



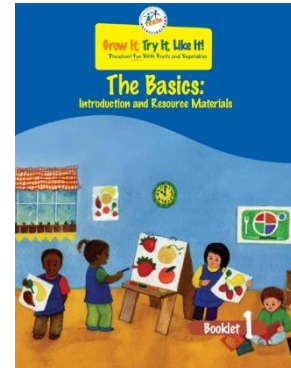
# Nutrition Education Resources

Free, evidence-based, interactive curricula for youth

The UF/IFAS Extension Family Nutrition Program (FNP) offers free, evidence-based nutrition education and obesity prevention classes for youth who qualify for SNAP (formerly food stamp) benefits. Below is a list of resources to reinforce healthy cooking, eating, and physical activity.

## Preschool (ages 3-5)

- [A Dozen Ways to Be Healthy](#): Easy-to-follow lesson plans for child care providers.
- [Grow It, Try It, Like It!](#): A garden themed nutrition education kit that introduces children to new fruits and vegetables.



## Elementary School (ages 5-11)

- [Cooking Matters for Chefs and Kids](#): Guide that helps chefs and teachers provide hands-on instruction that will help youth develop a love of cooking and the skills to make healthy food choices.
- [Dig In! Standards-Based Nutrition Education from the Ground Up](#): Inquiry-based lessons that engage 5th and 6th graders in growing, harvesting, tasting, and learning about fruits and vegetables.
- [Discover MyPlate: Nutrition Education for Kindergarteners](#): Nutrition education that fosters the development of healthy food choices and physically active lifestyles.
- [Gardening for Grades](#): A comprehensive guide for Florida teachers to help plan, fund, create, and learn with a school garden.
- [Gardening for Nutrition](#): A comprehensive guide for Florida educators designed to teach health, science, language arts, math, and more using a school garden.
- [The Great Garden Detective Adventure](#): A series of investigations and fun experiences connecting the school garden to the classroom, school cafeteria, and home for 3rd and 4th graders.
- [Serving Up MyPlate: A Yummy Curriculum](#): A collection of classroom materials that helps 1st-5th grade teachers integrate nutrition education into math, science, English language arts, and health.
- [Summer Food, Summer Moves Kit](#): A fun, hands-on resource kit designed to get kids and families excited about healthy eating and physical activity during the summer months.



## Middle School & High School (ages 11-18)

- **[Cooking Matters for Chefs and Kids](#)**: Guide that helps chefs and teachers provide hands-on instruction that will help youth develop a love of cooking and the skills to make healthy food choices.
- **[Gardening for Grades](#)**: A comprehensive guide for Florida teachers to help plan, fund, create, and learn with a school garden.
- **[Gardening for Nutrition](#)**: A comprehensive guide for Florida educators designed to teach health, science, language arts, math, and more using a school garden.
- **[Nutrition Voyage: The Quest to Be Our Best](#)**: This curriculum takes 7th and 8th grade classes on an exploratory journey into school wellness, providing opportunities for students to investigate, participate in a challenge, evaluate, and reflect.
- **[Science & Our Food Supply: Investigating Food Safety from Farm to Table](#)**: An innovative, interactive curriculum for use in middle and high school science classes that encourages students to step up to the plate and take an active role in preventing foodborne illness.
- **[Science & Our Food Supply: Using the Nutrition Facts Label to Make Healthy Food Choices](#)**: This curriculum introduces students to the fundamentals of healthy food choices, using the Nutrition Facts label as the starting point.
- **[STEMming Up Gardening](#)**: A comprehensive guide for Florida educators designed to integrate science, technology, engineering, and math into a school garden.
- **[Summer Food, Summer Moves](#)**: A fun, hands-on resource kit designed to get kids and families excited about healthy eating and physical activity during the summer months.

