

Expanded Food and Nutrition Education Program (EFNEP)

This **free** program is offered as a **series of nine** lessons in a curriculum designed to teach **families with children** about USDA recommendations using an interactive approach. Each lesson contains research-based information on nutrition, stretching food dollars, physical activity, and parent tips, as well as food tastings which include recipes and food suggestions. Participants receive educational enhancements that relate to the lesson of the day.

Lesson 1: Welcome to Eating Smart • Being Active

Families know what they will be learning throughout the series
 Participants accurately complete the required entry forms
 Knife safety skills
 Educational Enhancement – *Cutting board and OSU pen*

Lesson 2: Get Moving!

Families enjoy being active
 Participants accurately complete the 24 hour food recall
 Educational Enhancement – *Beach ball*

Lesson 3: Plan, Shop, \$ave

Families plan and shop for meals and snacks that are healthy and within their budget
 Educational Enhancement – *Grocery list pad*

Lesson 4: Fruits & Veggies: Half Your Plate

Families increase the amount and variety of fruits and vegetables they eat every day
 Families make half their plates fruits and vegetables
 Educational Enhancement – *Produce brush and MyPlate magnet*

Lesson 5: Make Half Your Grains Whole

Families choose at least half of their grains as whole grains
 Educational Enhancement – *Measuring cups and spoons*

Lesson 6: Go Lean With Protein

Families choose lean protein foods and keep all their food safe to eat
 Educational Enhancement – *Food thermometers (meat & refrigerator) and safe food temperatures magnet*

Lesson 7: Build Strong Bones

Families get enough calcium from low-fat or non-fat dairy foods or other foods high in calcium
 Educational Enhancement – *Liquid measuring cup*

Lesson 8: Make A Change

Families limit foods high in fat, sugar, and salt
 Educational Enhancement – *OSU Water bottle*

Lesson 9: Celebrate! Eat Smart & Be Active

Participants celebrate new knowledge and skills to make healthy food and activity choices
 Participants accurately complete the required exit forms
 Educational Enhancement – *Cookbook and graduation certificate*



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

Family and Consumer Sciences

College of Education and Human Ecology

College of Food, Agricultural, and Environmental Sciences