The citations in this annotated bibliography are of audiovisuals and books focusing on basic nutrition education for children in preschool through the sixth grade. There are 306 citations derived from online searches of the AGRICOLA database. Information is provided on obtaining the materials. (JD)
Bibliographies in the Quick Bibliography Series of the National Agricultural Library, are intended primarily for current awareness, and as the title of the series implies, are not indepth exhaustive bibliographies on any given subject. However, the citations are a substantial resource for recent investigations on a given topic. They also serve the purpose of bringing the literature of agriculture to the interested user who, in many cases, could not access it by any other means. The bibliographies are derived from computerized on-line searches of the AGRICOLA data base. Timeliness of topic and evidence of extensive interest are the selection criteria.

The author/searcher determines the purpose, length, and search strategy of the Quick Bibliography. Information regarding these is available upon request from the author/searcher.

Copies of this bibliography may be made or used for distribution without prior approval. The inclusion or omission of a particular publication or citation may not be construed as endorsement or disapproval.

To request a copy of a bibliography in this series, send the title, series number and self-addressed gummed label to:

U.S. Department of Agriculture  
National Agricultural Library  
Public Services Division, Room 111  
Beltsville, Maryland 20705
The Food and Nutrition Information Center (FNIC), a unit of the National Agricultural Library, contains a collection of print and audiovisual materials covering a variety of topics in human nutrition.

Persons working for the following organizations or programs are eligible to borrow materials directly from FNIC:
1. The U.S. Congress
2. Federal Government Agencies
3. State Government Agencies including State Departments of Health and of Education (NOTE: State level personnel only)
4. Libraries, information centers
5. Universities, colleges (faculty only)
6. Cooperative Extension Service (Federal, State, County levels)
7. School districts and individual schools (including teachers, nurses, food service, and media center staff.)
8. Nutrition Education and Training Program (NET)
9. Head Start
10. Day Care
11. Supplemental Food Program for Women, Infants, and Children (WIC) and Commodity Supplemental Food (CSF) Program
12. Food Distribution Program on Indian Reservations (FDPIR)
13. Other organizations which receive either USDA funds or commodities (e.g., Federal Nutrition Program for the Elderly)

If you are eligible for direct lending service, please disregard the Document Delivery Services described in the following pages. Submit lending requests on organization letterhead, providing the complete address, telephone number and job title of the requester to:

Food and Nutrition Information Center
National Agricultural Library
Room 304
Beltsville, MD 20705.

Patrons will be responsible for payment of return postage for books and audiovisuals borrowed from the Center. Copies of six journal articles can be provided per request.

For further information, contact Coordinator, Food and Nutrition Information Center at the address above or 301-344-3719.
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The National Agricultural Library (NAL) accepts requests from libraries and other organizations in accordance with the national and international interlibrary loan code and guidelines. In its national role, NAL has a unique responsibility to attempt to supply copies of agricultural publications not found elsewhere. Filling requests for materials readily available from other sources would divert its resources and diminish its ability to serve as a national source for agricultural and agriculturally related publications. Therefore, NAL should be viewed as a library of last resort. Requestors should submit requests first to State/region/network sources prior to sending to NAL. Within the United States, possible sources are the land-grant university or other large research libraries within a state. Requestors in other countries should first try major university, national or provincial institutions. If the needed publications are not available from these sources, the requests may be submitted to NAL with a statement indicating their non-availability.

• Requests may be submitted on the American Library or the International Library interlibrary request form, by TWX (710-828-0506) or via the OCLC interlibrary loan subsystem. Our OCLC symbol is AGL, and we request that the symbol be entered twice. The complete name of the person authorizing the request is to appear on each form.

• The standard bibliographic source which lists the title as owned by NAL should be noted on each request. Requests for periodical articles should be verified. If verification is not possible, indicate the sources searched and give the source of the citation requested. Those requests which are verified or for which the citation source has been given receive a more thorough search. Unverified requests may be returned. If the citation is from an NAL database (CAIN/AGRICOLA, Bibliography of Agriculture, or the NAL catalog) and the call number is given, this call number should be included on the request.

LOAN SERVICE — Monographs published in the United States or abroad may be lent to U.S. libraries. Monographs published in the U.S. may be lent to libraries in other countries. The loan period is one month unless a shorter period is indicated on the due slip. The loan may be renewed for an additional month if there is no reserve request. The renewal request should be received prior to the due date. The borrowing library is responsible for any loss or damage incurred.

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Questions concerning these services may be made by correspondence to Head, Lending Branch or by telephoning (301) 344-3755.

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Form NAL-8A (10/84)
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LOAN SERVICE — Materials in the collection are loaned only to other libraries. Requests for loans should be made through local public, academic or special libraries.

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- Billing — Fees include postage and handling, and are subject to change. Invoices are issued quarterly by the National Technical Information Service (NTIS), 5285 Port Royal Road, Springfield, VA 22161. Requesters are encouraged to establish deposit accounts with NTIS. DO NOT SEND PREPAYMENT.

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Questions concerning these services may be made by correspondence to Head, Lending Branch or by telephoning (301) 344-3755.

NOTE —
- Once requests have been accepted and processing has begun, requests cannot be cancelled. The appropriate charge for filling requests will be applied.

Form NAL-3A (10/84)
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### Alabama
- Ralph Brown Draughon Library
  - Auburn University
  - Auburn, AL 36830 (205)826-4500

### Arizona
- Interlibrary Loans
  - University of Arizona Library
  - Tucson, AZ 85721 (602)626-1941

### Arkansas
- Interlibrary Loan
  - University of Arkansas
  - Fayetteville, AR 72701 (501)575-4101

### California
- Interlibrary Loans
  - University of California Library
  - Davis, CA 95616 (916)752-2251

### Colorado
- Interlibrary Loans
  - Colorado State University Library
  - Ft. Collins, CO 80523 (303)491-5911

### Florida
- Interlibrary Loans
  - University of Florida
  - Gainesville, FL 32601 (904)392-1934

### Georgia
- Science Library
  - University of Georgia
  - Athens, GA 30601 (404)542-1315

### Hawaii
- Interlibrary Loans
  - Thomas Hale Hamilton Library
  - 2550 The Mall
  - University of Hawaii
  - Honolulu, HI 96843 (808)948-8568

### Idaho
- University of Idaho Library
  - Moscow, ID 83843 (208)885-6559

### Iowa
- Interlibrary Loan
  - Iowa State University Library
  - Ames, IA 50010 (515)294-3642

### Kansas
- USDA Document Delivery
  - Kansas State University Library
  - Manhattan, KS 66506 (913)532-6516

### Louisiana
- Interlibrary Loans
  - Louisiana State University Library
  - Baton Rouge, LA 70803 (504)388-2138

### Michigan
- Document Delivery
  - Michigan State University Library
  - East Lansing, MI 48824 (517)355-7644

### Minnesota
- St. Paul Campus Library
  - University of Minnesota
  - St. Paul, MN 55108 (612)373-0968

### Mississippi
- Interlibrary Loans
  - Mitchell Memorial Library
  - Mississippi State University
  - Box 5408
  - Mississippi, MS 39762 (601)325-4225

### Missouri
- University of Missouri
  - 1C31 Science
  - Ellis Library
  - Columbia, MO 65201 (314)882-2656

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FEBRUARY 1984
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<td>Montana</td>
<td>Roland R. Renne Library</td>
<td>Bozeman, MT 59717 (406)994-3161</td>
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<td>University of Montana</td>
<td>Missoula, MT 53706 (406)262-9635</td>
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<td>C. Y. Thompson Library</td>
<td>University of Nebraska, East Campus Lincoln, NE 68503 (402)472-2802</td>
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<td>University of Nevada</td>
<td>Reno, NV 89557 (702)784-6616</td>
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<td>New Mexico State University Library P. O. Box 3475 Las Cruces, NM 88003 (505)646-4737</td>
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<td>New York</td>
<td>Interlibrary Loan Services</td>
<td>Mann Library</td>
<td>(607)256-7754</td>
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<td>Fargo, ND 58102</td>
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<td></td>
<td>1858 Neil Avenue Mall</td>
<td>Columbus, OH 43210</td>
<td>(614)422-6211</td>
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<td>Logan, UT 84322</td>
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<td>Madison, WI 53706</td>
<td>550 Babcock Drive</td>
<td>(608)262-9635</td>
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AGRICOLA

File 10

Contains citations to documents entered into the database later than January 1979.
I. AUDIOVISUALS

Abstract: A curriculum for children (ages 3-6) consists of 3 concept units (nutrient sources, nutrient functions, and food selection). 6 food models, and a game and a teacher's self-instruction unit. Concept units are sequential and are divided into color coded content area sections containing a choice of activities related to the concept. Each activity page within a content area includes a behavioral objective, list of materials needed, and teacher information in the margin. Stuffed fabric food models represent milk, raisin bran, bread, a chicken leg, a carrot, and a strawberry. Each contains a hidden finger puppet emphasizing a specific nutrient found in the food. The "ABC's of Doggy Building" game helps children associate the selection of food with a bodily nutrient function. The teacher's self-instruction unit contains 10 chapters consisting of one or more summary paragraphs followed by questions designed to reinforce the basic nutrition facts presented. Supplementary materials include a teacher's resource list, visuals and parent information letters. (js)


Abstract: A 30-minute color videotape program for elementary students featuring children, school foodservice personnel and puppets focuses on the Basic Four food groups. An analogy is drawn between the cars of a train and everyone's need for foods from all four food groups to maintain a balanced diet. Included in the program are "Build Balanced Meals" game shows; TV commercial take-offs; storytelling and music. Print materials accompanying the videotape provide discussion ideas and activities, handouts, and worksheets. Lesson plans suggest the sequence of activities, materials and other resources (additional films) needed, and evaluation techniques. (js)

Bilingual food cards, assorted Rowland Unified School District. (Rowland Heights, Calif.) Rowland Unified School District (1981?). 29 drawings – b&w; 22 x 28 cm. (NAL Call No.: TX364.B54 F&N AV). Abstract: Simple black and white drawings depict 1 or 2 foods per card. The English noun is printed at the top of each card in large, lower case letters and the Spanish noun at the bottom. (js)
0007

**Breakfast (developed by Experience Education, Swanson Center for Nutrition and the Nebraska Department of Education).**

*Red Oak, Iowa* Experience Education 1980. NET funded. Includes teachers guide, food service guide, 30 books, 4 pads, 30 song sheets, 31 posters, 16 transparencies, 16 transparency mounts, 30 letters to parents on brown bags, 1 sound cassette, 1 filmstrip/cassette set, 30 card sets, 5 breakfast menus, 1 set of labels, 3 markers and 1 grease pencil. 1 kit: in cylindrical container 51 x 33 cm. (NAL Call No.: TX364.E94 F&N AV (no. 11))

Abstract: A kit includes directions and materials for 6 classroom activities, each divided into 2-4 sequential steps. Time and materials needed for each step are indicated in the teacher's guide. Activities are designed around specific behavioral objectives all ultimately focusing on encouraging children to eat some type of breakfast, traditional or non-traditional. Activity themes include nontraditional breakfast ideas, meal planning, cereal tasting, creating TV shows about breakfast and planning a brown bag breakfast. All materials (except foods) needed for conducting activities with 3 students are included in each kit. Resource materials include filmstrip/cassette presentations, worksheets, song sheets, posters and transparencies.

0008

**A Child's garden of eating Weight Watchers.**

Manhasset, N.Y. Weight Watchers 1979. Includes 1 playing board (47 x 47 cm.), 1 spinner, 4 markers, playing cards, instructions, teacher's guide, stories, poems, etc. 1 game. (NAL Call No.: TX364.C4 F&N AV)

Abstract: Learning activities for kindergarten and first grade teach the relationship of food to the body, develop a sense of adventure in exploring new foods, and encourage personal responsibility in food choices. Learning of nutrition concepts is reinforced by follow-up activities and carry-home materials to stimulate parental involvement.

0009

**The Stomach film.**

Pasadena, Calif.: Barr Films, 1985. Title from container. 1 film reel (16 min.) sd., col.: 16 mm. + 1 pamphlet (NAL Call No.: DNA Motion picture no. 37 F&N).

Abstract: This film uses puppets to illustrate good grooming habits in children. The audience is told the importance of having clean hair, teeth, skin, and clothes. The film examines why soap is needed to inhibit germs and how dirty hair can develop head lice. Step-by-step examples of good grooming procedures are presented, such as teeth-brushing and flossing, shampooing, and bathing. A dirty puppet named Grub is so delighted with his new image, he changes his name to "Scrub." (Is)

0010

**Concentration.**

Durham, N.H. Nutrition at Work, University of New Hampshire 1989. NET funded. 1 game board (38 x 49 cm.) + 36 game cards. (NAL Call No.: TX392.C65 F&N AV)

Abstract: A memory recall game, part of the "Vegetable with Good Munch" program for grades K-4, teaches vegetable identification and spelling. Twenty-four vegetable picture and name cards are turned face down on the playing board. Players attempt to turn over two cards to make a matched pair until all cards are matched.

0011

**Digestive the disappearing dinner / produced and distributed by Marshfilm Enterprises, Inc.**

Shawnee Mission, Kan.: Marshfilm, c1980. Intended audience: primary grades. - Sound accompaniment compatible for manual and automatic operation. 1 filmstrip (42 fr.) col.: 35 mm. + 1 sound cassette (8 min.) + 1 teaching guide. (NAL Call No.: DNA Motion picture no. 353 F&N AV)

Abstract: "Stanley the Stomach" shows children what happens to the food they eat. Stanley shows how food is broken down by chewing, and how the small intestine finally makes most of the food usable for the rest of the body. Stanley illustrates the movement of food from the mouth, through the esophagus, stomach, and into the intestines, where the small intestine removes the nourishment from the food, sending the leftovers on their way out of the body. A teacher's guide and vocabulary are included.

