



Impact Indicator ERS Training

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Objectives

- ✦ Understand 'simple and standardized' protocol for collecting data.
- ✦ Meet new requirement for Federal reporting.
- ✦ Be able to enter data into Excel, and enter Impact Indicator results into ERS.

Review Email Attachments

WORD DOC's

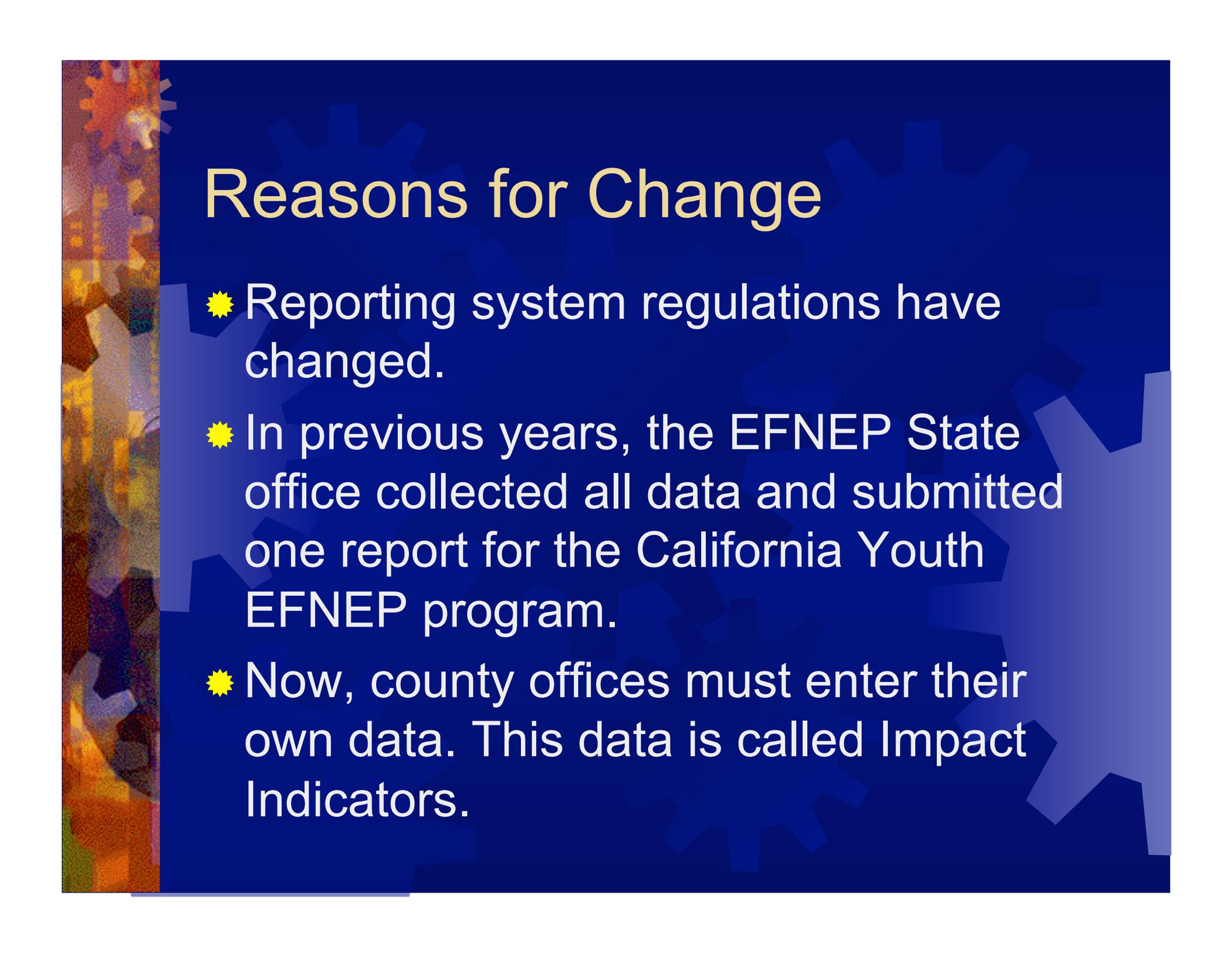
- ✦ Agenda
- ✦ Practice Scenario
- ✦ Protocol of evaluation process
- ✦ Move More draft lessons

EXCEL DOC's

- ✦ Data entry spreadsheets

PDF DOC's

- ✦ EatFit evaluation pre-test
- ✦ EatFit evaluation post-test
- ✦ Nutrition To Grow On evaluation



Reasons for Change

- ✦ Reporting system regulations have changed.
- ✦ In previous years, the EFNEP State office collected all data and submitted one report for the California Youth EFNEP program.
- ✦ Now, county offices must enter their own data. This data is called Impact Indicators.

Program Evaluation 03-04

☀ You can use 1 of the following evaluations for reporting:

- EatFit
- Nutrition to Grow On
- Kids Kartoon

eatfit

Name: _____
Teacher Name: _____
Date: _____ Class Period: _____

- Match the following
(1.1) _____ Calcium a. If you don't get enough of this mineral, you may feel tired.
(1.2) _____ Iron b. This will give you a quick boost of energy, but it won't last.
(1.3) _____ Sugar c. Eating plenty of these will help give you nice skin.
(1.4) _____ Fat d. This has the most calories per gram.
(1.5) _____ Fruits & Vegetables e. Dairy products are a good source of this mineral.
- Match each type of activity with the corresponding examples:
(2.1) _____ Aerobic activity a. squats
(2.2) _____ Lifestyle activity b. jogging
(2.3) _____ Strength activity c. yoga
(2.4) _____ Stretching activity d. bowling
- When choosing a pizza topping, which do you choose?
a. hamburger or sausage
b. pepperoni or salami
c. canadian bacon, chicken, or vegetables
d. bacon
- Which type of drink do you usually get when eating out?
a. regular cola like Pepsi/Coke/Dr. Pepper
b. regular lemon-lime soda like 7-Up/Sprite/Mountain Dew
c. diet soda, juice, milk, or water
- Which cereal do you eat the most often?
a. a colorful sweetened cereal (such as Froot Loops or Captain Crunch)
b. an unsweetened cereal (such as Kix, Cheerios, or Kashi)
c. an unsweetened cereal, with sugar you have added yourself (such as Rice Krispies, plain shredded wheat, or corn flakes)

Use the food label to answer the following questions

- What is the serving size for this food?
a. 114 grams b. 4 per container c. 90 calories d. 13 grams
- Is this a low sugar food? a. yes b. no
- How many calories are in two servings of this food?
a. 90 b. 60 c. 180 d. 360
- How many grams of saturated fat are in this food?
a. 5 b. 3 c. 0 d. 300

Nutrition Facts
Serving Size: 1 cup (114g)
Servings Per Container: 4

Amount Per Serving	
Calories 90	Calories from Fat 30
% Daily Values*	
Total Fat 3g	6%
Saturated Fat 5g	9%
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 10g	4%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 3g	

Page 1
Printed
10/1/04

☀ Nutrition to Grow On

NUTRITION TO GROW ON

Name: _____
Teacher: _____

1. Which part of the plant are we eating when we eat spinach?
 - a. the leaves
 - b. the flowers
 - c. the seeds
 - d. the roots
2. Which of these foods is an example of a flower that we eat?
 - a. carrot
 - b. broccoli
 - c. celery
 - d. mango
3. Which nutrient provides our bodies with energy?
 - a. carbohydrate
 - b. minerals
 - c. water
 - d. vitamins
4. Why do our bodies need calcium?
 - a. to keep our blood healthy
 - b. to keep us from catching a cold
 - c. to help our bones and teeth grow and stay strong
 - d. to help us see in the dark
5. One serving of fruit looks like the size of a:
 - a. a ping-pong ball
 - b. child's fist
 - c. mixing bowl
 - d. computer
6. Imagine putting one cup of chips on a plate. If you did this, your chips would look about the same size as:
 - a. a ping-pong ball
 - b. a baseball
 - c. a deck of cards
 - d. a soccer ball
7. If you eat one medium apple for lunch, how many servings of fruit are you eating?
 - a. 1/2 a serving
 - b. one serving
 - c. two servings
 - d. three servings
8. What do calories measure?
 - a. the time that it takes to eat lunch
 - b. the energy that food gives our bodies
 - c. the weight of a food
9. What kind of exercise is swimming and jogging?
 - a. anaerobic
 - b. aerobic
10. If you measure your pulse, you will find out:
 - a. how many times your heart beats in one minute.
 - b. how much water you drank
 - c. how much you weigh
 - d. your blood pressure

