taught virtually.*

K-12<sup>th</sup>

**Lessons:** One-time or series of 6+ (20-60 minutes each)

#### Health U

Encourages healthy lifestyles, using age-appropriate nutrition education materials.

Teens\*

**Lessons:** One-time or series of 6+ (60 minutes each)

\*For teenagers with mild to moderate intellectual and developmental disabilities.

#### Kids in the Kitchen

Hands-on experiences with basic cooking skills, nutrition, and food safety. Older children also learn meal planning and preparing a complete meal based on USDA's MyPlate. Kid-friendly handouts, recipes, and tips for how to use kitchen equipment safely.

K-8<sup>th</sup>

**Lessons:** Series of 6+ (30 minutes-2 hours)



*This image was taken prior to national guidelines of face coverings and social distancing.*

#### Science and Our Food Supply: Using the Nutrition Facts Label to Make Healthy Food Choices

Introduces the fundamentals of healthy food choices using the Nutrition Facts label. Includes hands-on activities to increase awareness of calories, serving sizes, and nutrients.

9<sup>th</sup>-12<sup>th</sup>

**Lessons:** Series of 6+ (45 minutes each)

#### Youth Understanding MyPlate (YUM)

Focuses on the MyPlate food groups to encourage healthy food choices. Includes nutrition messages, activities, handouts, recipes, and food tastings. Aligns with Florida School Standards. *Can be taught virtually.*

Pre-K-5<sup>th</sup>

**Lessons:** Series of 6+ (30-45 minutes each)

More curricula >>





## Youth Understanding MyPlate Exploration Edition (YUM-EE)

Using MyPlate messages and activities to encourage healthy food choices.

YUM-EE uses food science experiments in addition to health lessons, making it a versatile curriculum for use in science and health/physical education classes. Aligns with Florida School Standards. *Can be taught virtually.*

**Lessons:** Series of 6+ (30-45 minutes each)

6<sup>th</sup>-8<sup>th</sup>

## Gardening



### Gardening for Nutrition

A comprehensive guide to teaching lessons related to health, science, language arts, math, and more using a Florida-based school garden. Aligns with Florida School Standards.

**Lessons:** Series of 6+ (30-60 minutes each)

K-12<sup>th</sup>

**For more information contact:**

### Grow It, Try It, Like It!

Pre-K

A garden-themed nutrition education kit that introduces children to three fruits (peaches, strawberries, and cantaloupe) and three vegetables (spinach, sweet potatoes, and crookneck squash). Hands-on planting and nutrition education activities that introduce MyPlate.

**Lessons:** Series of 6+ (20-60 minutes each)

### Learn, Grow, Eat & Go!

3<sup>rd</sup>-5<sup>th</sup>

Hands-on lessons that focus on nutrition, gardening, physical activity, food preparation, and food tastings to improve the health of children, families, and the school community.

**Lessons:** Series of 6+ (30-60 minutes each)

## Physical Activity



### Soccer for Success

Combines nutrition education with soccer to empower students to lead healthier lifestyles.

**Lessons:** Series of 6+ (45-60 minutes each)

K-8<sup>th</sup>

### Summer Food, Summer Moves

Hands-on resources and activities designed to get kids and families excited about healthy eating and physical activity during the summer months. *Can be taught virtually.*

**Lessons:** One-time lessons (20-60 minutes)

K-12<sup>th</sup>

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