0012

**Discovering new protein foods.** (produced by Gilbert Altschul Productions, Inc.). (Chicago, Ill.) Miles Laboratories, Inc. c1975. Sound accompaniment compatible for manual and automatic operation. 1 filmstrip (80 frames) col.: 35 mm. + 1 sound cassette (11 min., 34 sec.) (NAL Call No.: TX553.P7D57 F&N AV)

Abstract: Vegetable proteins, especially soy, are a wholesome source of protein, and an acceptable substitute for meats. Protein availability worldwide and alternatives to current American dietary preferences are the subjects of a taped discussion. Textured vegetable protein (TVP) is a suitable alternative to many commonly recognized products; it can be used as an extender and can be added to ground meat, breakfast meats, cereals, flour (used to enrich noodles or other cereal products). TVPs which are low in fat, and are cholesterol free, are appropriate for those who need to lower fat intake. Types and availability of products are discussed, some meat substitutes can be found in frozen food sections of grocery stores.

Abstract: Slim Goodbody teacher: fourth, fifth and sixth graders the "inside story" of human digestion. Wearing a body suit that gives children insight into human anatomy, Slim explains how the digestive organs function to break down food. Giant models of teeth and the digestive tract illustrate how chewing and saliva begin the digestive process. The progress of food downward through the alimentary pathway is followed as digestive functions of the stomach and small and large intestine are described. An historic dramatization shows how Dr. William Beaumont studied digestion directly through a hole in the stomach wall of a patient. The utilization and sources of carbohydrates, proteins, fats, vitamins, and minerals are explained. Slim concludes that since no single food provides all nutrients the body needs, it is important to eat a variety of different foods. (1m)


Abstract: Animated characters, children, and a physical fitness enthusiast illustrate activities which provide exercise and relaxation for youngsters in grades K-3. All activities which involve the movement of muscles are exercise. These include hopping, jumping, swimming, and raking leaves. Daily exercise helps you feel good and practicing athletic skills improves performance. The importance of rest for storing energy is emphasized, and the many different ways in which kids can relax are shown. The relationship between exercise and rest: is described. Exercise combined with periods of rest is beneficial to physical development and good health.

Fish is brain food, give it some thought. (1) American Heart Association. (1978?) 1 poster : col. : 43 x 28 cm (NAL Call No.: DNAL FNC TX385.F48 F&N AV). 

Abstract: An elderly gentleman appears to be wondering about the fish that is poised on top of his head. The words at the top of the poster read, "Fish is "brainfood" ... give it some thought." This is meant to be a reminder that fish has a valued place in the diet. (emc)

Following the daily food guide to better health.


Abstract: These slides are designed for primary-grade children to present four food groups as the "daily food guide." Carbohydrates, protein, fat, vitamins, minerals, and water are cited as the essential nutrients contained in each food group. The number of servings suggested from each food group are given and a list of which important nutrients are found in each food group is presented. The slides are designed to increase the children's awareness of good nutrition and dietary practices. (1s)


Abstract: Chef Combo, a mustached puppet in tall hat, is the principal actor in a learning system for young children (2-4), which explores the wonderful world of food. Why the body needs it; how the body uses it; how it can be presented; how nutrient needs vary with age; and how eating habits are affected by social and psychological influences. The kit contains games, songs, posters, booklets, puzzles, and take-home material to encourage family involvement. Through Chef Combo and his Singing Finger Puppets, a teacher can present the concepts of nutrition in an enjoyable way, encouraging the establishment of good nutrition habits at an early age.

Food. Ideal School Supply Co.

Oak Lawn, Ill. Ideal School Supply Co. 1958. Puzzles coated with durable plastic and can be re-used. (NAL Call No.: TX364.F647 F&N AV).

Abstract: Fruits, vegetables, snacks, meals, desserts, breakfast, lunch and dinner are the topics of eight reusable puzzles, which contain between 15 and 17 food words each. The puzzles are made of large and sturdy cardboard and are aimed at familiarizing school children with the names of different foods in a game format.

Food advertising (developed by Experience Education, Swanson Center for Nutrition and the Nebraska Department of Education.

Red Oak, Iowa: Experience Education 1980. NET funded —includes teachers guide, food service guide, 60 books. 2 pads. 11 posters, 30 markers. 1 set of labels, 1 sound cassette, 6 blank cassettes, 1 filmstrip/cassette set, and 6 filmstrip production kits. 1 kit; in cylindrical container 51 x 33 cm. -. (NAL Call No.: TX364.E94 F&N AV (no. 5)).

Abstract: To increase elementary student's (grades 4-6) awareness of the variety of advertising techniques used

Abstract: The processes of growth and digestion are graphically and pictorially illustrated in a film for elementary students. Cell division is explained, then the process of food assimilation, which supports growth and development, is discussed. Once digested, food is transported through the blood and liver to get to the cells. This is demonstrated using endoscopy, photomicrography, and fluoroscopy. Topics include: the digestion process; food transportation to cells; and the necessity of f.o.d for growth. (kbc)


Abstract: A series of 4 filmstrips for the primary grades is designed to encourage young children to develop a broader awareness of food varieties, food sources, good eating habits, and the body's needs for food. Initially, the focus is on identification of foods - some familiar, some unfamiliar - at a school food fair. The next step is a visit, beyond the supermarket and the refrigerator, to a farm; the children discover that the 2 major sources of food are plants and animals. Dairy products, grains, and usable plant parts (leaves, stems, and roots) are described. A dream trip to Planet Health demonstrates that candy bars and hot dogs are not adequate to supply the body's needs for growth, energy, and health. The children's adventures culminate with a birthday party featuring fruits and vegetables. Before- and after-viewing activities are suggested to help integrate nutrition education into the curriculum. (jc)


Abstract: An instructional package is centered on the film featuring cartoon characters, Fat Albert and his friends, the Cosby kids. Pill Cosby introduces and concludes the film, reinforcing the main ideas, and encouraging viewers to "think before you eat." The animated portion of the film follows Fat Albert and his friends through several days of activities. Through a TV and classroom instruction the Cosby kids learn the relationship between nutrient intake, energy and vigor and the importance of having a balanced variety of foods in the diet. The resource guide provides a teacher's film guide listing general objectives of the film and accompanying materials, a film summary, teacher preparation activities and learning activities for individuals or class groups. (js)

Food habits (developed by Experience Education, Swanson Center for Nutrition and the Nebraska Department of Education). Red Oak, Iowa Experience Education 1980. NET funded - Includes teacher guide, food service guide, 65 books, 5 pads, 6 posters, 5 sets of cards, 248 recipe cards, 12 sheets, 2 maps, 1 "big mouth", 1 filmstrip/cassette set, 20 pictures, 1 flip chart, 6 transparency mounts, 1 recipe box, 1 blank 30 min. sound cassettes, 30 notebooks, 30 press badges, 30 envelopes, 1 puzzle, 5 menu folders, 5
acetate sheets, 1 set of labels, and 2 markers. 1 kit; in cylindrical container 51 x 33 cm. - (NAL Call No.: TX364.E94 F&N AV (no. 3)).

Abstract: The kit includes teacher's and foodservice guides and most materials required for 13 classroom activities designed to make students aware of their own and other people's food habits. Each activity is divided into steps (lessons) which will accomplish the stated behavioral objectives. Each lesson identifies materials needed, specific procedures and the amount of time required for completion of the step. Through the activities children will learn how cultural heritage can influence food habits; community, state, national, and international food habits; and how to make eating environments more pleasant; how the availability of foods influences food habits; and how to plan a special school lunch menu incorporating their knowledge of food habits. Activity materials in the kit include food diaries, a puzzle, story books, recipe cards, match-up and charade games. The teacher's guide describes activities and procedures and provides master copies of handouts. The foodservice's guide offers suggestions for increasing the foodservice personnel's involvement in classroom nutrition education. (js)

0026

Food safety (developed by Experience Education, Swanson Center for Nutrition and the Nebraska Department of Education).

Red Dak, Iowa Experience Education 1980. NET funded -Includes teachers guide, food service guide, 60 books, 5 pads, 4 posters, 8 transparency mounts, 1 filmstrip/cassette set, 1 sound cassette, 1 blank 30 min sound cassette, 1 1000 ml. pyrex beaker, 2 glass stirring rods, 1/4 lb standard methods agar, 20 disposable petri dishes, 2 magnifying glasses, 1 microorganism bulletin board display, 1 scroll and box, 2 towels, 1 list, 30 hairnets, 5 scripts, 8 bulletin board headings, 1 set of tables, and 1 marker. 1 kit; in cylindrical container 51 x 33 cm. - (NAL Call No.: TX364.E94 F&N AV (no. 7)).

Abstract: A classroom-cafeteria nutrition education package includes instructional materials and most supplies needed to conduct 9 activities which help students become familiar with the need for and methods of maintaining food safety. Activities, each divided into 2 or more steps, enable students to "meet the microbes"—identify types and sources of bacteria and conditions conducive to their growth; understand the role of insects in food contamination; see how food is kept safe in the school kitchen; and understand the purpose of food additives. The teacher's guide includes lesson plans for all activities and worksheet masters. The food service's guide provides the same lesson plans and suggestions for coordinating classroom and cafeteria activities and increasing food service's involvement in nutrition education activities. (js)

0027

Food 1, 2, 3, 4 Handbook for Instructional Technology. -.

Bloomington, Ind.: AIT, c1985. 1 film reel (15 min.) - (N AL Call No.: DNAL Motion picture no.76 F&N).

Abstract: This film designed for children in the primary grades introduces the concept that eating a variety of foods is important in keeping the body healthy. Slim Goodbody is the central character in the film. He explains why it is important to eat a good breakfast, identifies the four food groups, and presents nutritious snacks. The children learn the meaning of a balanced diet and are encouraged to try new foods. (js)

0028

Fresh produce poster set.


Abstract: Four posters illustrate fruits and vegetables readily available during the 4 seasons of the year. The posters are accompanied by an educational packet which contains line drawings of the fruits and vegetables with I.D. numbers. The I.D. numbers correspond to a produce number on the back of the poster in the educational packet. The information identifies the product, describes its characteristics, and notes the nutritional benefits. (kbc)
some of vegetables come alive as puppets and describe the nutritional benefits and taste treats the children are missing. Fruity then invites the children to a tasting party where they learn about many fruits and vegetables they had never tasted. Fruity and her puppet friends help teach good eating habits through better knowledge of basic nutrition concepts, food preparation, and an increased interest in trying new foods.

0032
Go, grow, glowAgency for Instructional Technology. - Bloomington, Ind. : AIT, c1985. *23-104*--container. 1 film reel (15 min.) : sd., col. ; 16 mm. + 1 teacher's guide (31 p., 28 cm. ;). (NAL Call No.: DNAL Motion picture no.91 F&N). Abstract: "Go, Grow, Glow" is a film for primary grades that emphasizes the body's need for food for energy and growth. The viewer learns the importance of choosing food properly and the digestive process is presented to show how food is converted into fuel for energy. Short skits, puppets, and film clips are combined in this program in order to clarify the concept of energy needs, nutrients, and nutrient absorption. A teacher's guide is included with suggestions for activities. (js)

0033
Good as goaled National Health Systems. Ann Arbor, Mich. National Health Systems 1980. Includes 1 spinner board (27 x 27 cm.), 1 picture reference chart (56 x 42 cm.), 1 game register sheet, 40 player cards, plastic markers, 1 game. (NAL Call No.: TX364.G67 F&N AV). Abstract: Nutrition education for young children becomes fun and more easily remembered when presented in game form. A bingo format focuses on dietary goals, such as weight reduction, reduced intakes of fat, salt, sugar, cholesterol, and increased use of fruit, vegetables, and skim milk. The players learn about the basic 4 food groups and the nutrition spoilers -- "lotsa funny fats" and "lotsa refined sugars". The register sheet and spinner board are administered by the leader, who has some discretion in specifying the calls, enabling her to focus on specific interests or problems of the group. The winner is the first to complete a balanced bingo meal, with no spoilers.

0034
Good eatin'Coronet Films. -. Chicago, Ill. : Coronet Films, 1983. Intended audience: Kindergarten through elementary grades. 1 film reel (15 min.) : sd., col. ; 16 mm. -. (NAL Call No.: DNAL Motion picture no.92 F&N). Abstract: Puppet characters and animation present the importance of proper nutrition to primary school children. The film stresses that choice, not chance, is the key to good nutrition. A car puppet explains how people, like cars, need a variety of things to keep them running well. The nutritious "Mr. Milk" introduced the
four food groups. A pitch for unhealthy foods is made by the "Junk Food Monster", while a girl with a yo-yo shows how sugary foods give quick energy, then drop suddenly. (Is)

0035
Good health and you.
Chicago, Ill. Clearvue, Inc. c1981. "For primary and intermediate children." 4 filmstrips (310 fr.) : col. ; 35 mm. + 4 sound cassettes (43 min.) : teacher's guide and reading script (43 p. ; 22 cm.) + 4; A set of spirit masters (16 p. ; 28 cm.). (NAL Call No.: RA777.G66 F&N AV)

Abstract: Good health is discussed in a 4-part series that includes: exercise and health, cleanliness and health; health and happiness; and diet and health. The interrelationships of each subject are stressed, including how adolescents can feel and look better, and be better able to sustain activity and well being. Diet, exercise, good hygiene practices and rest are important if kids expect to develop properly and have the stamina needed to maintain an active pace. Charts and an activity book containing duplicating masters are included. (kbc)

0036
Good nutrition programs (developed and produced for the Arizona Nutrition Education and Training Program by Ear-O-Dynamic Communications.).
Phoenix, Ariz. Arizona Dept. of Education 1981. NET funded -Includes teacher's guide, food service guide, 30 books, 8 pads, 4 posters, 10 transparencies, 10 transparency mounts, 2 flip charts, 5 decks of cards, 6 sets of rules, 1 school lunch question kit, 30 hairnets, 30 sheets, 30 envelopes, 1 envelope of cafeteria improvement ideas, 1 acetate sheet, 1 set of labels, 1 marker, and 1 grease pencil. 1 kit ; in cylindrical container 51 x 33 cm. -. (NAL Call No.: TX364.694 F&N AV (no. 8)).