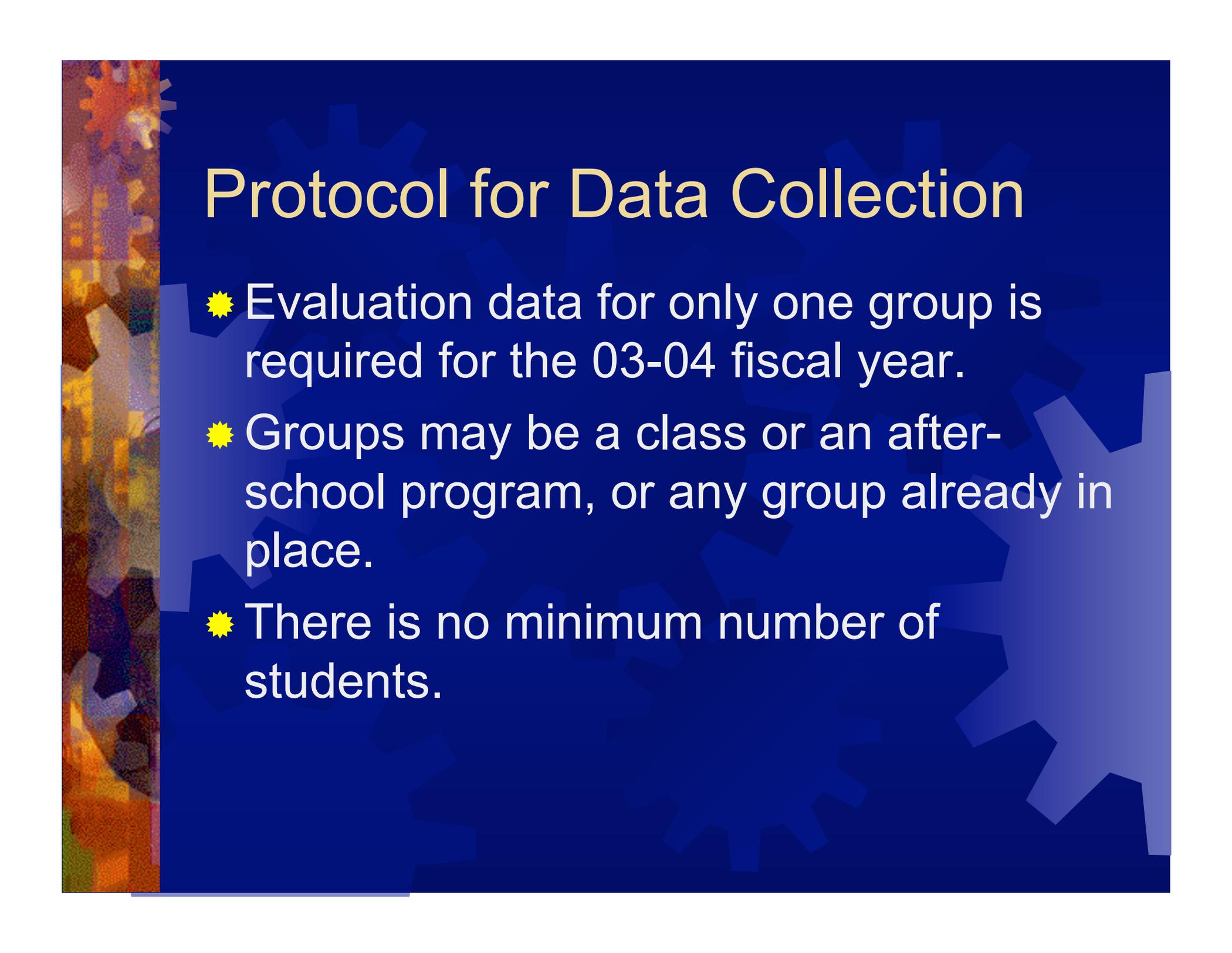
☀ Kids Kartoon (for use with Eating Right Is Basic)



DIRECTIONS: Please DO NOT MARK IN THIS BOOKLET.

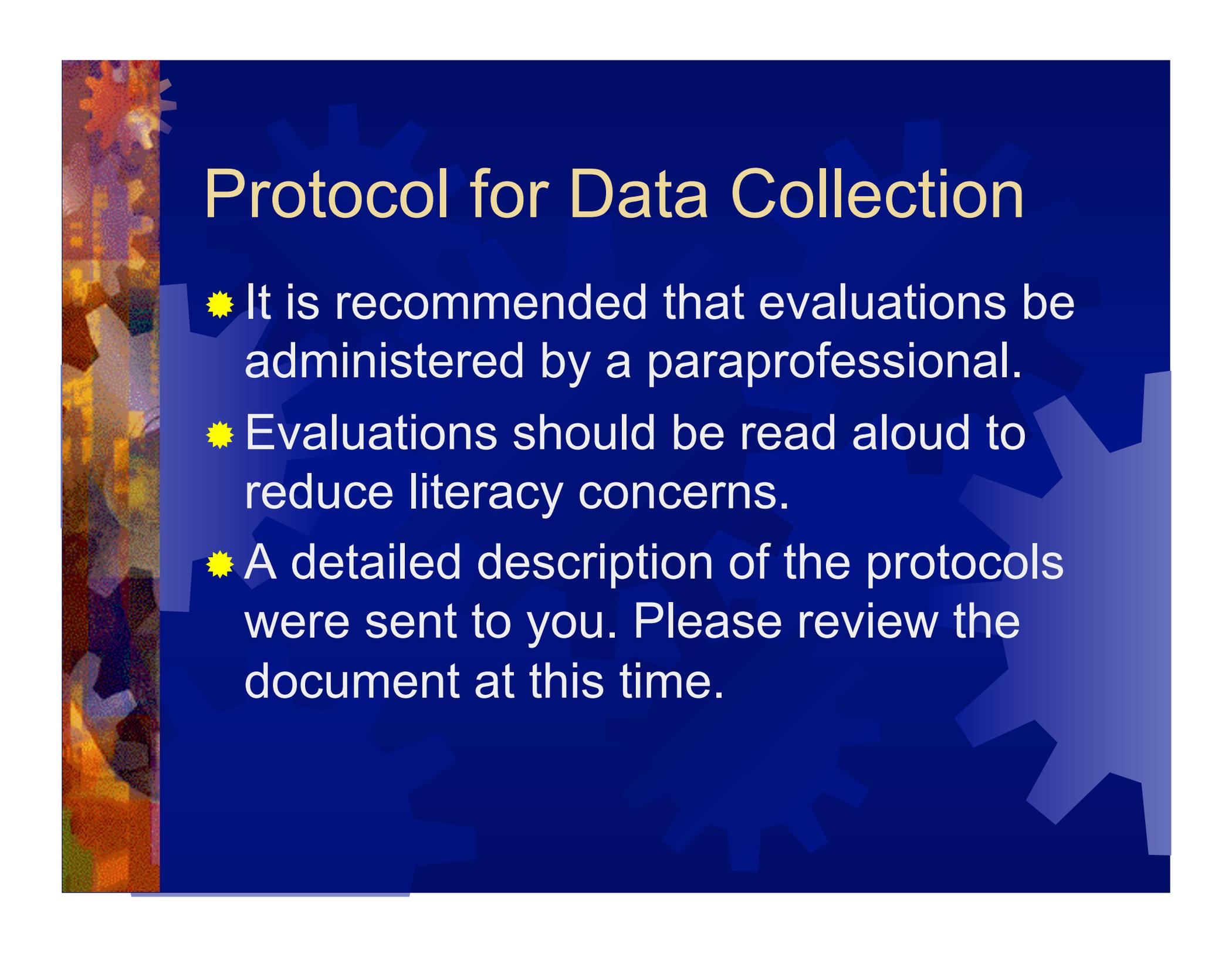
Be sure to place your answers on the Answer Sheet only, using a BLACK pen or #2 PENCIL.

University of California, Cooperative Extension
Youth Expanded Food and Nutrition Education Program
Revised 9/98



Protocol for Data Collection

- ✦ Evaluation data for only one group is required for the 03-04 fiscal year.
- ✦ Groups may be a class or an after-school program, or any group already in place.
- ✦ There is no minimum number of students.



Protocol for Data Collection

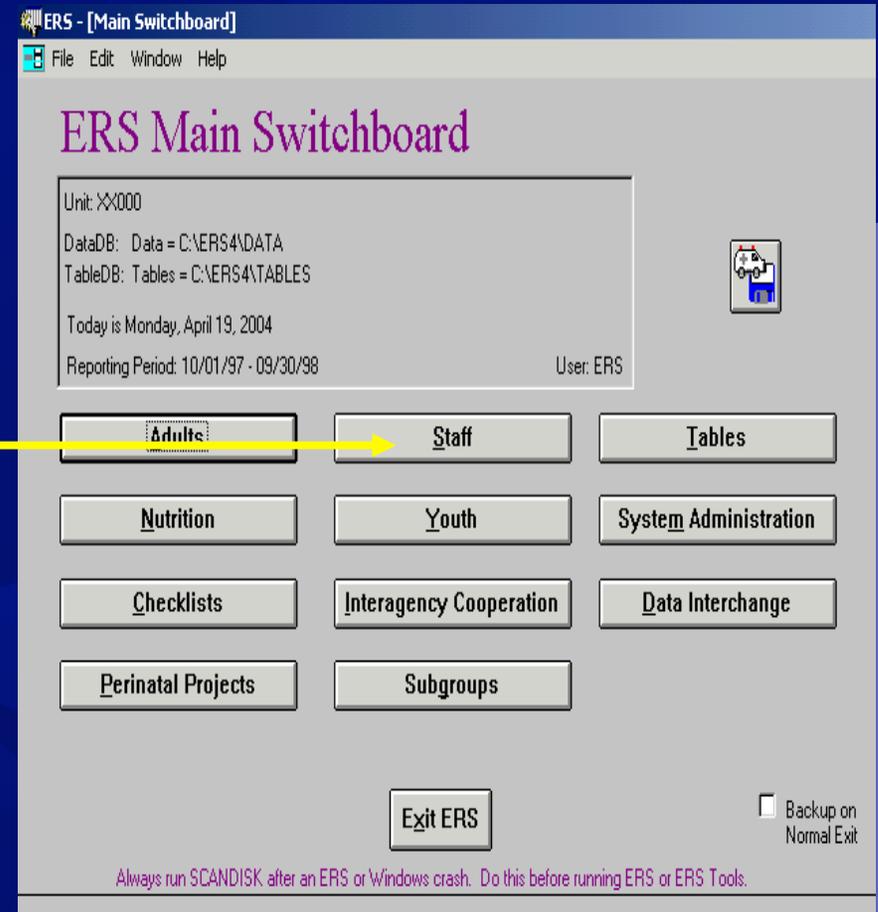
- ✦ It is recommended that evaluations be administered by a paraprofessional.
- ✦ Evaluations should be read aloud to reduce literacy concerns.
- ✦ A detailed description of the protocols were sent to you. Please review the document at this time.