Abstract: A nutrition education kit for elementary students provides instructional guides and most materials necessary to conduct 8 multi-step activities. Using the cafeteria as a learning laboratory, many activities may be conducted solely by foodservice personnel exploring the history of the school lunch program, meal pattern requirements, factors affecting food and recipe selection, meal planning, food purchasing, and mealtime environment. A teacher/foodservice guide includes lesson plans and suggests ways of coordinating classroom and cafeteria activities. (js)

0037
Good nutrition, try it, you'll like it Molly C. Gorelick, E. Audrey Clark : developed at California State University, Northridge.
Gorelick, Molly C. ; Clark, E. : Audreyn Establishing nutritious food practices in early childhood: Northridge, Calif. California State University, Northridge, Home Economics Dept. 1981. Includes 2 filmstrips, 2 sound cassettes, teacher's guide, 6 instructional modules -Final report for this project is Establishing nutritious food practices in early childhood (TX364.G6962 F&N (E-3928)). 1 kit ; in container 23 x 29 x 7 cm. (NAL Call No.: TX364.696 F&N AV).

Abstract: A kit developed to establish nutritious food practices in early childhood contains 6 modules. Included are: an assessment evaluation; classroom activities designed to develop cognitive skills and creativity; a recipe book with equipment and ingredients needed, cooking and useful ideas; an introduction to nutrition through the 4 food groups; a look at ethnic foods children eat worldwide such as tacos and pizza; and a parent-teacher activity guide. All print material has clear pictures and drawings that could be reproduced.

0038
Great school menus (developed by Experience Education, Swanson Center for Nutrition and the Nebraska Department of Education).
Red Oak, Iowa Experience Education 1980. NET funded -Includes teacher's guide, food service guide, 30 books, 8 pads, 4 posters, 10 transparencies, 10 transparency mounts, 2 flip charts, 5 decks of cards, 6 sets of rules, 1 school lunch question kit, 30 hairnets, 30 sheets, 30 envelopes, 1 envelope of cafeteria improvement ideas, 1 acetate sheet, 1 set of labels, 1 marker, and 1 grease pencil. 1 kit ; in cylindrical container 51 x 33 cm. -. (NAL Call No.: TX364.694 F&N AV (no. 8)).

Abstract: A nutrition education kit for elementary students provides instructional guides and most materials necessary to conduct 8 multi-step activities. Using the cafeteria as a learning laboratory, many activities may be conducted solely by foodservice personnel exploring the history of the school lunch program, meal pattern requirements, factors affecting food and recipe selection, meal planning, food purchasing, and mealtime environment. A teacher/foodservice guide includes lesson plans and suggests ways of coordinating classroom and cafeteria activities. (js)

0039
Health ... food and nutrition.

Health ... food & nutrition (11 min.) : sd., col. ; 16 mm. + 1 study guide. (NAL Call No.: TX355.H41 F&N AV). Title on container.

Abstract: The need for and importance of a balanced diet and proper nutrition are discussed. Each of the 4 food groups (milk; bread and cereals; fruits and vegetables; fish, meat, and eggs) and their nutrient values are described. The reasons the body requires certain foods (for growth and health) are discussed. Other discussion topics are proper chewing and eating new foods. (kbc)

0040
Health education curricular progression chart developed by the National Center for Health Education's School Health Education Project.
Atlanta, Ga. : U.S. Dept. of Health and Human Services, Public Health Service, Centers for Disease Control, Center for Health Promotion and Education, Community Program Development Division, 1982. 1 chart ; 62 x 89 cm. (NAL Call No.: DNAL FNC LB1587.A4H438 F&N AV).

Abstract: The Health Education Curriculums Progression chart compliments
the Primary Grades Health Curriculum Project (PGHCP). Ten curriculum content areas, such as growth and development, nutrition, and community health management, are identified and described. Lifestyle goals that the individual learners should be able to achieve are identified for each content area. The majority of the chart is comprised of curriculum level behavioral objectives, for grades K-7, in each content area. Additional information explaining the chart and a glossary of behavioral terms are included. (kbc)

0041
Hestor Digestor Media People, Scottsdale, Ariz. Media People 1981. Sound accompaniment compatible for manual and automatic operation - includes activity packet. 2 filmstrips (41, 50 fr.) : col. : 35 mm. + 2 sound cassettes (9, 8 min.) and teacher's guide. (NAL Call No.: TX364.H45 F&N AV).
Abstract: Hestor Digestor is a creature with a mouth attached to his stomach. He eats all the time, but never the right foods. He learns that good health depends on choosing a variety of foods because no single food contains all the necessary nutrients. By following a new food plan, Hestor changes from a digester into a boy. His friend, the talking cow, introduces Hestor to the 6 nutrient groups - water, protein, carbohydrates, fats, minerals, and vitamins. Food sources for building a healthy body are mentioned; nutrient functions are identified. Suggestions are made for school lunches with a variety of good foods that boys and girls will enjoy. Nutrition learning activities (puzzles, coloring pages, etc) are also included. (nm)

0042
Abstract: Positive nutrition messages encourage children and young teens to eat right in this first episode of a series exploring the experiences of 8 boys and girls at summer camp. The campers arrive, meet each other, and begin to interact. The implications of poor food habits (Leo's fondness for sweets, Suzanne's use of megavitamins, and Tom's overweight) are examined. Basic principles of a healthy diet are introduced. These include eating fresh fruit and vegetables, drinking milk and juice, being willing to try a wide variety of foods, cutting down on salt at the table, and following a good meal plan. When Domingo has a swimming accident the children learn the importance of camp rules and discover the support of new friends.

0043
Abstract: The annual show at summer camp is the vehicle through which a group of campers become aware of the needs and nutritional problems of the elderly. Members of a nearby senior citizens center get involved with the show by passing on their know-how and experience. The children, in turn, realize how inflation makes it difficult for older people to eat nutritionally adequate diets. Both old and young learn to understand and appreciate each other; the show entitled "food follies" is a great success.

0044
Abstract: This episode of a series exploring the experiences of 8 boys and girls at summer camp focuses on Tom, a 12-year old who is overweight. Tom has already lost 8 lbs. at camp, due to lots of physical exercise, improved food habits and a healthy balanced diet. When his father loses his job, Tom has to return home. At first to hide his disappointment, Tom begins to eat back the weight he has lost. His family also reinforce the poor eating habits that have made Tom overweight. But Tom remembers what he has learned about nutrition at camp and shows his family that nutritious foods can be low calorie, inexpensive and tasty. He plants a vegetable garden and demonstrates such smart shopping skills as comparison shopping and avoiding expensive meats, heavily advertised products, processed foods and convenience items.

0045
Abstract: Boys and girls at summer camp plan to enter favorite foods in the county fair competition. Stan at first considers cooking "women's work"; he discovers, however, that cooking can be fun after a lesson from the camp's male chef. The campers' efforts are nearly unrewarded when Jeff, an irresponsible teenager with a drinking problem, forgets to hand in their entry application. Jeff realizes his selfishness has hurt others and he convinces the fair personnel to set up a makeshift table for the campers. Fairgoers get to sample such nutritious
dishes as arroz con pollo, berry pie,
made with whole wheat crust, potato and
leek soup, and granola, and Leo's
garden-grown lettuce wins 3rd prize in
the vegetable competition.

0046
High feather, episode 9, Saved from the
pound New York State Education Dept.
Albany New York State Education Dept.
1980; NET funded. 1 videocassette (29
min. 3/4 in. + teacher's guide. (NAL Call No.: TX364.H52 Pt. 9
F&N AV).
Abstract: Boys and girls at summer camp
learn lessons in responsibility and
friendship through an abandoned dog and
a younger camper who both need care and
attention. Through the children's
efforts Scruffy finds a new home; little
Eddie discovers the importance of good
nutrition, hygiene and a positive
self-concept through his admiration for
the older Leo. Leo also learns he's not
too ''cool'' to teach the smaller boys how
to take charge of himself.

0047
Integrated nutrition activities Ohio
Department of Education. Nutrition
Education and Training Program.
(Columbus, Ohio) The Dept. (1982).
Developed by the Franklin County
Department of Education under the
auspices of the Ohio Department of
Education. Nutrition Education Section.
- NET funded. ca. 1200 activity cards
 col. ; 22 x 14 cm. in 4 boxes, 18 x 24 x
14 cm. each + 1 teacher's guide. (NAL
Call No.: TX364.IS48 F&N AV).
Abstract: A series of activity cards
designed to teach nutrition concepts and
basic skills in 5 major subject areas
(language arts, science, math, health,
and social studies) is divided into 4
grade clusters, each spanning two grade
tiers: k-2, 3-4, 5-6 and 7-8. Cards are
color-coded and list the basic skill to
be attained, a nutrition objective and
one or more activity ideas which fulfill
the objective. Activity suggestions
include films, books, discussions,
games, and individual and group
activities. (js)

0048
It's what you eat Agency for
Instructional Television.
Bloomington, Ind. Agency for
Instructional Television 1975. 1
videocassette (14 min.) : sd. : col.
; 3/4 in. + teacher's guide. (NAL Call
No. TX364.I8 F&N AV).
Abstract: The message that food is good
for you is highlighted as children are
acquainted with the 4 basic food groups
and what is meant by a balanced diet.
Since even first and second graders
sometimes make their own food choices,
nutrition information concerning the
relationship of good food to energy,
growth and health is given. Two cartoon
characters stress the importance of
eating breakfast and the hazards of
eating too much. In selecting foods from
all the food groups to plan a
nutritionally balanced dinner, the
teacher of this health education series

0049
Key nutrients (developed by Experience
Education, Swanson Center for Nutrition
and the Nebraska Department of
Education).
Red Oak, Iowa Experience Education 1980.
NET funded. Includes teachers guide,
food service guide, 125 books, 12 pads,
32 sheets, 5 posters, 2 flip charts, 2
sets of cards, 18 transparencies, sets of
headlines, 4 measuring spoons, 4
measuring cups, 30 markers, 3 scripts. 2
sets of labels, 2 hand puppets, 5 coffee
filters, 5 cloth tubes, 5 ping pong
balls, and 1 piece of string (135 ft.).
1 kit: in cylindrical container 51 x 33
cm. - (NAL Call No.: TX364.E94 F&N AV
(no. 9)).
Abstract: An instructional/activity kit
provides lesson plans and materials for
5 activities designed to help students
become familiar with the major nutrients
and food sources of nutrients. Each
activity has specific objectives and is
divided into steps identifying a time
frame, materials needed, and specific
procedures for completion of the step.
Activity themes include identification
of key nutrient groups, their functions
and sources; laboratory experiments to
detect protein, starch, fat, vitamin C,
and minerals; understanding the
relationship between energy and
calories; effects of processing, storage
and preparation on nutrients; food
labeling information; and the digestive
system. The teacher's guide includes
lesson plans for all activities; the
food service's guide provides lesson
plans and supplemental notes suggesting
methods for utilizing the school
cafeteria as a learning lab and
increasing the involvement of food
service personnel in nutrition
education. (js)

0050
Learning about your oral health.
Chicago, Ill. American Dental
Education. (1982). Contains guide,
spirit masters, flannel board punch outs
and plastic hand puppet in pocket. 1
folder - ill. ; 28 cm. (NAL Call No.: RK61.L4 pt. 5 F&N AV)
Abstract: A curriculum guide of 5
lessons for preschool teachers prov des
guidelines and instructional materials
to aid preschool children in
establishing effective oral care habits
that will benefit them throughout their
lives. Educational topics include the
importance of teeth, plaque removal,
diet and nutrition as it relates to the
dentist, and safety and first aid. The
included instructional aids are
teaching masters, parent information
letters for use at different stages of
the program, flannel board punchouts,
and a hand puppet for a puppet show. The
program is approved by the Council on
Dental Therapeutics of the American
Dental Association. (wz)
Abstract: Nutrition education activities for children are presented in this part of a workshop on nutritional aspects of child care. Suggested activities include field trips, sprouting seeds, making paint from plants, games, puzzles, books that tell about food, filmstrips and films, singing and other activity games, acting out stories, and simple food preparation. The speaker points out potential pitfalls of the projects and emphasizes the need for preparation of each learning activity. (emc)

0055
Meal preparation and service Tel-Air Interests.
Miami, Fla. Tel-Air (1980) 1 film reel (15 min) sd., col.; 16 mm. - (NAL Call No.: HV854.F32 (no.4) F&N AV).
Abstract: The importance of planning, scheduling and preparing meals so as to provide nutrition learning experiences for children in day care is emphasized. Day care center managers and cooks and home day care mothers are provided with information on prechecking menus, assembly of foods and utensils, use of recipe cards, measuring-, preparation-, and storage-techniques, and sanitation practices. In order to create a positive learning environment for children, meal service should be planned and organized. Children may be encouraged to try new foods by allowing them to help prepare and serve meals. Seasonings should be mild, foods should not be too hot or cold, and minimum portion sizes should be served. Adults should always be present to set an example for the children, in order that they develop good eating habits; food should never be used as punishment or reward.