Practice Data Entry

- ✦ Complete the EatFit post test.
- ✦ Enter your answers into the Excel spreadsheet.
 - ✦ Use the second section, with the header Post Test.
 - ✦ Make sure the number of paired surveys is entered accurately.
- ✦ Scroll to bottom right corner to view the impact indicator data.

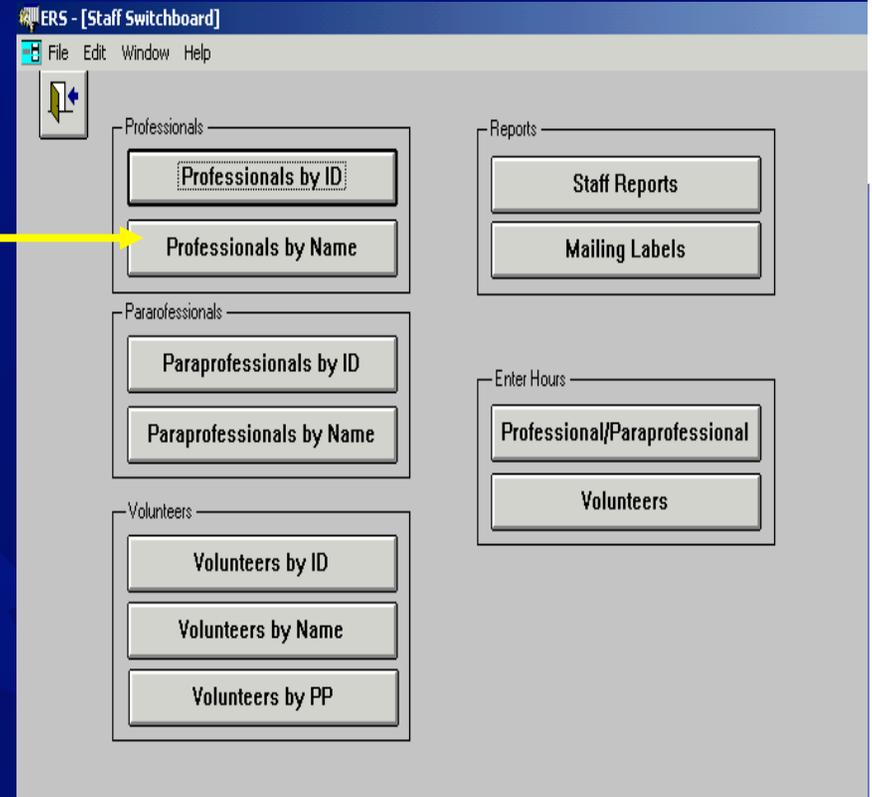
Practice Scenario

Open Practice Scenario document.
Open ERS 4.2.
Click on STAFF.



Professional/Advisor

Click on
**PROFESSIONALS
BY NAME**



Click ADD PROFESSIONAL

ERS - [Professionals by Name]

File Edit Window Help

Locate Name: Add Professional

(Example: 'Doe, Jane')

Name	ID	Sex	City		
Follett, Jennifer	A00002	F	95616XX	...	X
Horowitz, Marcel	A00001	F	Davis CA	...	X
Horowitz, Marcel	A00003	F	XX	...	X

Then Click NEXT

Add Professional

Enter ID of new professional and click NEXT or press <Enter>.

Click DONE when through adding.

ID of new professional:

Done Next

Enter practice information from Scenario sheet.

Professional-

Marilyn Townsend

1 Shields Avenue

Davis, CA 95616

(530) 754-9222

female

white

she spends 2080 hours a year with youth EFNEP

Then click SAVE

ERS - [New Professional]

File Edit Window Help

19-Apr-2004

ID: A00004

First Name:

Address:

:

City-State-Zip:

Telephone:

Sex: Female

Race Code: 1-00 White

	EFNEP	Non EFNEP
Annual Hours Spent with Adults:	<input type="text"/> 0	<input type="text"/> 0
Annual Hours Spent with Youth:	<input type="text"/> 0	<input type="text"/> 0

Cancel Save

Then click DONE.
If you have two advisors or professionals in your county, you would click NEXT, and enter the second person.

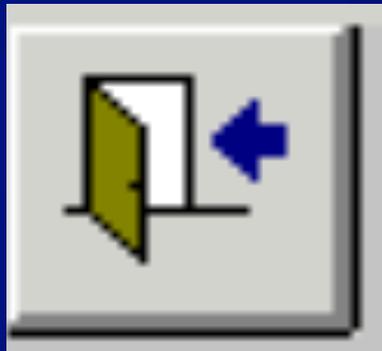
Add Professional

Enter ID of new professional and click NEXT or press <Enter>.
Click DONE when through adding.

ID of new professional:

Done **Next**

Then click the back button .



ERS - [Professionals by Name]

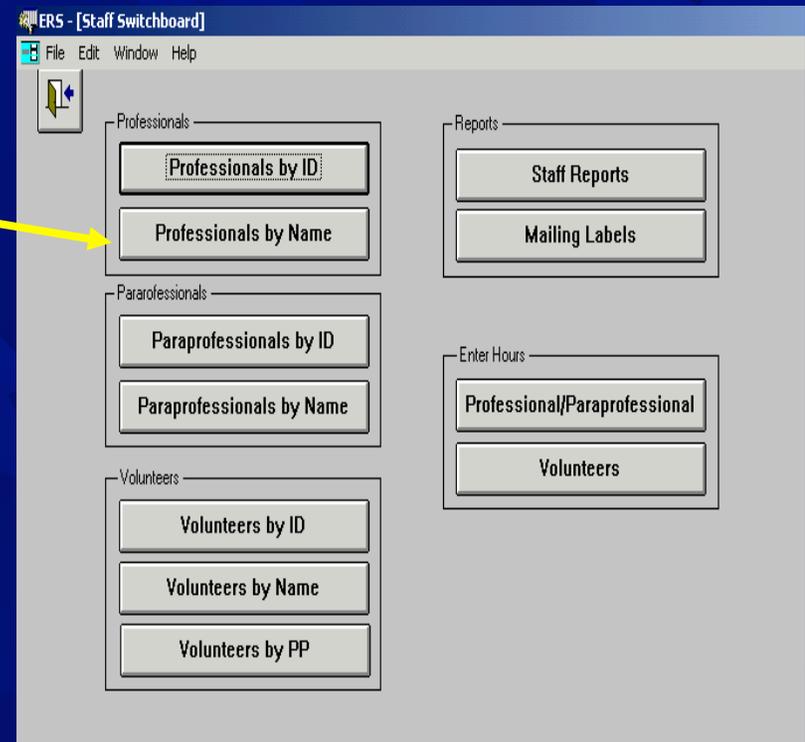
File Edit Window Help

Locate Name: Add Professional
(Example: 'Doe, Jane')

Name	ID	Sex	City		
Follett, Jennifer	A00002	F	95616XX	...	X
Horowitz, Marcel	A00001	F	Davis CA	...	X
Horowitz, Marcel	A00003	F	XX	...	X

Paraprofessional/Program Rep/NEA

Now click the
**PARAPROFESSIONALS
BY NAME** button.



Follow the same steps as the Professional to enter the practice scenario data.