0056
Merchandising school lunch.
(Storrs, Conn.) Connecticut Nutrition Education and Training Program (1982?). Includes portfolio, handouts, posters, flash cards, stickers, banner, apron and popsicle sticks -NET funded, 1 kit in cylindrical container 51 x 33 cm. - (NAL Call No.: TX364.E94 F&N AV (no. 10)).
Abstract: The kit provides materials for a one month promotional campaign to increase participation in school lunch and provide basic nutrition education for students in grades 1-4. The campaign incorporates commercial tactics (publicity, games, prizes) into 4 separate week long activities. Week 1 promotes school lunch participation and the Basic Four food groups: weeks 2, 3, and 4 focus on sources and functions of calcium, vitamin A and Vitamin C respectively. A 2 part portfolio includes a preparation checklist and...
background information for the school lunch manager, background nutrition information for the teacher and parent newsletter samples. (js)

0057
Milk and milk foods.
Chicago, Ill.: Coronet Films, 1978. 1 film reel (14 min.) : sd., col. ; 16 mm + 1 teacher's guide. (NAL Call No.: DNAL Motion picture no.51 F&N)

Abstract: This film for primary grade children is designed to teach a variety of basic concepts regarding milk. Included in the presentation are a review of milk's nutritional value, how it is treated before drinking, the different types of products formed from milk and how these products are made. In addition, terms such as pasteurize, homogenize, rennet, curds, and whey, are clearly explained through the use of illustrations. (ia)

0058
Nourishing and nurturing two year olds prepared by Hannah Dusto and Penny Spingham.
Ithaca, N.Y. : Cornell University, Distribution Center, 1982. Title from data sheet. - Intended audience: Adult. 20 slides : col. + 1 leader's guide + 1 script + instructional materials. (NAL Call No.: DNAL Slide no.108 F&N)

Abstract: A color slide-based instructional program with accompanying study literature for parents and caregivers of 2-year-old children. The slide presentation depicts the characteristics of 2-year-old children with respect to good behavior and eating habits. Six serial publications discuss various aspects of the proper feeding of 2-year-olds (e.g., the anatomy of 2-year-olds, nutritional needs for growth, food preferences and nutritional norms, do's and don'ts in creating the proper physical, social, and emotional environment, and techniques for making eating fun); a teacher's guide covering the publication; and a packet of 14 supplementary materials covering nutrition and feeding concepts are all included. (wz)

0059
Nutrient density, nutrition education
Utah State University, Dept. of Nutrition and Food Sciences.
Logan Utah State University 1975. Title from data sheet. - Intended audience: Adult. 1 kit (23 x 29 x 12 cm.). (NAL Call No.: TX364.N876 Unit 3 F&N AV)

Abstract: An integrated 3rd, 4th, and 5th grade nutrition education curriculum is based on the concept of nutrient density; or the Index of Nutritional Quality (INO). Thirty lesson plans can be used throughout the school year; each plan includes a concept, behavioral objectives, learning activities, and suggestions for the use of time and materials, methods of presentation, and review. Nutrient information is presented on 129 food profile cards, enabling students to evaluate food combinations as a ratio of nutrient to energy content. Students are taught to understand the basic aspects of nutrition and digestion, to identify energy equivalency of snacks, to interpret food labeling information, to recognize the need for dietary diversity, and to plan nutritionally sound meals. Instructions for planning and preparing an ethnic dinner provide opportunity for practical application of the curriculum concepts. (cj)

0060
Nutrient density, nutrition education
Utah State University, Dept. of Nutrition and Food Sciences.
Logan Utah State University 1975. Includes teacher's manual, student's skillbook, 29 food profile cards (22 x 28 cm.), 30 transparent overlays (7 x 28 cm.), 1 red marker, 3 transparencies (22 x 28 cm.), 7 master copies of lunches, 4 sets of digestion concentration playing cards, recipes, and menus. 1 kit (23 x 29 x 12 cm.). (NAL Call No.: TX364.N876 Unit 3 F&N AV)

Abstract: This film for primary grade children is designed to teach a variety of basic concepts regarding milk. Included in the presentation are a review of milk's nutritional value, how it is treated before drinking, the different types of products formed from milk and how these products are made. In addition, terms such as pasteurize, homogenize, rennet, curds, and whey, are clearly explained through the use of illustrations. (ia)

0061
Nutrient density, nutrition education
Utah State University, Dept. of Nutrition and Food Sciences.
Logan Utah State University 1975. Includes teacher's manual, student's skillbook, 129 food profile cards (22 x 28 cm.), 4 nutrient function posters (43 x 28 cm.), 5 dice, play money (50 - 5 cents, 50 - 5 cents), and 1 metric measure. 1 kit (23 x 29 x 12 cm.). (NAL Call No.: TX364.N876 Unit 1 F&N AV)

Abstract: A description of the teaching materials in an integrated 6th grade nutrition education curriculum is presented in booklet and cassette form. The basic concept of the curriculum is nutrient density, or the Index of Nutritional Quality (INO), which expresses a food's nutritional value as a ratio of nutrient to energy content. The INO enables students to evaluate food combinations of individual preference and non-traditional sources which still satisfy nutrient requirements. The INO masterbook lists the calculated nutritive value of energy, protein, 5 vitamins, iron, and calcium for 730 foods. A complementary food list identifies foods with a high concentration of a given nutrient in relation to its caloric content. (cj)

0062
Nutrient density, nutrition education
Utah State University, Dept. of Nutrition and Food Sciences.
Logan Utah State University 1975. Includes teacher's manual, student's skillbook, 29 food profile cards (22 x 28 cm.), 30 transparent overlays (7 x 28 cm.), 1 red marker, 3 transparencies (22 x 28 cm.), 7 master copies of lunches, 4 sets of digestion concentration playing cards, recipes, and menus. 1 kit (23 x 29 x 12 cm.). (NAL Call No.: TX364.N876 Unit 3 F&N AV)

Abstract: An integrated 3rd, 4th, and 5th grade nutrition education curriculum is based on the concept of nutrient density; or the Index of Nutritional Quality (INO). Thirty lesson plans can be used throughout the school year; each plan includes a concept, behavioral objectives, learning activities, and suggestions for the use of time and materials, methods of presentation, and review. Nutrient information is presented on 129 food profile cards, enabling students to evaluate food combinations as a ratio of nutrient to energy content. Students are taught to understand the basic aspects of nutrition and digestion, to identify energy equivalency of snacks, to interpret food labeling information, to recognize the need for dietary diversity, and to plan nutritionally sound meals. Instructions for planning and preparing an ethnic dinner provide opportunity for practical application of the curriculum concepts. (cj)
Quality (INO), forms the basis for food choice, thus allowing unusual food combinations and individual preferences in meeting nutrient requirements. Nutrition information on 129 food profile cards enables students to evaluate food combinations as a ratio of nutrient to energy content. Students are taught to identify plant and animal foods and food products, to recognize 4 basic components of foods and their sources, to classify most foods in the Basic Four, and to relate each of the 4 nutrients to its body function. Learning activities include tasting, smelling, and feeling sessions, making a mobile, and observing growth of a classroom pet. (cj)

0062 Nutrient density, nutrition education Utah State University, Dept. of Nutrition and Food Sciences, Logan Utah State University 1975. Includes teacher's manual, student's skillbook, 129 food profile cards (22 x 28 cm.), 30 transparent overlays (7 x 28 cm.), 1 red marker, 1 black marker, 16 nutrition poster sheets (22 x 28 cm.), 1 book (Breakfast and lunch), transparencies of white bread and jelly food profile cards, transparency of digestive system, 50 wooden sticks, 8 metric measuring utensils, and 3 dice. 1 kit (23 x 29 x 12 cm.). (NAL Call No.: TX364.N876 Unit 2 F&N AV).
Abstract: An integrated curriculum for use by 2nd and 3rd grade teachers is designed to help students acquire the knowledge necessary to make wise food choices. Thirty lesson plans can be adapted to the school year; each plan focuses on one concept, and provides behavioral objectives, learning activities, and outlines for integration, time, materials, presentation, and review. Nutrient density, or the Index of Nutritional Quality (INO), forms the basis for food choice, thus allowing unusual food combinations and individual preferences in meeting nutrient requirements. Nutrition information is presented on food profile cards, enabling students to evaluate food combinations as a ratio of nutrient to energy content. Students are taught to identify food sources and functions of 8 nutrients, to use metric measurements, to read nutrition labeling for protein content, and to understand food changes during the digestive process. Instructions for planning and preparing a meal provide the opportunity to practice the concepts presented. (cj)

Abstract: A cartoon presentation of the body's nutritional needs for satisfying growth, repair, and energy demands focuses on 8 basic nutrient groups: minerals, protein, carbohydrate, fats, and vitamins. The functions and sources of each category of nutrients are discussed, as well as the allocation of the nutrients in body composition. The interactions of nutrients are illustrated by the interdependence of vitamin B1 and carbohydrate, fats and vitamin D, and iron and vitamin C. All these nutrients can be provided by a balanced diet, featuring variety, freshness, and a minimum of junk foods. (cj)

Abstract: An entertaining film introduces and describes each of the 6 nutrient groups, their functions and sources. A variety of backdrops and characters are used to maintain interest. The importance of water is explained by Sea World trainers; Dracula expounds on the benefits of minerals, with emphasis on iron for healthy blood; and a female weight lifter describes the need for protein and her methods for combining vegetable proteins to make complete proteins. All scenes feature healthy young people engaged in active work or play, and reinforce the need for a variety of foods in the diet for optimal nutrition. (js)

0065 Nutriphonics. Red Oak, Iowa Experience Education 1981. NET funded--Includes Nutriguide, 14 "Show me" books, 14 "Talk with me" books with microphone, 14 portfolios of handout masters, 14 posters, 14 sound cassettes, 7 puppets and 1 microphonograph player with instruction folder. 2 boxes: 38 x 6 x 16 cm. (NAL Call No.: TX364.N77 F&N AV).
Abstract: A nutrition education system for preschool (pre-reading) children conveys positive nutrition concepts through cartoon stories, expanding the need for protein and her methods for combining vegetable proteins to make complete proteins. All scenes feature healthy young people engaged in active work or play, and reinforce the need for a variety of foods in the diet for optimal nutrition. (js)
information, staff training materials, and a resource guide. (js)

0066
Nutrition.
With bell and 50 Hz automatic advance. (245 fr.): col.; 35 mm. + 2 sound cassettes (36 min.) + 1 teacher's guide and reading script (31 p.). (NAL Call No.: TX355.N81 F&N AV).
Abstract. A 4-part series on nutrition is structured to familiarize primary grade students with the 4 basic food groups and to enhance the understanding of nutrition concepts, and to teach the importance of a well-balanced diet containing food from all 4 groups. How the nutrients in each food group help the students' bodies develop is explored. A teacher's guide contains suggestions of activities for the children. (wz)

0067
Nutrition - some food for thought.
Centron Films.
Lawrence, Kan. Centron Films 1981. 1 film reel (16 min.) s.d., col.; 16 mm. + leader's guide. - (NAL Call No.: TX364.N84 F&N AV)
Abstract. Recommendations are made for good nutrition practices for school children. Comic illustration is made to an inappropriate laboratory preparation of nutrition pills to substitute for nutritious foods. The satisfaction of food consumption, and the essential need and basic functions of different food nutrients (carbohydrates, fats, protein, minerals, and vitamins) are discussed. Different foods will provide different kinds and amounts of such nutrients. Three recommendations are made for good nutrition: eating a balanced diet containing the 4 basic food groups, including nutritious snacks; eating a good breakfast (the most important meal); and eating from the 4 basic food groups each day. Guidelines on the recommended number of daily servings from each food group also are given. (wz)

0068
Nutrition around the clock: Walt Disney Educational Media Co.
Burbank, Calif. Walt Disney Educational Media Co. 1977. Sound accompaniment compatible for manual and automatic operation - also includes teacher's guide, orange bird nutrition adventure comic book (32 p.), 8 orange bird recipe cards, and spirit masters. 5 filmstrips (63, 55, 62, 59, 61 fr.): col.; 35 mm. + 5 sound cassettes (9, 9, 10, 7, 8 min.) + 2 posters (45 × 68 cm.). (NAL Call No.: TX364.N863 F&N AV).
Abstract. Walt Disney characters illustrate basic nutrition concepts to motivate students in grades K-3 to make intelligent food choices. Five stories emphasize the importance of a nutritious breakfast, trying new foods for a varied lunch, dinner as a time for sharing, healthy snacking, and choosing good foods when eating out at fast food restaurants. Youngsters are taught the relationship between nutrition, energy and performance, and are also encouraged to take responsibility for food selection and meal preparation. Other topics include: variety as the key to balanced nutrition; using recipes; reading ingredient labels; plant sources of foods; and how foods are distributed. Examples of easy-to-fix nutritious foods are given. Posters, buttons, class activities, comic books and recipe cards develop awareness of good food habits while providing entertaining ways to learn about good nutrition. (js)

0069
Nutrition.
Abstract. An educational presentation discusses vegetables, where they come from, and how they are grown. In 4 segments, puppets talk about vegetables and a young boy goes on a shopping trip with his mother. How different vegetables grow, where they grow, and how they are transported to market, are described. A school project that involves a second grade class and school cafeteria personnel in making a spinach salad and introducing it in the cafeteria is described. The children learn that the food tastes good and is nutritious. Nutrition is discussed and it is explained how salads and vegetables play an important part in providing vitamins and minerals necessary for growth. Various nutrition education activities that incorporate a rainbow of vegetables are demonstrated. (kbc)

0070
Nutrition can taste good: Cathy Hix Baker, Anne Melinda Lustre, Rebecca Clark Carlson.
Baker, Cathy Hix. : Lustre, Anne Melinda. : Carlson, Rebecca Clark.
Abstract. The activities center around 60 food profile cards which graphically show the calorie content and percent of the US RDA for 6 leader nutrients (protein, calories, iron, thiamin, vitamin A and vitamin C). An accompanying booklet explains the profile cards and provides a sample letter for parents describing the use of the cards in the school cafeteria. Sample nutrition education public address announcements and newspaper articles, sample posters, a pre/post test and a waste Watcher chart for documenting plate waste. (js)
Nutrition comes alive, introductory level K Susan Kay Nelson.

: Nelson, Susan Kay. UThe Munch with Munch. Ithaca, N.Y. Cornell University 1980. NET funded - Includes 1 puppet, 1 sound recording (tape cassette, 12.5 min.), teacher's guide, songs, games, recipes and other activities. 1 kit (26 x 31 x 12 cm.). (NAL Call No.: TX364.N859b F &N AV).

Abstract: The importance of eating a wide variety of foods to ensure good health in kindergarten children is emphasized with the help of a caterpillar hand puppet named Munch. Munch belongs to a curriculum package which introduces youngsters to different foods using songs, stories, games, recipes and other learning activities where children taste new foods. Children learn that good foods are needed for energy and growth, and that some foods are not nutritious. Students examine foods which are advertised on television. A teacher's guide includes information and activity sheets and master copies which can be duplicated to prepare and motivate pupils to have fun with nutrition.

Nutrition comes alive, level 1 Susan Kay Nelson.