Paraprofessional

Marcel Horowitz
1 Shields Avenue
Davis, CA 95616
(530) 754-8051

Female
white

she spends 915 hours a year with youth EFNEP
she spends 100 hours a year with adult EFNEP
she spends 875 hours a year with non EFNEP youth

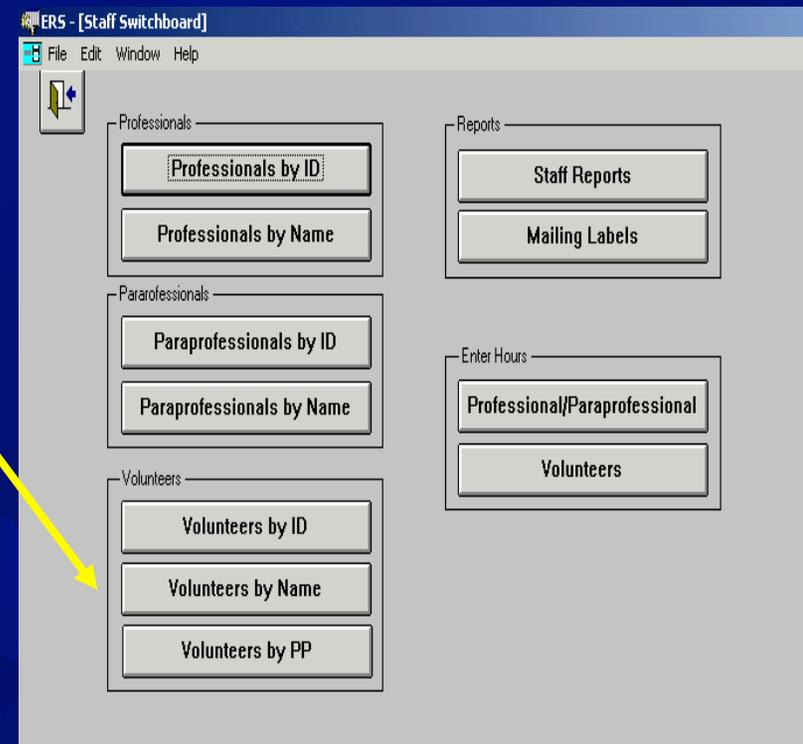
The screenshot shows a software window titled "ERS - [New Paraprofessional]". The window contains a form with the following fields and values:

- ID: P00001
- First Name: [Empty]
- Address: [Empty]
- City-State-Zip: [Empty]
- Telephone: [Empty]
- Sex: Female (dropdown menu)
- Race Code: 1-00 (dropdown menu) White
- Annual Hours Spent with Adults: EFNEP [0], Non EFNEP [0]
- Annual Hours Spent with Youth: EFNEP [0], Non EFNEP [0]

At the bottom of the form are "Cancel" and "Save" buttons.

Volunteers by Name/ Teacher

Click on the
**VOLUNTEERS BY
NAME** button.



Follow the same steps as the last two, to enter the practice scenario data for teacher.

Teacher-

Mr. Lenny Kravitz (teacher)
111 Main Street
Nowhere, CA 11111
(111) 111-1111

male

black

he spends 100 hours a year
teaching youth EFNEP
curriculum

Be sure to link to the appropriate
paraprofessional.

Teachers usually provide an
instructional role.

ERS - [New Volunteer]

File Edit Window Help

19-Apr-2004

ID: V00003

First Name:

Address:

:

City-State-Zip:

Telephone:

Age Code: Adult

Sex: Female

Race Code: 1-00 White

Paraprofessional ID: A00001 Horowitz, Marcel

Volunteer Roles

Is current/former EFNEP Participant:

Performs Instructional Role:

Performs Advisory Committee Role:

Performs Educational Support Role:

Performs Support Service Role:

Performs as Middle Manager:

Annual Hours Spent with Adults: EFNEP Non EFNEP

Annual Hours Spent with Youth: EFNEP Non EFNEP

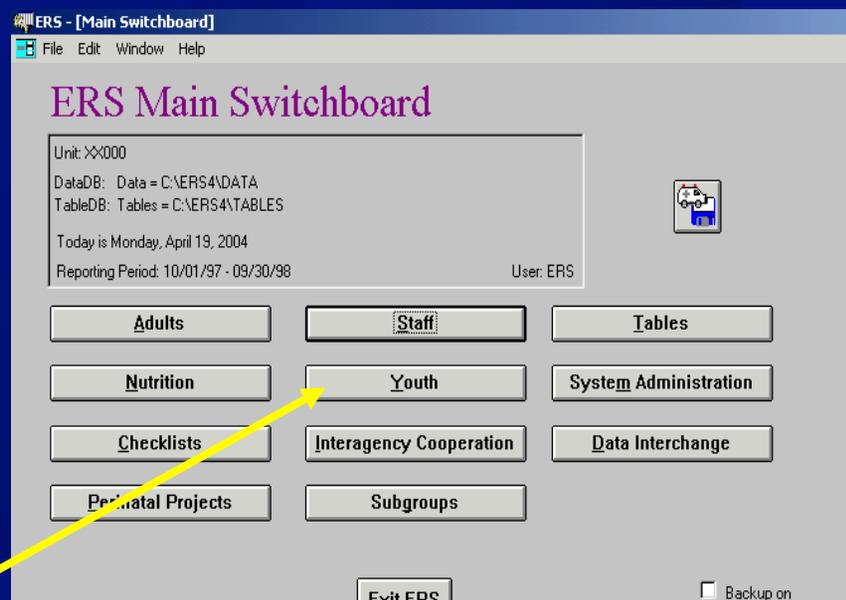
Cancel Save

Youth Data

Return to ERS Main Switchboard Menu using the back button.

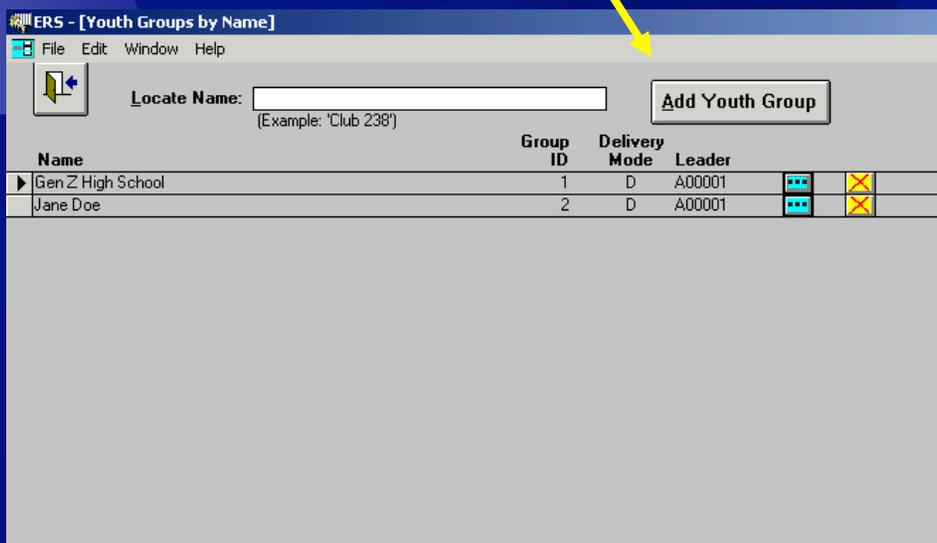
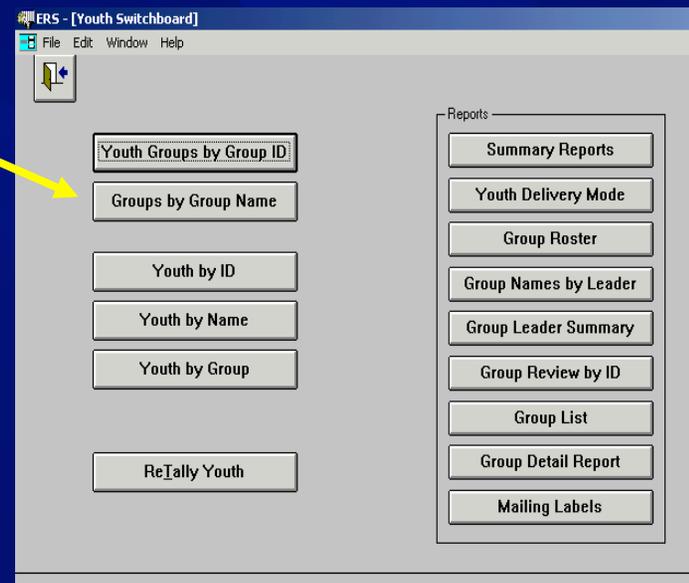


Then click on the YOUTH button.



Click on GROUPS BY GROUP NAME button

Then click on ADD YOUTH GROUP



Click GROUP
ENROLLMENT
button.

Then click NEXT

ERS - [Add Youth Group]

File Edit Window Help

Select the type of group enrollment. Then enter the ID of new Youth Group and click NEXT.
(Keep IDs below 9999 if you will be exporting to 4-H)
Click DONE when through adding.

Enrollment Type

Individual Enrollment

Group Enrollment

ID of new youth group: 3

Done Next

Enter Practice Data for School

Put the name of the school, the course, and the period in the NAME area.

School-

Nowhere middle school (in the suburbs of California, population 89,321)

111 Main Street
Nowhere, CA 11111
(111) 111-1111

Class taught from August 13, 2003 to November 4, 2003

8 meetings, 8 hours of instruction, taught second period

ERS - [New Youth Group]
19-Apr-2004

Group Enrollment

Group ID: 3 Name:

Delivery: A Organized Club

Address:

C-S-Z: XX

Phone:

Start: 01-Oct-1997

End: 30-Sep-1998

Leader #1: #2: #3: #4:

Initiative: A Number of Meetings: 0 Contact Hours: 0

Youth in Other 4H: 0

Females: 0 # Males: 0

Group Total: 0

Impact Indicators

Indicator	Applies	Percent
Eat Variety:	<input type="checkbox"/>	0.0 %
Knowledge:	<input type="checkbox"/>	0.0 %
Select Food:	<input type="checkbox"/>	0.0 %
Practices:	<input type="checkbox"/>	0.0 %

Youth by Age

0:	0	10:	0
1:	0	11:	0
2:	0	12:	0
3:	0	13:	0
4:	0	14:	0
5:	0	15:	0
6:	0	16:	0
7:	0	17:	0
8:	0	18:	0
9:	0	19:	0

Youth by Race

White:	0
Black:	0
Amlndian/Alaska:	0
Hispanic:	0
Asian/Paclsland:	0

Youth by Residence

1. Earn:	0
2. < 10,000_Rural:	0
3. 10,000 - 50,000:	0
4. Surburbs > 50,000:	0
5. Cities > 50,000:	0

Cancel Save

Enter Practice Data for Students

Students- 32 total

Girls- 17

Boys- 15

Age twelve- 3

Age thirteen- 24

Age fourteen- 5

White- 9

Black- 5

American Indian/Alaska- 1

Hispanic- 10

Asian/ Pacific Islander- 7

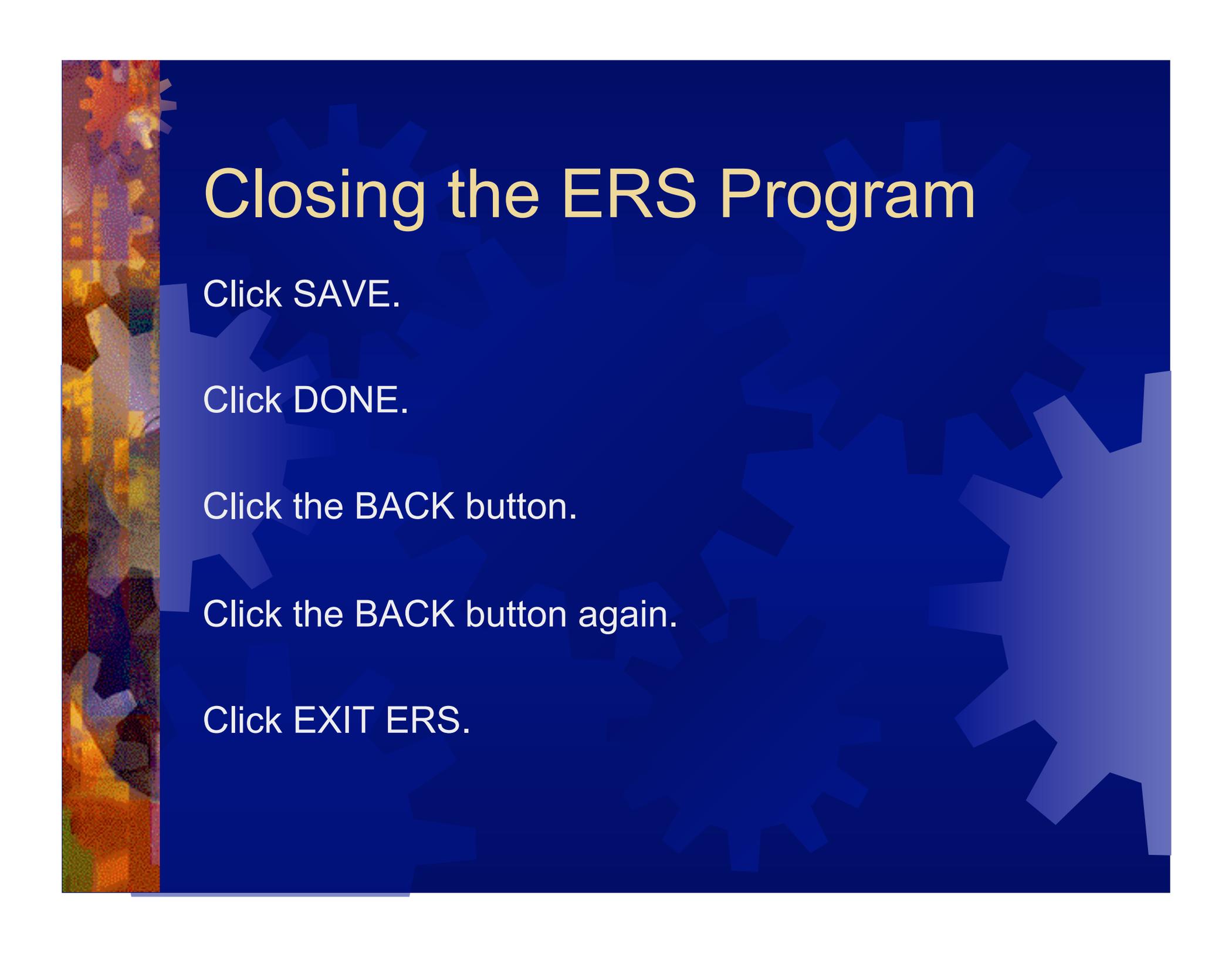
None of the youth are in 4-H

The screenshot shows the 'ERS - [New Youth Group]' software interface. The window title is 'ERS - [New Youth Group]' and the date is '19-Apr-2004'. The main section is 'Group Enrollment'. Fields include: Group ID: 3, Name: (empty), Delivery: A Organized Club, Address: (empty), C-S-Z: (empty), Phone: (empty), Start: 01-Oct-1997, End: 30-Sep-1998. There are four leader slots (#1-#4) with dropdown menus and checkboxes. Below are fields for Initiative: A, Number of Meetings: 0, Contact Hours: 0, # Youth in Other 4H: 0, # Females: 0, # Males: 0, and Group Total: 0. There are three summary tables: 'Impact Indicators' (Eat Variety, Knowledge, Select Food, Practices, all 0.0%), '# Youth by Age' (ages 0-19, all 0), and '# Youth by Race' (White, Black, AmIndian/Alaska, Hispanic, Asian/Pacific Islander, all 0). A '# Youth by Residence' table lists 5 categories (Farm, < 10,000 Rural, 10,000 - 50,000, Surburbs > 50,000, Cities > 50,000), all with 0. A button 'Enter Youth by Race and Sex' is also visible. At the bottom are 'Cancel', 'Save', and a printer icon.

Enter IMPACT INDICATOR

Taking the numbers from the Excel spreadsheet, enter the percentages in the boxes. Check the appropriate boxes for which you have data.

Impact Indicators			
<u>Indicator</u>	<u>Applies</u>	<u>Percent</u>	
Eat <u>V</u> ariety:	<input type="checkbox"/>	0.0	%
<u>K</u> nowledge:	<input type="checkbox"/>	0.0	%
<u>S</u> elect Food:	<input type="checkbox"/>	0.0	%
<u>P</u> ractices:	<input type="checkbox"/>	0.0	%



Closing the ERS Program

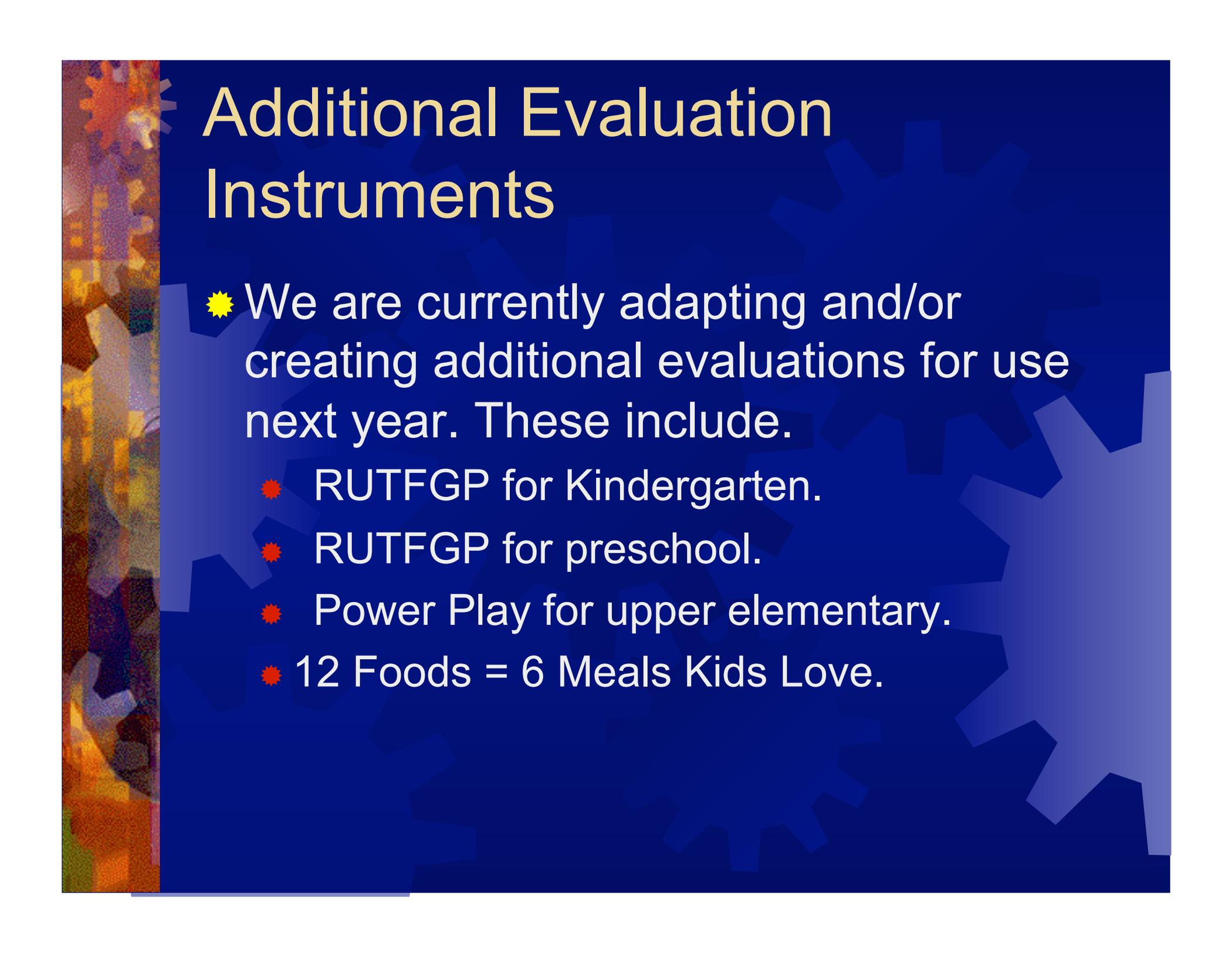
Click SAVE.