: Nelson, Susan Kay. ULet's go exploring. Ithaca, N.Y. Cornell University 1980. NET funded - Includes 1 poster (114 x 106 cm.), flannel-board pieces, teacher's guide, songs, games, puzzles and other activities. 1 kit (26 x 31 x 12 cm.). (NAL Call No.: TX364.N859b F &N AV).

Abstract: First graders are encouraged to learn where foods originate, how animals and plants grow and how the body turns food into nutrients needed for growth in a curriculum package for nutrition education. Learning activities use a hand puppet, mobile, floor game, explorers' hats, flannel-board pieces, songs and other experiences which permit exciting food explorations. Pupils are introduced to 2 important nutrients: protein and calcium. Children taste foods from the juice, seeds, stems, roots, leaves and fruits of plants. A complementary teacher's guide explains how to implement and integrate activities, and includes information and activity sheets, game instructions, and ditto masters for in-classroom use.

Nutrition comes alive, level 2 Martha C. Mapes.

: Mapes, Martha C. UBe a choosy chewer. Ithaca, N.Y. Cornell University 1980. NET funded - Includes 2 puppets, 1 sound recording (tape cassette, 13.11 min.), 1 magic cupboard, activity project cards, teacher's guide and other activities. 1 kit (26 x 31 x 12 cm.). (NAL Call No.: TX364.N859c F &N AV).

Abstract: Second graders learn which snacks promote good health with the help of 2 hand puppets, a magic cupboard, stories, songs, a classroom activity organizer for the wall, and 24 food and fitness activity cards in a curriculum package for nutrition education. Learning projects which encourage children to be choosy in their snack selections integrate nutrition concepts with other school subjects. Topics include "Think What You Drink," "Snacks Make a Difference," "Eat Fruit Every Day," and "Salads Are So Good." Youngsters should eat fruits with natural sweetness rather than sugary foods, or other nutritious snacks which provide energy as well as fun. A teacher's guide idea packet contains instructions, recipes, and master copies for student worksheets, snack records and fitness charts for each student.

Nutrition comes alive, level 3 Susan Kay Nelson.

: Nelson, Susan Kay. UThe Food Peddlers. Ithaca, N.Y. Cornell University 1980. NET funded - Includes 5 color posters (56 x 43 cm.), 1 sound recording (tape cassette, 4 min.), 5 math recipe cards, teacher's guide and other activities. 1 kit (26 x 31 x 12 cm.). (NAL Call No.: TX364.N859d F &N AV).

Abstract: Third graders learn to become informed consumers with a curriculum package which examines media information on their food choices. Advertising and selling intent are explored in classroom activities including discussion of 5 fictitious ads and their accompanying color posters. Five write-on, wipe-off cards integrate food preparation concepts with metric mathematics in recipes for pea soup, corn bread, raisin nut muffins, spinach salad, and pineapple smoothie. Learning activities encourage children to critically analyze the nutritional qualities of advertised products, and to use nutrition knowledge to exercise power of choice in making food selections. A teacher's guide contains ditto masters on such topics as "Let's Sell Juice," "Does the Ad Grab You?," "Which Brand Would You Buy," and "Let's Look at the Label."

Nutrition comes alive, level 4 Martha L. Plass.

: Plass, Martha L. UOn the move. Ithaca, N.Y. Cornell University 1980. NET funded - Includes 1 workbook, activity exercise, teacher's guide, checklist and other activities. 1 kit (26 x 31 x 12 cm.). (NAL Call No.: TX364.N859e F &N AV).

Abstract: Fourth graders discover that food has energy value and that weight depends on a balance between energy input and output, in a curriculum package which includes an energy workbook. Pupils also learn that exercise uses up energy, and therefore that lifestyles affect energy balance. Today's foods and activities are compared with traditional foods and activities of the past; learning projects emphasize how technology has changed human energy expenditure since colonial days. A self-teaching exercise, "Egginton Nutrition," matches snacks and activities with energy ratings to provide students with a fun way to learn.
about energy balance. A teacher's guide outlines objectives and lists references and resources. Activity sheets present concepts which promote other subject areas in the fourth grade curriculum.

0076
Nutrition comes alive, Level 5 Martha L. Plais.
Abstract: Fifth graders examine the physiological needs of the human body for the nutrients in foods, in a curriculum package for nutrition education. Cultural, social and psychological influences determine the individual's eating habits, and may lead to overnutrition or undernutrition.

Three main sections include: Science Activity Cards; Math Nutrition Problems; and International Nutrient Connections. Students are encouraged to select foods which contain many nutrients. Supplements include a key nutrients chart, a food composition table and nutrient requirement charts. Learning activities and recipes help students to identify and discover ethnic foods from other cultures. Dialysis tubing for use in experiments relating nutrient transport across cell membranes is included.

0077
Nutrition comes alive, Level 6 Tracy Farrell.
Abstract: In a curriculum package exploring food waste, sixth graders examine the use and misuse of food by individuals, families and communities in the U.S. Facts about the private and public costs of land fill and energy consumed in the storage, collection, processing, transportation and disposal of garbage are discussed. Activities encourage students to investigate the environmental consequences of American food waste and implications for world hunger. Pupils look at the amount of food thrown away by school food service. Discovering the causes of food waste may motivate students to reduce their own waste by changing food habits, recycling food packaging and making more efficient use of food by considering their food needs. Topics include "Trash Tells A Tale" (slide/tape presentation), "Industrial Food Waste" and "Garbage Takes Over." Activity sheets introduce students to a nutrient mobile, a mini-landfill, returnables, and a stale bread experiment.

0078
The nutrition connection SVE. Chicago Society for Visual Education 1980. Sound accompaniment compatible for manual and automatic operation. 4 filmstrips (72, 49, 70, 54 fr.); col.: 35 mm. + 4 sound cassettes (12, 11, 13, 12 min.) and teacher's manual. (NAL Call No.: TX364.N872 F &N AV).
Abstract: Detective Thursday and his trusted assistant Sam Sharpe surprise Skip at his breakfast of candy and potato chips. They come out of the television set and explain to him why good nutrition is essential. The detectives explain the 4 food and 6 nutrient groups, and the amounts of each that Skip needs every day. Skip learns to read labels on food packages. The detectives provide definitions of terms such as additive, preservative, fortification, etc. and point out the sugar content of many cereals. When Nina begins to wonder what happens to an apple she is eating, Thursday and Sam take on the case of the disappearing apple. An in-depth review of the digestive system, aided by charts and graphics, solves the case. The detectives discuss the planning of nutritious meals with some outer space visitors who have run out of food. Cultural specialties, balanced menus and fast food meals are presented.

0079
Abstract: The teacher's guide in this kit contains an outline of the key points of the lesson, student objectives, concepts to be developed and suggested activities for each. The read-along cassette is the narration of the student booklet. A printed copy is supplied for each duplicating master for games, puzzles and other activities that reinforce the points of the lesson. The follow-up project sheets are designed to further explore the concepts of the unit (emi).

0080
Nutrition for preschoolers Contra Costa County Department of Health Services, Martinez, Calif. The Dept. 1980. NET funded. 1 loose-leaf notebook with inserts, cards, dominoes, fruit seals, popsicle sticks, paper plates; in container: 34 x 27 x 17 cm. (NAL Call No.: TX364.N9 F &N AV).
Abstract: Lesson plans designed to integrate nutrition education into learning experiences typically found in a preschool setting. Enable learners to master minimum proficiencies in California's health instruction framework. Forty-five activities are divided among 5 content areas: food choices, factors influencing choices.
Nutrition for young people, food from source to you.
New York Guidance Associates 1978. Sound accompaniment compatible with manual and automatic operation. 1 filmstrip (78 fr.): col.: 35 mm. + 1 sound cassette (13 min.) + 1 sound disc (13 min.: 33 1/3 rpm. mono.: 12 in.) + 1 teacher's guide. (NAL Call No.: TX355.N832 FAN AV).
Abstract: An audiovisual program is presented for 5th-8th grade children to illustrate how the US food supply is produced, processed, and transported from the farm to the consumer. As the program follows the production of the ingredients of a cheeseburger, it highlights the advantages and disadvantages of a food supply system that increasingly relies on complex technology. It also is pointed out that a highly important benefit of agribusiness is its provision of a wide range of food choices for a balanced diet. (wz)

Nutrition for young people, how food becomes part of you.
White Plains, N.Y. Guidance Associates c1976. Sound accompaniment compatible with manual and automatic operation. 1 filmstrip (84 fr.): col.: 35 mm. + 1 sound cassette (14 min.) + 1 sound disc (14 min.: 33 1/3 rpm., mono.: 12 in.) + 1 teacher's guide. (NAL Call No.: TX355.N8322 FAN AV).
Abstract: An audiovisual program, presented for schoolchildren in grades 5-8, reviews the essential nutrients and shows the students how science has studied food and identified the food groups. The program also shows how the 4 food groups help people to get all the nutrients they require. The program discusses the need for variety in the diet and emphasizes that sound nutritional practices need not be a set of rigid rules, but involve choice and responsibility of the individual. A teacher's guide is included. (wz)

Nutrition for young people, what foods people need.
White Plains, N.Y. Guidance Associates c1976. Sound accompaniment compatible with manual and automatic operation. 1 filmstrip (102 fr.): col.: 35 mm. + 1 sound cassette (14 min.) + 1 sound disc (14 min.: 33 1/3 rpm., mono.: 12 in.) + 1 teacher's guide. (NAL Call No.: TX355.N8324 FAN AV).
Abstract: An audiovisual program, presented for schoolchildren in grades 5-8, reviews the essential nutrients and shows the students how science has studied food and identified the food groups. The program also shows how the 4 food groups help people to get all the nutrients they require. The program discusses the need for variety in the diet and emphasizes that sound nutritional practices need not be a set of rigid rules, but involve choice and responsibility of the individual. A teacher's guide is included. (wz)

Nutrition for young people, vitamins and minerals.
New York Guidance Associates 1978. Sound accompaniment compatible with manual and automatic operation. 1 filmstrip (98 fr.): col.: 35 mm. + 1 sound cassette (16 min.) + 1 sound disc (16 min.: 33 1/3 rpm., mono.: 12 in.) + 1 teacher's guide. (NAL Call No.: TX355.N8323 FAN AV).
Abstract: An audiovisual program is presented for 5th-8th grade school children providing a description of 8 vitamins and minerals, and their role in promoting good nutrition and health. The material describes how vitamins and minerals are used in the body, and the best food sources for each. The importance of a varied diet is emphasized, and moderation is recommended in the use of vitamin and mineral supplements. This program should assist schoolchildren in identifying foods that are rich in essential vitamins and minerals, and in realizing that vitamin and mineral supplements are not a substitute for a balanced diet. (wz)

Nutrition for young people, why people eat what they do.
White Plains, N.Y. Guidance Associates c1976. Sound accompaniment compatible with manual and automatic operation. 1 filmstrip (74 fr.): col.: 35 mm. + 1 sound cassette (11 min.) + 1 sound disc (11 min.: 33 1/3 rpm., mono.: 12 in.) + 1 teacher's guide. (NAL Call No.: TX355.N8325 FAN AV).
Abstract: An audiovisual program is presented for 5th-8th grade children to provide a basic understanding of the interdependence of all life forms, showing the relationship between the food people eat and the forms of life from which it comes. The program illustrates how people, animals, and plants are made up of the same basic chemicals (known as the essential nutrients): water, proteins, fats, carbohydrates, vitamins, and minerals. The concepts of photosynthesis, food chains, and food webs also are explained. (wz)
The overall importance and benefits of nutrition are the main goals of the workshop. The importance of a well-balanced diet, particularly energy and nutrient requirements, are stressed. Instructional advice on improving eating habits and the development of good food and exercise habits. Concepts, objectives, and instructional aids are given for each of these 5 lessons: "Everybody’s a Star" (Body Composition); "Creating a Star" (How Food Becomes You); "Shaping a Star" (How Genetics and Lifestyle Affect Health Status); "Making a Super Star" (Health—How to Make It Happen); "Fueling a Super Star" (Helping Yourself to Good Health). The 5 lessons contain 20 lesson plans.


Sound accompaniment compatible for manual and automatic operation. Title from container. 2 filmstrips (75 fr.) + col.: 35 mm. + 2 sound cassettes + 1 teacher’s guide. (NAL Call No.: DNAL Filmstrip no. 28 F&N AV).

Abstract: A set of two filmstrips provides information on good eating habits, nutrition, and the four food groups in the form of cartoon illustrations. The first filmstrip provides an elementary introduction to the nutrients and their food sources. Foods from each food group are covered, as are practical recommendations concerning the selection of foods from the supermarket. (wz)

0090 Nutrition, try it— you’ll like it! Aims Media. Glendale, Calif.: Aims Media (1980). 1 film reel (10 min.; NAL Call No.: col.). 16 mm.; col.