Click DONE.

Click the BACK button.

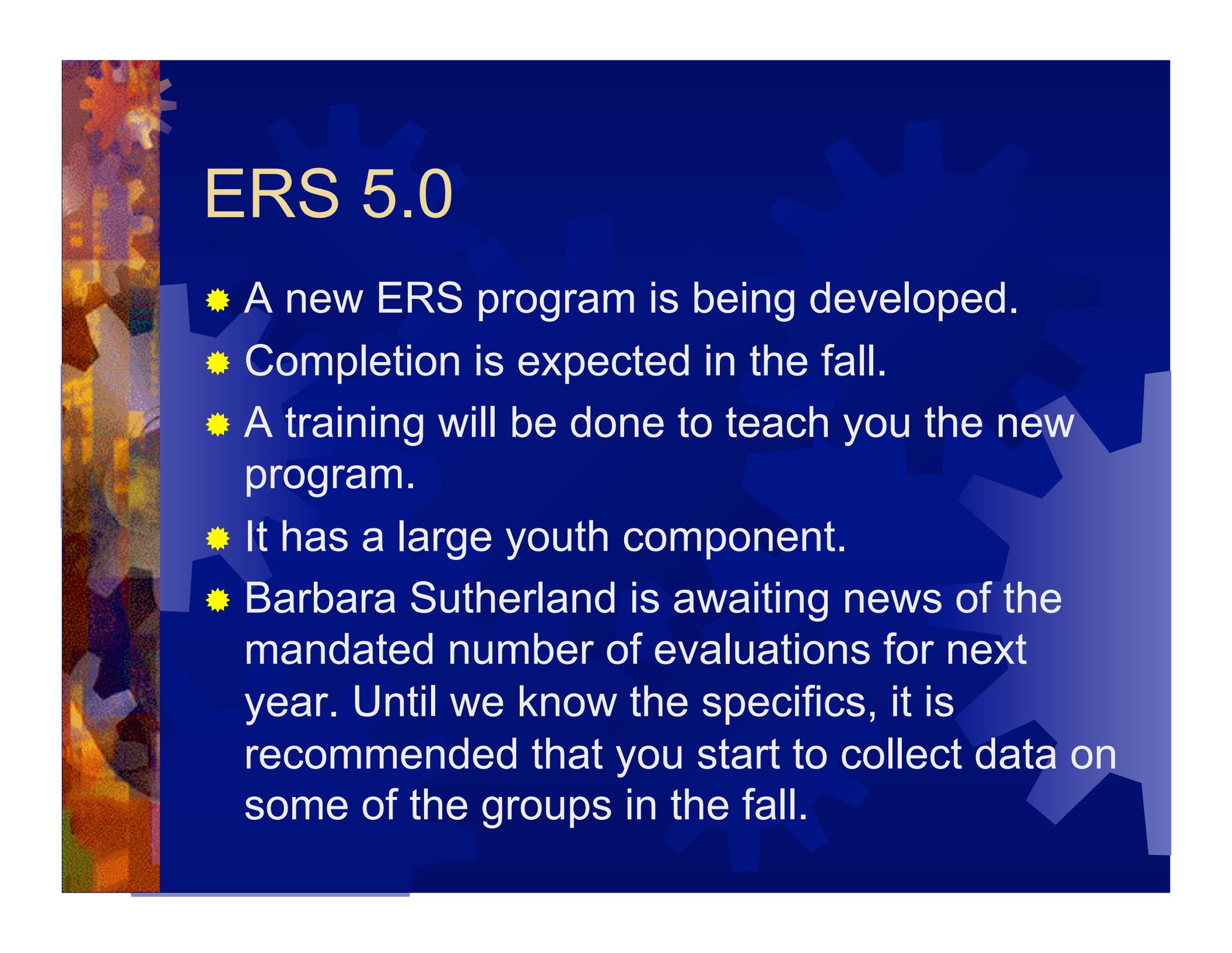
Click the BACK button again.

Click EXIT ERS.



Additional Evaluation Instruments

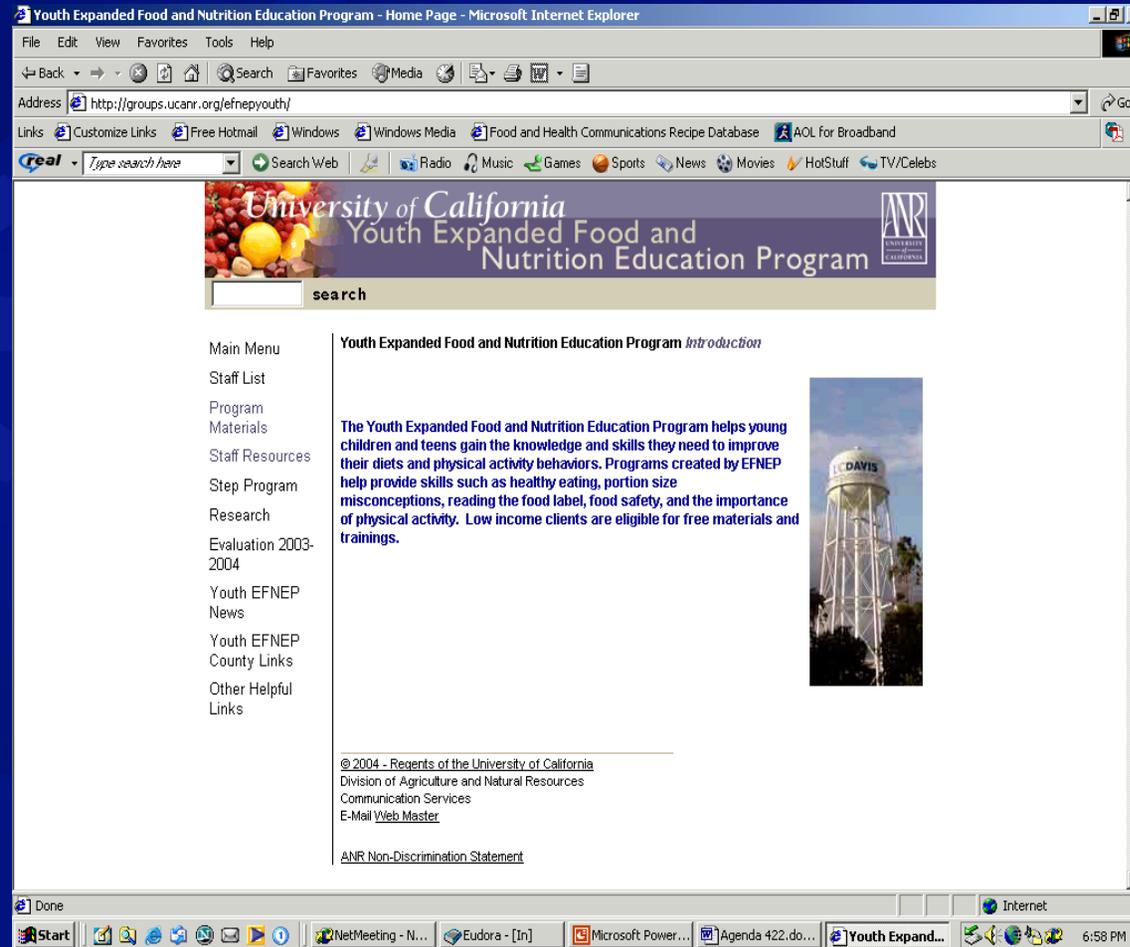
- ✦ We are currently adapting and/or creating additional evaluations for use next year. These include.
 - ✦ RUTFGP for Kindergarten.
 - ✦ RUTFGP for preschool.
 - ✦ Power Play for upper elementary.
 - ✦ 12 Foods = 6 Meals Kids Love.