Abstract: Good and poor eating habits are illustrated, as they relate to sound nutrition practices. Examples covered include nutritional control in the feeding of 300 animals, the deleterious effect of advertisements on the consumption of high-sugar foods and soft drinks, and the strong correlation of high-fat diets with coronary artery damage. The 7 national dietary guidelines are covered, as are practical recommendations concerning the selection of foods from the supermarket. (wz)


Abstract: A workshop (part of the Body Workshop series), comprised of a teacher’s guide, 3 cassette tapes, and duplicating masters, guides 4th-9th grade students through 12 short nutrition lessons. The workshop is self-directing and self-correcting, and can be used for individuals, small groups, or school classes in science, physical education, and health. Emphasis...
is placed on the basics of nutrition (nutrients, calories, food sources of energy, the basic 4 food groups), and on assisting the students in applying these basics to their daily lives (including diet planning to fit students' needs, and for meeting the required nutrients and calories). An evaluative test is included to assist the teacher in assessing the level of information obtained by the student, following the workshop. (wz)

0092
Nutrition Who cares? You should! -
Mount Kisco, N.Y. Guidance Associates, c1982. Sound accompaniment compatible for manual and automatic operations. -
Intended audience: Primary grades. -
2-7398. 4 filmstrips (237 fr.): col.; 35 mm. + 4 sound cassettes + 1 teacher's guide. (NAL Call No.: DNAL Filmstrip no.23 F&N).
Abstract: This four-part, sound/color filmstrip set is designed to help children make everyday food choices. Cartoons help children learn about choosing food, what's in food, what their bodies do with food, as well as the limitless choices they can make for all their meals. Specifically, the program is designed to broaden their scope of the foods that are available to them, and suggest new ways of eating familiar foods. A leader's guide accompanies the program. (is)

0093
Orange bird's "get to know good nutrition show."
Burbank, Calif. Walt Disney Educational Media 1981-1983. Sound accompaniment compatible for manual and automatic use -
Intended audience: Grades 4-6. 5 filmstrips, 6 sound cassettes, 5 posters, 8 spirit masters, 1 comic book (36 copies), and 1 teacher's guide. (NAL Call No.: TX355 -7 F&N AV).
Abstract: A multi-media kit that shows the relationship between good nutrition and physical and mental health. Using animated cartoon characters and ballads it helps students to understand the need for a variety of foods, the relative values of foods, the importance of eating breakfast and the selection of foods high in nutritive values. It introduces the concept of 6 important nutrients, the digestive system, the relationship between calories and activity, the importance of exercise, and food labeling. The series is non-sequential. A teacher's guide provides a key to new vocabulary, story content, objectives, suggested previewing discussion topics and supplemental activities. One tape provides music and directions for exercises that can be performed sitting at a desk and in a standing position. A take-home comic book and posters reinforce the messages of the films and tapes. Spirit masters provide the words of the songs, puzzles and other activities for each of the units. (emc)

0094
Abstract: Stuffed animals and dolls act out a drama concerning a peanut party that almost comes to disaster when Oscar the squirrel steals the raw materials. During the process of roasting and opening the peanuts, and making peanut butter for the party, several concepts are presented: peanuts are nutritious, cooking changes nutritional value and flavor; store-bought peanut butter sometimes contains chemicals or sugar (which is not good for teeth); peanut shells are good for storing peanuts; labels are useful for determining contents; and peanut germ is the most nutritious part of the peanut but is usually discarded by manufacturers. Directions for making peanut butter are given. (cj)

0095
Physical fitness & nutrition (developed by Experience Education, Swanson Center for Nutrition and the Nebraska Department of Education).
Red Oak, Iowa Experience Education 1980. NET funded -Includes teachers guide, food service guide, 120 books, 3 pads, 34 posters, 7 transparency mounts, 1 filmstrip/cassette set, 2 T-shirts, 2 scripts, 1 set of food models, 3 tape measures, 1 calorie book, 2 sets of cards, 1 acetate sheet, 1 set of labels, 10 markers, and 1 grease pencil. 1 kit: in cylindrical container 51 x 33 cr -
(NAL Call No.: TX364,E94 F&N AV (no. 11)).
Abstract: Using the 7 activities provided, upper elementary school students can become more aware of the relationships between regular exercise and good nutrition, the quantity and quality of food intake, and energy needs and energy balance. Each activity fulfills specific objectives and is divided into steps identifying the amount of time and types of materials needed for completing each step. Adequate supplies for a class of 30 are included (charts, posters, worksheets, and teacher's and foodservice personnel teaching guides). Activities involve role playing, preparing a booklet of warm-up activities to increase endurance, flexibility and strength, and a game revealing misconceptions about physical fitness, sports, and nutrition. (js)

0096
Picture recipes for beginning cooks.
Abstract: Eight picture card recipe sets (banana orange tree salad, banana orange beverage, tossed salad, peanut butter on cabbage, deviled egg, cream cheese
and to differentiate between good foods and junk foods. The cartoon encourages primary school children to eat better.

Abstract: An engaging cartoon encourages primary school children to eat better.


Angeles Churchill Films 1980.

John Matthews and Mark Brewer.

Sam Strongfellow and the food genie by

This game bears a resemblance to bingo.

Root vegetables: trash or treasure?

Durham, N.H.: Nutrition at Work, University of New Hampshire, 1981. 1 filmstrip (43 fr.). sd., col.; 16 mm. + 1 sound cassette (5 min.: 1 7/8 ips) + 1 guide. (NAL Call No.: DNAFilmstrip no.24 F&N).

Abstract: An instructional filmstrip for elementary school children describes proper behavior during lunchtime in the school cafeteria. It stresses the importance of remembering good manners, especially in crowded and potentially hazardous environments. Children are instructed to be attentive to teachers and other adults, and a step-by-step review of ways to improve cafeteria manners, including how to behave politely, how to eat properly, and how to avoid accidents is included. (1s)

0101


Abstract: Illustration is given of desirable school lunchroom manners and their practice for grade school students. Recommendations include leaving classroom items in the classroom, getting to the lunchroom on schedule, staying in line and remaining quiet, let others have the right-of-way, having money ready for the cashier, deciding on the choice of food before entering the serving line, accepting portion sizes without argument, safety in carrying trays, cleaning up any spills or left-overs, and proper and courteous table manners while eating. Emphasis is placed upon efficiency and orderliness while entering, leaving, and eating in the lunchroom. (wz)

0102

The Seed sprout secret Encore Filmsstrips.

Burbank, Calif. Encore Visual Education 1980. Sound accompaniment contains both audible and silent signals. 1 filmstrip (90 fr.): col.; 35 mm. + 1 sound cassette (13 min.) and teacher's manual. (NAL Call No.: SB117.54 F&N AV).

Abstract: Children in grades K-3 are introduced to a nutritious food that is easy to grow at home. Kathi, the doll character, grows sprouts from seeds for a class project on homegrown foods. Kathi and her class learn all about growing sprouts, as well as basic facts on plant foods, vitamins, minerals, and good nutrition. A teacher's manual

have very little energy and are turning blue from poor food choices. The space hero goes to work in a kitchen to undo the wicked witch's non-nutritious brew adding nutrients to the brew. The relationship between food choices and energy is discussed as is the need for eating a variety of foods. (kbc)

0100

School cafeteria manners for elementary school children describes proper behavior during lunchtime in the school cafeteria. It stresses the importance of remembering good manners, especially in crowded and potentially hazardous environments. Children are instructed to be attentive to teachers and other adults, and a step-by-step review of ways to improve cafeteria manners, including how to behave politely, how to eat properly, and how to avoid accidents is included. (1s)
suggests different methods of sprouting and using sprouts, advantages of sprouts, a harvest chart for the variety of types available, crop yields for different seeds, and easy recipes using alfalfa, wheat berry, and mung bean sprouts. (nm)

0103
Seeking the source, produced by Biological Sciences Curriculum Study. Northbrook, Ill. distributed by Hubbard c1975. Subtitle on script: Looking at the source of food -Sound accompaniment for manual operation only. 1 filmstrip (30 fr.) : col. ; 35 mm. + 1 sound cassette (7 min. . 5 sec.) and 1 leader's guide (8 p.) - (NAL Call No.: TX355.S43 F&N AV).

Abstract: An educational presentation traces several foods through the food chain to assist elementary school children in understanding that plants are the source of energy for the foods they consume. They use a typical family at a picnic, and traces their food back through the food chain to plants. Upon completion of this presentation, children should gain a understanding that their own source of energy is from food consumption, and they should have an increased awareness and appreciation of plants. (wz)

0104
Skim milk skims body fat.

Abstract: A cow labeled “skim” is standing in a field of flowers. The poster's words read: “Skim milk-Skims body fat” and are a reference to the low calorie value of skim milk. It is also a reminder that skim milk has a place in a weight reduction diet. (emc)

0105
The Snack smart fun show : lower level grades 1-3 Mediamark.

Abstract: Since snacks may provide up to 1/3 of a child's daily calories, a school program which encourages elementary students to make healthy snack choices is presented. The program uses the comic strip character, Spider-Man, to promote 12 nutritious snacks including fruit and vegetables, juices, milk, yoghurt, peanut butter, cheese and crackers. Posters, games, and "track-a-snack" record books make children aware of their snacking habits. Parents are encouraged to prepare good snacks together with their children. Learning activities include "The Snack Smart Fun Show," "Get Ready. Get Set. Snack!, "Snacktor Factor," "Smart Snack Sleuthing," and "Variety - The Spice of Snacks." To illustrate the concept of smart snacking, Spider-Man, upon being offered reward money for a heroic deed replies, "Frankly, I'd rather have an orange."

0106
The Snack smart fun show : upper level grades 4-6 Mediamark.

Abstract: Since snacks may provide up to 1/3 of a child's daily calories, a school program which encourages elementary students to make healthy snack choices is presented. The program uses the comic strip character, Spider-Man, to promote 12 nutritious snacks including fruit and vegetables, juices, milk, yoghurt, peanut butter, cheese and crackers. Posters, games, and "track-a-snack" record books make children aware of their snacking habits. Parents are encouraged to prepare good snacks together with their children. Learning activities include "The Snack Smart Fun Show," "Get Ready. Get Set. Snack!, "Snacktor Factor," "Smart Snack Sleuthing," and "Variety - The Spice of Snacks." To illustrate the concept of smart snacking, Spider-Man, upon being offered reward money for a heroic deed replies, "Frankly, I'd rather have an orange."

0107
Snacks (developed by Experience Education. Swanson Center for Nutrition and the Nebraska Department of Education.
Red Oak, lowa Experience Education 1980. NET funded -includes teachers guide, food service guide, 270 books, 9 posters, 30 toothbrushes, 3 packages of floss, 3 stick puppets, 3 towels, 1 flip chart, 1 game, 8 measuring spoons, 8 measuring cups, 1 8 oz. bag of alfalfa seeds, 5 1-quart glass jars, 5 pieces of cheesecloth, 5 rubber bands, 20 nutcrackers, 30 hairnets, 30 aprons, 2 blank sheets of colored paper, 1 set of labels, 1 acetate sheet, and 1 grease pencil. 1 kit ; in cylindrical container 51 x 33 cm. - (NAL Call No.: TX364.E94 F&N AV (no. 3)).

Abstract: An instructional/activity package provides lesson plans and most materials needed to conduct 13 activities with a class of 30. Students will learn: the rate of snacking in the normal diet; why they need to clean their teeth and how; how to distinguish between nutritious and non-nutritious snacks; and how to prepare selected snacks from all four food groups. Each activity is designed to accomplish a specific overall objective through steps or lesson plans indicating amount of time and materials needed, and specific procedures. The teacher's guide provides all of the lesson plans. The
supplemental Food Service's guide suggests ways in which food service personnel can utilize the school cafeteria as a learning lab and increase involvement in nutrition education activities. (js)

0108

Abstract: Suggested activities and discussions, usable by an entire class (up to 33) of 4th-7th grade students, assist children in understanding and applying nutrition, economic, and consumer concepts to supermarket shopping. The kit provides a variety of items for student use (e.g., food item cards for listing or pricing prices: color-coded labels for display cases; shopping list cards; play money (bills and coins); a pocket adder; white caps for stock and checkout staff; a shopkeeper's apron pattern; a receipt pad (with carbon); and a teacher's guide with activity sheets. Nutrition concepts covered include importance of foods in the diet; major food categories; food and diet nutrients; how to preserve food values; and meal planning and its effect on the family's budget and health. A wide variety of mathematical skills are employed by students using this kit. (wz)

0109
Table manners for primaries. Jamaica, N.Y.: Eye Gate Media, 1979. Title from data sheet. 1 filmstrip (41 fr.) col.: 35 mm. + 1 sound cassette (5 min.) + 1 teacher's guide. (NAL Call No.: DNAL Filmstrip no.25 F&N).

Abstract: Humorous cartoon illustrations are wed to teach the elements of good table manners to elementary school children. Both "do's" and "don'ts" are discussed, emphasizing the fact that manners must fit the situation, and that one must be considerate of other people. (js)

0110

Abstract: Actual scenes from Michigan's K-6 classrooms depict formal and informal nutrition education activities integrated into math, health, science, reading, and social studies curricula. Five topic areas provide guidelines for instruction: 1) "What's so special about food?" emphasizes food sources of nutrients and healthful eating habits; 2) the "Putting foods together" section teaches the Basic Four food groups, the importance of breakfast, nutritious snacks, suggested eating patterns. 3) "Food from farm to table" provides activities which illustrate the production and processing of foods and multicultural food studies. 4) "Consumer power" covers federal and state regulations governing food production and processing, food buying skills and advertising influences, and 5) "Preventive nutrition" combines previous information to associate good dietary habits with optimal health and identifies major health problems related to poor food choices. The curriculum stresses hands-on activities since active participation participation encourages openness in the classroom. Mobile parts encourage daily intake of vegetables and "identified" fruits, stem, fruit, root and leaf vegetables. (js)

0111

Abstract: A black and white, three-dimensional mobile for classroom or cafeteria decoration may be colored and assembled by students. Mobile parts encourage daily intake of vegetables and "identify" flowers, stem, fruit, root and leaf vegetables. (js)

0112
Vegetables (developed by Experience Education, Swanson Center for Nutrition and the Nebraska Department of Education). Red Oak, Iowa Experience Education 1980. NET funded. Includes teachers guide, food service guide, 72 books, 2 pads, 11 posters, 1 filmstrip/cassette set, 1 bag of cards, 1 flip chart, 1 script, 1 sheet, 1 sound cassette, 1 sombrero, 1 set of gazpacho ingredient cards, 6 decks of cards, 30 stickers, 30 watches, 2 acetate sheets, 1 set of labels, and 1 grease pencil. 1 kit in cylindrical container. 51 x 33 cm. (NAL Call No.: TX364.E94 F&N no. 4).

Abstract: Students are encouraged to become familiar with and select a wide variety of vegetables through the 9 activities and materials provided in this kit. Projects include vegetable growing, "food preparation vegetable soup, gazpacho, salad bar" and the study of major nutrients in vegetables. Lessons can be taught jointly between the classroom teacher and foodservice personnel (teaching guides are provided for each). (js)

0113

Abstract: "Vital Vitamins Win the West" is a humorous, three-dimensional filmstrip for primary-grade children concerning a power struggle between animated foods in an Old West town, in which the good guys win the day. Original art work and lively characters
of Ma Nature, Sonny, Pioneer Woman, Cowboy, and many others bring to life the facts of good nutrition for good health. A teacher's guide accompanies the program. (la)

0114

Wellness

Agency for Instructional Technology. -

Bloomington, Ind. : AIT, c1985. 1 film reel (15 min.): sd., col.; 16 mm. + 1 teacher's guide (31 p., 28 cm.). - (NAL Call No.: TX364 .W427 F &N AV).