ERS 5.0

- ✦ A new ERS program is being developed.
- ✦ Completion is expected in the fall.
- ✦ A training will be done to teach you the new program.
- ✦ It has a large youth component.
- ✦ Barbara Sutherland is awaiting news of the mandated number of evaluations for next year. Until we know the specifics, it is recommended that you start to collect data on some of the groups in the fall.

<http://groups.ucanr.org/efnepyouth/>
A new youth EFNEP website has been created.



Evaluation Materials

Updated spreadsheets and evaluations will be posted here.

Microsoft Internet Explorer window titled "Evaluation 2003-2004". The address bar shows the URL: http://groups.ucanr.org/EFNEPyouth/Evaluation_2003-2004/.

Main Menu

- Staff List
- Program Materials
- Staff Resources
- Step Program
- Research
- Evaluation 2003-2004
- Youth EFNEP News
- Youth EFNEP County Links
- Other Helpful Links

Evaluation 2003-2004

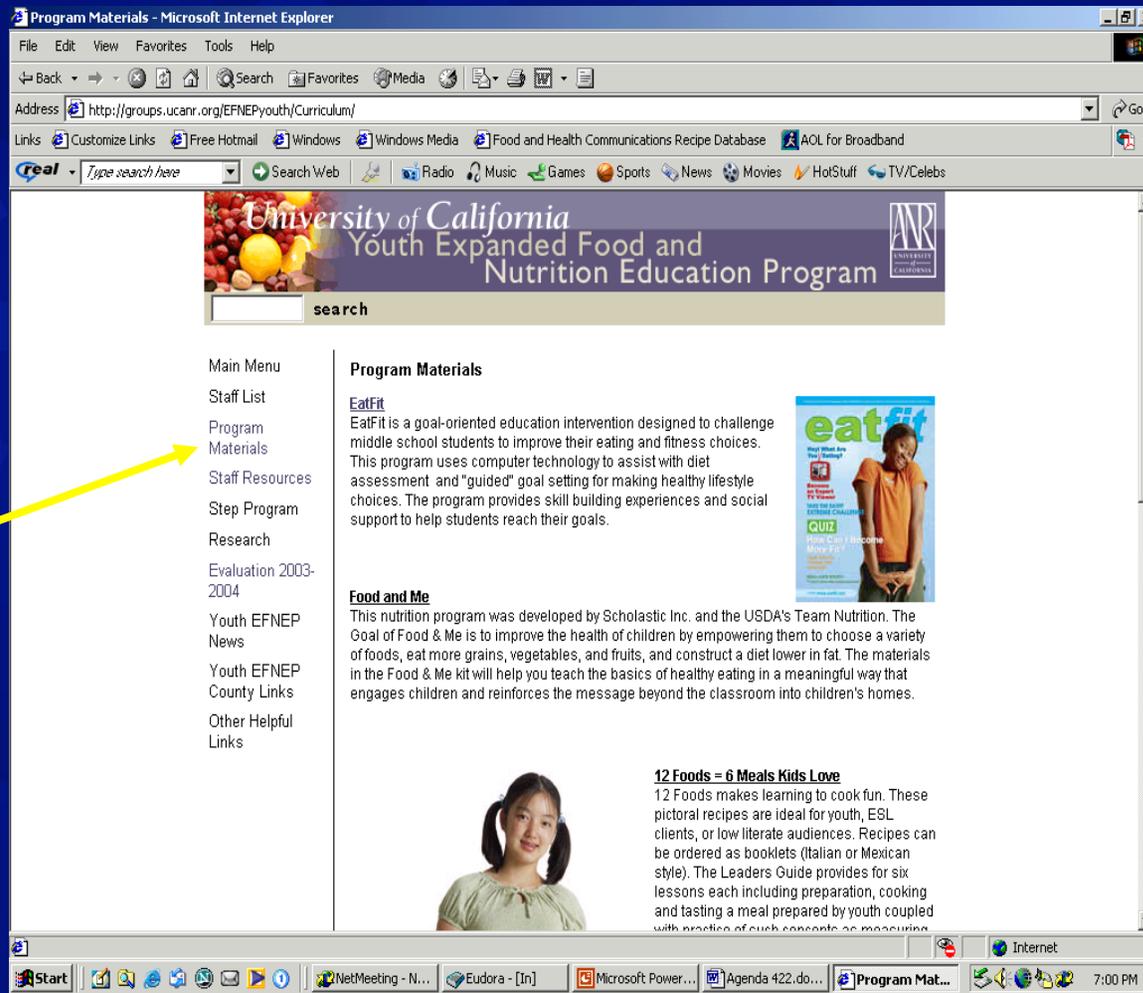
This year's youth program evaluation efforts are focused on the three curricula listed below. Protocols and Excel data sheets were developed so that evaluation data can be entered into the ERS system at the county level. All materials needed to collect data for these evaluations are available below.

Materials for the evaluation process:

- [Excel Sheet - Frequently Asked Questions](#)
- [Protocol: Evaluation for ERS Impact Indicators for Federal Reporting](#)
- Eating Right is Basic for 9-12 year olds**
 - [Kids Kartoons](#)
 - [Kids Kartoons Answer Sheet](#)
 - [Kids Kartoons Data Entry Sheet](#)
- EatFit**
 - [EatFit Evaluation Pre-test](#)
 - [EatFit Evaluation Post-test](#)
 - [Excel sheet - eatfit](#)
- Nutrition to Grow On**
 - [Nutrition to Grow On](#)
 - [Excel sheet - Nut to Grow On](#)
- Links to ERS 4.2 downloads**

The screenshot also shows a man crouching and looking up in the bottom right corner of the browser window.

Program Materials are at your fingertips.



The screenshot shows a Microsoft Internet Explorer browser window with the address bar displaying <http://groups.ucanr.org/EFNEP/youth/Curriculum/>. The page title is "Program Materials - Microsoft Internet Explorer". The website header features the University of California logo and the text "Youth Expanded Food and Nutrition Education Program". A search bar is located below the header. The main content area is divided into two columns. The left column contains a "Main Menu" with links to "Staff List", "Program Materials", "Staff Resources", "Step Program", "Research", "Evaluation 2003-2004", "Youth EFNEP News", "Youth EFNEP County Links", and "Other Helpful Links". A yellow arrow points to the "Program Materials" link. The right column is titled "Program Materials" and contains two sections: "EatFit" and "Food and Me". The "EatFit" section describes a goal-oriented education intervention for middle school students. The "Food and Me" section describes a nutrition program developed by Scholastic Inc. and the USDA's Team Nutrition. Below the "Food and Me" section, there is a photo of a young girl and a section titled "12 Foods = 6 Meals Kids Love" which describes pictorial recipes for youth, ESL clients, or low literate audiences.

University of California
Youth Expanded Food and Nutrition Education Program

search

Main Menu
Staff List
Program Materials
Staff Resources
Step Program
Research
Evaluation 2003-2004
Youth EFNEP News
Youth EFNEP County Links
Other Helpful Links

Program Materials

EatFit
EatFit is a goal-oriented education intervention designed to challenge middle school students to improve their eating and fitness choices. This program uses computer technology to assist with diet assessment and "guided" goal setting for making healthy lifestyle choices. The program provides skill building experiences and social support to help students reach their goals.



Food and Me
This nutrition program was developed by Scholastic Inc. and the USDA's Team Nutrition. The Goal of Food & Me is to improve the health of children by empowering them to choose a variety of foods, eat more grains, vegetables, and fruits, and construct a diet lower in fat. The materials in the Food & Me kit will help you teach the basics of healthy eating in a meaningful way that engages children and reinforces the message beyond the classroom into children's homes.

12 Foods = 6 Meals Kids Love
12 Foods makes learning to cook fun. These pictorial recipes are ideal for youth, ESL clients, or low literate audiences. Recipes can be ordered as booklets (Italian or Mexican style). The Leaders Guide provides for six lessons each including preparation, cooking and tasting a meal prepared by youth coupled with practice of such concepts as measuring

Including EatFit in the News.

News - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Forward Stop Home Search Favorites Media Print Copy Paste

Address http://groups.ucanr.org/EFNEP/youth/Eatfit_Highlighted_on_ANR_Website/ Go

Links Customize Links Free Hotmail Windows Windows Media Food and Health Communications Recipe Database AOL for Broadband

Real Type search here Search Web Radio Music Games Sports News Movies HotStuff TV/Celebs

University of California Youth Expanded Food and Nutrition Education Program

search

Main Menu

- Staff List
- Program Materials
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- Step Program
- Research
- Evaluation 2003-2004
- Youth EFNEP News
- Youth EFNEP County Links
- Other Helpful Links

News

The EatFit program was recently highlighted on the *University of California Agriculture and Natural Resources* home page. Click here to read the article, "[UC Aims to Turn the Adolescent Obsession With Diet and Weight into a Passion for Health and Fitness](#)".