Abstract: "Wellness" is the first of a series of 15 health education films for primary-grade children. The concept of overall health and well-being is illustrated by the characters of Slim Goodbody, General Health, and their friends. The children are told that good health is not just the absence of sickness, but also the inner vitality and physical energy associated with being good health. The program introduces the importance of health and teaches the children how to make the best choices to keep their bodies in good physical condition. Short skits, puppets, and singing are included in this amusing children's program. A teacher's guide is also included. (ls)

0115

What's your fuel

Agency for Instructional Technology.


Abstract: A presentation for preschool children on the principles of digestion begins with a demonstration of a tiny steam engine and the fuel it burns to create energy. Then follows a discussion on the body's ways of using fuel (chewing, swallowing, digesting, absorbing, eliminating wastes). Intestines are likened to a coiled telephone cord. The stomach "melts" food with digestive juices much as a blender purées a lunch of hamburger, milk, pickle, and banana. The soupy product then passes into the blood stream like raspberry syrup dripping through a cloth into a bowl of water. A review of the digestive route is done with a word game.

0116

Who cares ... what I choose to eat

Wisconsin in-School Telecommunications.


Abstract: Each of 3 groups of 6th graders was given $25 for a grocery shopping trip to investigate what choices and decisions they would make on their own. The ensuing interview focused on the children's reasons for the choices they made. Some of the influences cited were personal preference, parents' influence, familiarity, and that a food was usually forbidden. Taste and texture were important. Freshness and nutritiveness were also mentioned, although they seemed to be a correlation between nutrition and food dislikes in general. The students were aware of the importance of reading labels and the influences of advertising. Since 2 of the groups overspent considerably, the children concluded that greater awareness of nutrition and economics could mean making better food choices. (cj)

0117

Wisdom beats the blahs

Produced by Instructional Television Center, School Board of Broward County, Florida.


Abstract: Two groups of children exhibiting different energy and enthusiasm levels are contrasted and examined as to why one group has pep and energy and the other has none (the blahs). A wizard helps the peppy group understand why the blah group is tired and droopy. The feeling of unfitness for the blahs is attributed to the fact that they eat too much of the wrong foods including soda pop and junk food. Thus they don't have the energy that the peppy group has; the peppy group eats a balanced diet from the basic four food groups (which includes the nutrients needed for energy). The peppy group helps the blah group become peppy by learning how to balance high energy foods with foods from the basic four food groups. The blahs also learn to read labels so they know what they are eating. (kbC)

0118

The Young and the nutritious

Burbank, Calif. Walt Disney Educational Media Co. c1981. Title on container: The young & nutritious -Sound accompaniment compatible for manual or automatic operation -Intended audience: grades 4-6. 6 filmstrips (ca. 462 fr.): col.; 35 mm + 6 sound cassettes (64 min., 30 sec.) + 1 teacher's guide + 6 spirit masters in box 34 x 34 x 8 cm (NAL Call No.: TX355 .Y58 F &N AV).

Abstract: A set of filmstrips motivates children to maintain good health by making wise food choices. The set teaches the importance of eating breakfast, the selection of nutritious snacks, the maintenance of ideal weight, the selection of nutritious fast foods, the basics of nutrients, and the importance of good consumerism. The format is a parody of soap operas (filmstrip titles are: Love of Breakfast, Snacks of Our Lives, As the Calorie Burns, etc.). A teacher's guide includes preview questions, vocabulary lists, follow-up activities and evaluations; spirit masters of exercises (one for each unit) are included. (rm)

Abstract: The five senses and six nutrients are explored in a multimedia instructional program for elementary grades 1 to 3. Part 1. Let's be Sense-able, examines the five senses: smell, sound, touch, sight and taste; how each sense differentiates foods and leads to food choice is explained. Part 2. Food Power, examines six nutrients: protein, carbohydrates, fat, minerals, vitamins, and water; how each nutrient helps the body operate and grow; and which foods provide specific nutrients.


Abstract: Six body systems and six nutrients are explored in a multimedia instructional program for elementary grades 4 to 6. Part 1, All Systems Go, examines six body systems: skeletal, muscular, nervous, digestive, circulatory, and respiratory; how each system works individually and in unison with the other systems is explained. Part 2, You're the Leader, examines six basic nutrients: protein, minerals, vitamins, fat, carbohydrates, and water; how each nutrient helps the body; and which foods provide specific nutrients.

0121 The yummy salad band /by Laurie Manahan.


Abstract: An instructional kit for elementary grades contains an audiotape and a song book with lyrics to 9 songs about different fruits and vegetables. Seven of the songs are on specific fruits (apples, oranges, grapes, bananas) and vegetables (peas, tomatoes, celery) (wz)


Abstract: A game, comprised of a wall-mountable game board, a duplicable master nutrient and menu planning activity sheet, and 48 different food picture cards, designed to make learning nutrition facts fun and informative, is offered for elementary and secondary school students; rule variations can be used to make the game more difficult for advanced students. The food picture cards list major nutrient contributions of each food. Students select foods from each of 5 nutrient groups (protein, carbohydrate, fat, vitamin, minerals) developing a grid of 25 different foods on their activity sheets. Food picture cards are then selected by a student or the teacher; the students having the correct food-nutrient combination mark their appropriate grid square. The winner is the first student who completes 5 squares in a straight line "bingo". Following the game, students are then asked to plan daily menus from foods on the game board. (wz)
II. BOOKS AND PRINT MATERIALS
0001  
The ABC's of nutrition education: learning system for primary and intermediate grades / Susan Davis ... et al.  
(Department of Foods and Nutrition, Kansas State, 1983. Container title. 16 folders + 2 sets of food cards. (NAL Call No.: DNAL FNC TX364.A232 F&N AV)).  
Abstract: This learning system is designed to teach primary and intermediate students about nutrition. Materials for the primary grades include a card game, a teacher's self-instruction guide, 7 learning activities with accompanying graphics; activities to reinforce and explain major concepts; learning objectives and suggestions for integrating the lesson into subject matter areas. The system for intermediate grades includes a student introduction activity, a card game, 5 learning activities which include lesson rationale, concepts and learning objectives plus ideas for integrating the lessons into various subject matter areas. A teacher orientation and student summary are included. The nutrients featured are: vitamins A, B, and C, iron, calcium and protein. A section on Sports Nutrition is also included. (kbc)

0002  
About good nutrition: a coloring & activities book.  
Abstract: Nutrition information is presented for school children in the form of a 16-page illustrated coloring and activities book. Educational information is taught each of a basic food groups, the importance of breakfast, lunch, and supper, and the concepts of avoiding overeating, controlling sugar intake, and the importance of a balanced diet, sleep, and exercise. Answers to 6 sets of activity questions are provided. (wz)

0003  
An American heritage dinner: a specialty menu with nutrition education materials / developed by Hannelore Dawson, Sylvia Marple, Anne Wetherell.  
(Dawson, Hannelore. ; Marple, Sylvia.; Wetherell, Anne. Department of Nutrition at Work 1980. NET funded. 1 portfolio with enclosures : 111. ; 28 cm. (NAL Call No.: TX364.D39 F&N E-4059)).  
Abstract: A specialty menu and classroom activities for elementary aged children honor the American heritage of Narragansett Indian culture and resourcefulness in food cultivation, gathering and combining complementary protein sources. Food preparation, tasting and research project ideas, a resource list and task cards (enrichment projects for individuals or small groups) are provided for teachers and students; recipes for a traditional Indian dinner, production notes and cafeteria decorating ideas are included for food service staff; and a nutrition information letter for parents explains the purpose of the study, protein complementarity and lists recipes for johnnycake and cranberry apple sauce.

0004  
Animal needs and care: teacher's guide / Baltimore County Public Schools.  
(Towson, Md. The Schools 1973. NET funded. v. 127 p. : ill. ; 28 cm. (NAL Call No.: SF75.5.A53 F&N E-4098)).  
Abstract: The guide provides classroom learning activities with small animals to promote children's natural curiosity, overcome fear and enhance learning about scientific process and methods. Children will use gerbils, goldfish, rabbits and reptiles to: study animal behavior; contrast human and animal nutritional needs and the value of good nutrition; use nutritional labeling; and translate experimental information into graphs and conclusions. Included are the design for 10 activities and one field trip, a sample parent letter and a resource materials list. (js)

0005  
Apricots, bagels, clever cooks, and other stories about nutrition / authors, Bev Stratton; cover and illustrations, Katie Murray.  
(Stratton, Bev. ; Murray, Katie. (Ohio) Geauga County Dept of Education 1982. NET funded. ca. 150 leaves : ill. ; 28 cm. (NAL Call No.: TX355.S79 1982 F&N B-3394)).  
Abstract: Lesson plans based on 42 primary and 19 intermediate children's storybooks. Integrate nutrition education into literature, art, science, physical education and music activities for the classroom. Each lesson plan provides the book's story summary, the nutrition concept(s) to be drawn from it, and suggested activities, categorized according to curriculum subject. The appendices contain the resource books "Snacks," "Planning a Nutritious Tasting Party," and "Make It, Eat It." Classroom gardening activities and a list of useful classroom cooking equipment also are included. (js)

0006  
Be a good sport: a specialty menu with nutrition education materials / developed by Hannelore Dawson, Sylvia Marple, Anne Wetherell.  
(Dawson, Hannelore. ; Marple, Sylvia.; Wetherell, Anne. Department of Nutrition at Work 1980. NET funded. 1 portfolio with enclosures : 111. ; 30 cm. (NAL Call No.: TX364.D39 F&N E-3969)).  
Abstract: To help elementary school children choose foods that will keep them healthy, the Be a Good Sport portfolio offers nutrition education materials emphasizing the importance of vitamins and minerals in a well balanced diet. Included are: classroom activities, a brief resource list and task cards (enrichment activities for individuals or small groups) for students and teachers; a menu, 100 portion recipes, production notes and cafeteria decorating ideas for food.
service staff and a letter for parents explaining the program and providing a family-sized recipe from the "Good Sport Menu."

0007
Be wise about nutrition: a guide for good nutrition habits, part 2 / Susan Fraunfelter, James L. Miller.
Abstract: A guide for use in elementary schools suggests how to conduct a schoolwide motivational program which encourages children to eat and parents to provide breakfast and offers information and activities on nutrition, diet and the development of good eating habits. Materials include worksheets, morning announcements, bulletin board ideas, class activity suggestions (audio-visuals, food preparation, field trips), puppet shows and recipes. Local (Baltimore) and national resources for information, materials and trips are listed. A supplementary section includes additional breakfast menu ideas, recipes, classroom activities and an annotated list of food song records. (js)

0008
A bibliography of bilingual-bicultural preschool material for the Spanish speaking child / InterAmerica Research Associates.
Abstract: Instructional materials available to teachers and paraprofessionals working with Spanish-speaking children are listed. Each entry includes information on intended audience, in what teaching situation it should be used, and when it is appropriate. Items are listed as staff development materials, instructional materials, or supplemental materials. Only preschool staff is targeted for staff development. Instructional materials include materials which can be used independently to develop specific skills. Supplemental materials, such as films, records, and work-books, aid in the instructional process. Publishers' addresses and prices are included. (js)

0009
Abstract: The reference guide lists materials and recipes proven to be effective support to the "Please Pass the Nutrition" curriculum for grades K-4. Included is an annotated compilation of recommended: films, filmstrips, pamphlets and posters and their sources; adult resource books, professional journals, cookbooks, and children's food/nutrition storybooks; and curriculum materials available from professional, governmental and commercial sources. Tested, nutritious recipes suitable for classroom use are provided. (js)

0010
Abstract: A coloring book, created by children, promotes good dental health and eating practices. Activities include quizzes, fill-in-the-blanks and charts to complete. Text for most pages is in English, Spanish and French. (js)

0011
Abstract: Black and white printed and illustrated worksheets with English on one side and Spanish on the other are numbered to correlate with the Master Curriculum Guide of "Please Pass the Nutrition." Included are age-appropriate stories, puzzles, games and informative handouts. Answer keys are available in the back of each Master Curriculum Guide. (js)

0012
Abstract: Black and white printed and illustrated worksheets with English on one side and Spanish on the other are numbered to correlate with the Master Curriculum Guide of "Please Pass the Nutrition." Included are age-appropriate stories, puzzles, games and informative handouts. Answer keys are available in the back of each Master Curriculum Guide. (js)

0013
Child center nutrition handbook / Jean Fraser, Joyce Farkas, Deborah Stimmel.
Abstract: The handbook integrates nutrition information into a total curriculum creating effective learning...
experiences for children ages 2 through 6. Activities organized to suit general development levels of children guide the preparation of inexpensive snack foods. Food activities for two year olds explore fruits and vegetables with all the senses through color, pictures, textures, size and shape identification, and tasting. Activities include games, songs, and fingerplays, for 3-1/2 to 4-1/2 year olds focus on vegetables--categorizing, identifying, preparing and tasting. Activities for children 4-1/2 to 6 years emphasize a wide variety of foods and include tasting parties, recipe preparation, swimming pool gardens, puzzles, and games. Sample schedules for the two oldest groups illustrate integration of nutrition teaching into an entire day's activities.

0014
Chinese fortunes: a specialty menu with nutrition education materials / developed by Hannalore Dawson, Sylvia Marple, Carol Skidoo.
Dawson, Hannalore; Marple, Sylvia; Skidoo, Carol. Durham, N.H Nutrition at work 1982. NET funded. 1 portfolio with enclosures.ill.: 30 cm. (NAL Call No.: TX364.D392 F&N E-3975).
Abstract: A Chinese menu provides an opportunity for total school involvement (children, teachers, food service staff, and parents) in a cultural nutrition education effort emphasizing the need to include high fiber foods in the daily diet. Classroom food preparation, field trip and activity ideas, an annotated resource list and task cards (enrichment activities for individuals or small groups) are provided for students and teachers; quantity recipes, production notes and cafeteria decorating suggestions are included for food service staff; and a nutrition information letter for parents describes the purpose of the activities and provides a recipe for stir-fried vegetables.