EatFit was published in Fall 2003 by the Dannon Institute in an article titled "[Guided Goal Setting For Middle School Students](#)". The creators of EatFit received the Award of Excellence in Community Nutrition from Dannon in 2003 for the EatFit Intervention Program.

The UC Davis [Nutrition Department website](#) currently highlights the program. It features the program under the "[Spotlight on Issues](#)" on the [nutrition department](#) site.

The Gerald J. and Dorothy R. Friedman [School of Nutrition Science and Policy at Tufts University](#) included EatFit in a Site Review of their Nutrition Navigator for online nutrition websites.



EatFit was the topic of interest in *The Union*, a Nevada County newspaper on November 14, 2003. Click here to read "[University Website Lets Kids Ponder Eating Fitness](#)".

Start | NetMeeting - N... | Eudora - [In] | Microsoft Power... | Agenda 422.do... | News - Micros... | Internet | 7:03 PM

EatFit Marketing Materials.

Including new items counties have created.

Marketing Materials - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Address http://groups.ucanr.org/EFNEP/youth/Marketing_Materials/

Links [Customize Links](#) [Free Hotmail](#) [Windows](#) [Windows Media](#) [Food and Health Communications Recipe Database](#) [AOL for Broadband](#)

Search Web [Radio](#) [Music](#) [Games](#) [Sports](#) [News](#) [Movies](#) [HotStuff](#) [TV/Celebs](#)

Program Materials

Staff Resources

Step Program

Research

Evaluation 2003-2004

Youth EFNEP News

Youth EFNEP County Links

Other Helpful Links

EatFit, background information, and examples. Sample letters are provided for seeking donations and encouraging teachers to use EatFit.

HANDOUTS:

1. [EatFit Summary.pdf](#)
1. [EatFit Summary\[word doc\]](#)
2. [EatFit Basics.pdf](#)
3. [EatFit at a Glance.pdf](#)
4. [EatFit Lesson Sample.pdf](#)
5. [EatFit Guided Goal Setting.pdf](#)
6. [EatFit Research, Presentations, and Awards.pdf](#)
7. [More Info on EatFit.pdf](#)
8. [Top Ten Reasons.pdf](#)

EatFit: Brochure to parents

9. [Parent Flyer - English\[word doc\]](#)
10. [Parent Flyer - Spanish\[word doc\]](#)

BOOKMARKS:

[Check out the bookmarks online here.](#)

SAMPLE LETTERS: [word]

[To Service Clubs](#)

[Letter From a Teacher](#)

[Letter To a Teacher](#)

[Donation script](#)

MEDIA MATERIALS: [word]

These are sample press releases, 4-H newsletter articles, bulletin board, and public service announcements are listed here for county based adaptation.

[News Release 1](#)

[News Release 2](#)

News Release [Bulletin Board or Calendar Posting](#)

[Public service announcement \(PSA\)](#)

[4-H News Article 1](#)

[4-H News Article 2](#)

Start [NetMeeting - N...](#) [Eudora - \[In\]](#) [Microsoft Power...](#) [Agenda 422.do...](#) [Marketing Ma...](#) Internet 7:04 PM

New 12 Foods for 9-12 year olds Activity Guide.

The screenshot shows a Microsoft Internet Explorer browser window with the address bar displaying <http://ucce.ucdavis.edu/files/filelibrary/5610/14084.pdf>. The browser interface includes a menu bar (File, Edit, View, Favorites, Tools, Help), a search bar, and a toolbar with various navigation and utility icons. The main content area displays a PDF document with the following text:

March 2004

12 Foods = 6 Meals Kids Love

Leader's Activity Guide for youth 9-12 years old
For use with 4H-EPNEP 4163 Italian Style
or 4164 Mexican Style.

Introduction

This activity guide is designed for adult leaders to use in conjunction with either the *Italian Style* or *Mexican Style* versions of the recipe booklets - *12 Foods = 6 Meals Kids Love*. It includes six hands-on activities relating to food preparation for 9 to 12 year olds; each activity is coordinated with recipes in the booklets. The last section of this guide provides tips, research, and references in support of teaching cooking skills.

Using this activity guide with youth

Table of Contents

Introduction & Using this guide with youth audiences	1
Goals, Objectives & Messages	2
Activities & Cooking Recipes	
Measuring Fun & Italian Beans or Mexican Fiesta	3
Kitchen Safety &	4

The browser's status bar at the bottom shows the page number "1 of 12" and the system tray includes the Start button, taskbar icons for NetMeeting, Eudora, Microsoft PowerPoint, and Agenda 422, along with the system clock showing 7:05 PM on 7/05.

Food & Me Supplemental Materials.

Food and Me - Microsoft Internet Explorer

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Address http://groups.ucanr.org/EFNEPyouth/Food_and_Me/

Links Customize Links Free Hotmail Windows Windows Media Food and Health Communications Recipe Database AOL for Broadband

real Type search here Search Web Radio Music Games Sports News Movies HotStuff TV/Celebs

search

Main Menu

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- Youth EFNEP News
- Youth EFNEP County Links
- Other Helpful Links

Food and Me

This nutrition program was developed by Scholastic Inc. and the USDA's Team Nutrition. The Goal of Food & Me is to improve the health of children by empowering them to choose a variety of foods, eat more grains, vegetables, and fruits, and construct a diet lower in fat. The materials in the Food & Me kit will help you teach the basics of healthy eating in a meaningful way that engages children and reinforces the message beyond the classroom into children's homes.



Recently created supplemental materials available online:

[Fitness and Me Booklet \[pdf\]](#)- An 8 page guide for Pre-Kindergarten and Kindergarten teachers who want to implement fitness activities in their classroom. Guide contains Musical Movement activities and Body Basics activities. Easy directions for such fun games as "Leap Frog" and "Head, Shoulders, Knees, and Toes" are included to help small children be active.

[Food and Me Brochure \[pdf\]](#)- A 2 page brochure outlining the Food & Me program and it's components. Information is also included on how to order and implement the program.

[Standards Booklet \[pdf\]](#)- A 12 page booklet linking the curriculum to the California Department of Education Standards of Language Arts, Mathematics, Science, and History/Social Studies.

[Teacher Training - Power Point \[ppt\]](#)-A 20 page Power Point Presentation describing the Food & Me and Fitness & Me programs. Included are pages showing the need for preschool nutrition and physical education, and overview of the curriculum, and much more!

[Additional Graphics for Power Point Slides \[ppt\]](#)- Here you will find the graphics in the Teacher Training presentation in addition to more graphics you can use in your own power point presentations.

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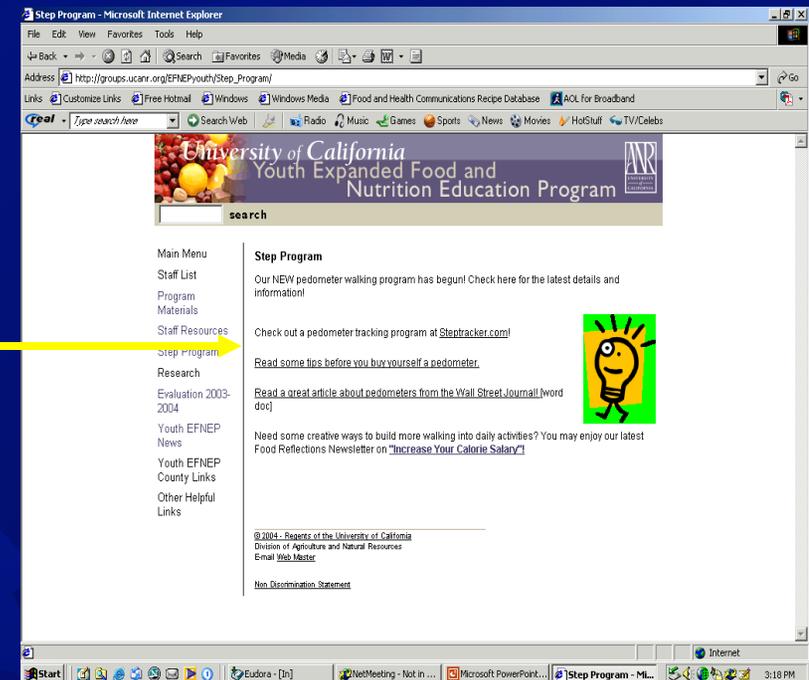
Start NetMeeting - N... Eudora - [In] Microsoft Power... Agenda 422.do... Food and Me ... Internet 7:07 PM

Move More Program

A new FSNEP funded physical activity promotion piece is being developed.

A link to the tracking site is found on-line.

Draft lessons were sent to you. If you have an interest in reading these materials, comments can be sent to Larissa or Christine.



Food Portion Photos

All the Food Portion Photos that were taken and are currently used on the EatFit Eating Analysis, have now been compiled and saved to a CD.

If you have a use for these photos, send a request to Larissa or Christine for the CD, or go on-line for individual photos.



Additional Questions

- ✦ If you should have additional questions or need more information, please call Christine Davidson and Larissa Leavens, at 530-754-8051, or email cdavidson@ucdavis.edu or lleavens@ucdavis.edu
- ✦ If you have any resources you would like to share with other counties, please email them to Christine or Larissa and they will be placed on-line.