0015
A Compendium of exemplary school health education classroom programs and teaching/learning resources / Department of Health and Human Services ... et al.
Abstract: To assist others in developing and conducting more effective school health education curricula is the objective of this compilation offered by the U.S. Department of Health and Human Services. An extensive search of information about operational classroom health education curricula and teaching/learning resources to enhance health education in school settings (Grades K-12) has resulted in 50 programs for model use, representing all regions of the U.S. Health curriculum projects on adolescent decision making, nutrition, sexuality, mental health, eye health and alcohol education--presented in a format of descriptors, goals, description, materials and implementation requirements, evaluation, funding, and contact are some of the topics covered in Section I. Section II deals with special resources supporting health curriculum; these include American Red Cross programs, American Heart Association and the National 4-H Council. Resources offered in Section III include National Organization lists, Federal Clearinghouses and school health contact persons in public health capacities.

0016
Abstract: A complete nutrition education curriculum that uses a nutrient approach to teach elementary students was developed by the Connecticut Nutrition Education and Training Program. The curriculum consists of two series of lessons designed and adapted for three educational levels: grades 1 and 2, grades 3 and 4, and grades 5 and 6. Each series of lessons uses a team of cartoon characters to introduce basic nutrition concepts and explain the role that individual nutrients play in good health. Series I examines the functions and sources of calcium, vitamin A, and vitamin C; it also introduces the components of school lunch. Series II discusses the function and sources of iron, protein, and energy; it also addresses breakfast and snacking issues. Classroom learning activities (games, puzzles, testing parties, puppets, stories, discussions) reinforce newly introduced concepts. Fact sheets provide teachers with information about each nutrient. In addition, the guide includes suggestions for specific instructional objectives, lesson plan development and content, and learning activities and materials. Testing instruments, and instructions on how to administer and evaluate them, are provided for all three educational levels.

0017
Cook and learn, pictorial single portion recipes : a child's cook book / Beverly Veitch and Thelma Harms.
Abstract: Pictorial representations of single portion recipes can be enlarged and used in several formats (step-by-step, accordion, or easel) to
teach elementary school children the basics of cooking, new vocabulary, oral communication, and mathematical relationships. Extended experiences are suggested for cultural events, reading projects and tasting parties. Recipes cover all categories, from soup to dessert. Supplemental information includes buying sources, substitutions, cooking tools, metric conversions, sprout growing, and food preservation by drying.


Abstract: Cooking activities for preschool children are provided for teachers. Five major sections provide guidelines for: planning cooking projects; organizing equipment and work space; conducting cooking activities; extending nutrition education into other learning areas; and parent involvement. Precooking activities include play dough, play clay and measuring. Recipes are separated according to those which require no heating, skillet only, or oven baking. Some recipes include supplemental nutrition information and discussion questions. Print material sources and an annotated list of books and pamphlets are included. (js)


Abstract: Learning activities that provide opportunities for children to explore the world of food are presented for parents, teachers, and caregivers. Early interest and involvement in food selection and preparation are encouraged as a necessary step in the development of healthy, lifelong eating habits. Positive aspects of food education are discussed, including nutrition and safety awareness; development of social, language, and academic skills; and self-realization. Guidelines for creative food experiences are outlined, and a list of foods and utensils, a cooking glossary, and tips on how to measure are given. Fun activities introduce children to a variety of foods through the sensory experiences of food preparation, cooking, and eating. Activities for expanding the school nutrition curriculum are also described. Additional resource materials, lunch and snack ideas, and recipes are suggested. (nm)


Abstract: The concepts of the Oklahoma nutrition education curriculum guide are based on those developed by the 1969 White House Conference on Food, Nutrition and Health. The scope section lists nutrition education activities designed to fulfill these concepts in 5 areas of interest: kindergarten through grade 3, and reading/language arts, science/math, social studies and health for grades 4-6. Each area contains specific objectives, activities and resources for each concept. Other sections provide background nutrition information, games, plays, songs, classroom food experiences, patterns, snack and party ideas, creative cafeteria suggestions, and learning center plans. The resource section lists audiovisuals, print resources, and sources of other nutrition information. (js)


Abstract: Classroom activities for grade 3 integrate nutrition education into science, health and language arts. (Texts for grades 4 and 5 not completed due to lack of funds). Computer software, available from the publisher is optional for the third grade materials. Third grade nutrition topics include energy, food functions in the body, snack and (especially) breakfast planning, food intake analysis and food research. Brief lesson plan directions, listed by curriculum area within a day's lesson, vocabulary lists, student handout and worksheet masters are included. Portions of Dairy Council's "Food, Your Choice" materials are included in instructional framework.


Abstract: Classroom activities for grade 6 integrate nutrition education into science, health and language arts. (Texts for grades 4 and 5 were not...
Unit III recognizes "Kids As Consumers" balanced meals at home and at school. It encourages consumption of healthful and examines cultural, social and economic factors influencing food choices. 

Lesson plans which encourage the child to identify his/her own feelings about food and examine cultural, social, and emotional attitudes toward food. The 10 lessons in "Type A Everyday" (Unit II) encourage consumption of healthful balanced meals at home and at school. Unit III recognizes "Kids As Consumers" with 12 lessons covering consumer practices, food processing, food storage, advertising, and label reading. "Plants in the Making," Unit IV, provides 13 activities focusing on plant sources of food. Each activity is based on a lesson objective, lists time and materials required, provides teacher information and instructional aids (worksheets, handouts). Many lessons offer opportunities for food tasting and cooking. 

**0024**


Abstract: Lesson plans within the integrated curriculum guide employ teacher and parent participation to teach basic facts and principles of nutrition, development of positive attitudes about food, and use of healthful dietary patterns. The curriculum consists of clusters of classroom activities. "Nutrition Smart, Food Wise" is the first unit of 26 lessons which introduce the digestive system and the biological need for food. The lessons in Unit II stress the importance of consuming a healthy breakfast and lunch, and the roles of farmer, store keeper and family members.
in the availability of foods. Many lessons offer opportunities for taste testing and cooking projects. Each activity is based on the lesson objective and lists materials and time required, teacher information and instructional aids (worksheets, handouts, etc.). (js)

0027

Abstract: Classroom activities, divided into 4 integrated curriculum units, encourage nutrition study throughout the year to help children improve their food habits. Unit I, "Nutrition Smart, Food Wise" contains 70 lessons designed to encourage the child to identify his/her feelings and examine cultural, social and emotional attitudes toward food. The 13 lessons in "Type A Everyday". Unit II, allow children to learn about and practice planning balanced breakfasts and lunches. Unit III recognizes "Kids As Consumers" and provides 17 lessons covering advertising influences, label reading and identifying unnecessary highly processed foods. "Plants in the Making". Unit IV, provides 8 activities focusing on plant sources of food. Each activity is based on a lesson objective, lists time and materials required, provides teacher information and instructional aids (worksheets, handouts). Many lessons offer opportunities for food tasting and cooking projects. (js)

0028

Abstract: Eleven primary and nine intermediate lesson plans focus on factors which influence food decisions. Primary lessons discuss: food in relation to the five senses; eating a well balanced breakfast; and the Basic Four. Intermediate sessions use detailed information on advertising, packaging, food labels and nutrients. Lesson plans, based on stated learner outcomes, provide background information, methods and materials needed for each activity as well as evaluation strategies. Student masters are included. (js)

0029

Abstract: A 12 lesson program for grades 3-6 emphasizes the contribution of proper nutrition and regular exercise to overall good health. Included are lessons focusing on snacks, factors influencing food choices, exercise, weight control and sugar limitation. Lesson plans, based on stated learner outcomes, provide teaching information, procedures for conducting activities, and list materials needed. Multiple information and activity sheets are included. (js)

0030

Abstract: Nutrients are essential to the body for building, maintaining and repairing its parts and systems, and the way in which they enter the body is through the digestive system, or alimentary canal. The many parts of this system include the mouth, pharynx, esophagus, stomach, small intestine (duodenum, jejunum, and ileum), large intestine (caecum, and ascending, transverse, descending and sigmoid colon), rectum, and anal canal. Descriptions of the functions of these organs are supplemented with explanation of other organs associated with the digestive process: pancreas; and gall bladder, and the enzyme and digestive juices they contribute.

0031

Abstract: In order to encourage the young Spanish speaking child to read, an illustrated food story brings together two strangers who become good friends. Teresa Tortilla and Pablo Pan come from different grain families but meet one day on the kitchen table. They learn all about each other and introduce their other food friends on the table, while discovering what each is used for.

0032

Abstract: A guide is provided for teachers to help children develop healthful food habits through food and nutrition activities. Resource materials and experiences are presented as a basis for flexible and creative application in the classroom. Guidelines for implementing a food and nutrition program cover selection of an activity, planning, organization, equipment, and evaluation. Four activity units are suggested that incorporate knowledge about foods, food preparation, nutrition, and food habits. Additional tools are recipes, songs about food, stories, and puppet shows. A major section on resources provides information about cookbooks, food-related

Abstract: A food education curriculum encourages 5th and 6th graders to improve their diets by "eclipsing" poor food choices ("Blue Moon Foods") such as soft drinks, candy and snacks high in sugar, fat and salt with "Foundation Foods" including fruits and vegetables, whole grains, legumes, lean meats and dairy products. Today's children are exposed to so many processed and prepared foods that they often cannot identify fresh foods high in nutritive value. Therefore, instead of taking an academic approach to food groups and nutrients, children must be actively involved in exploring foods using all of their senses. In this way, youngsters will develop responsibility for their own food habits. The curriculum reflects USDA-H.E.W. guidelines for food preparation, menu planning, gardening, label reading and energy saving. Activities are creative and fun and may be incorporated into other school disciplines.


Abstract: A framework for development of curriculum in 4 areas that affect decisions about responsible childbearing is offered in this guide. It is intended for use by educators of children, pre-school through high school and by agencies involved in health and parent education. Concepts, goals, focuses, and points of information are centered around nutrition, environment, genetics, and human growth and development. Suggestions for developing these concepts are aimed at 5 educational levels: preschool/Kindergarten, primary, elementary, middle school/junior high, and senior high. This framework is offered based on the importance of providing skills and knowledge to help prospective parents make informed decisions about the conditions under which to have and care for as healthy a child as possible. (s)


Abstract: A nutrition education program is presented for students in grades 1-6 to assist them in: identifying the 4 food groups, explaining the importance of nutrition to good health, describing the make-up and importance of a good breakfast, and understanding the 6 kinds of nutrients (carbohydrates, proteins, fats, water, vitamins, minerals). Included in the program kit are spirit duplicating masters (for non-readers, for grades 1-3, 4-6, and 1-6); a 4-color transparency illustrating the 4 basic food groups, and a teacher's guide with numerous optional nutrition-related activities. The program is based on the importance of a good breakfast in the daily diet; the implicit theme is that a child expresses his or her choices and attitudes concerning food, and then compares these preferences with sound nutritional patterns. (wz)


Abstract: A multidisciplinary approach to nutrition education, correlated with the food service program includes curriculum/activity guides for grades K-6, high school home economics and vocational food service classes. Lessons are designed to meet minimum proficiencies of the California Nutrition Education Program. Topic areas for all grade levels are: food choices, food related careers, consumer competencies, and food handling/protection. Each lesson plan outlines the minimum proficiency level activity, the lesson content, student activity sheets for reinforcement or evaluation, learning experiences and related activities. A Unit Resource list suggests appropriate audiovisuals and games. (js)

Abstract: A comprehensive nutrition education program provides material for direct services to preschool children (age 3-5), in-service training for early childhood staff, materials to use with all target populations, and extension of knowledge to families and communities. Prototype lessons are geared to the cognitive, affective, and action learning patterns of the preschool child. The lessons are arranged in a series of single concepts rather than sequenced in order of difficulty. In-service training emphasized recognizing and applying the Dietary Guidelines for Americans and understanding the concept of nutrient density. Program materials are in a kit called "Good Nutrition: Try it you'll like it" which contains guides, audiovisuals, and a recipe book. (kbc)


Abstract: Evaluation instruments, designed to assess aspects of the nutrition education training program, are provided for adults and students K-6th grade. Instruments for adults include those to evaluate training, to survey nutrition attitudes, to survey training needs and to test nutrition knowledge. Student evaluation instruments include nutrition knowledge tests for grades 3, 4, 5 and 6 and nutrition attitude/behavior tests for grades K-2, 3-4 and 5-6. (emc)


Abstract: A guide for preschool and early elementary classroom teachers integrates nutrition education into individual curriculum areas. The program's goal is to teach children, at a young age, how to select nutritious foods for a well balanced diet. Appropriate activities are provided for 6 subject and developmental areas: motor skills development, communication, arithmetic, science, social interaction, music, dramaatics, and art. Brief objectives, procedures, materials and vocabulary words are listed for each activity. Other activities designed to stimulate parent interest in nutrition education also are provided. Evaluation methods outline observable behaviors associated with learning and practicing good nutrition. Appendices provide a 24-hour food record form, a listing of the US Dietary Goals and recommended food habits derived from the goals, snack choices, and community program resources. Additional classroom resources include lists of suggested books for children, and films and filmstrips.


Abstract: Learning activities for children age 2-5 involve all five senses in the exploration of 22 different foods divided into 8 sections: underground vegetables, stem vegetables, leaf vegetables, flowers, seed vegetables, fruits, milk and dairy products, and eggs. Activities are designed to teach children the names of specific foods, their sources and how to recognize them in various forms. Each section lists different foods which can be used in the activity, interesting facts about the foods and suggested ways to introduce the children to them.


Abstract: Scripts and simple black and white patterns for flannelboard or puppet stories cover the following topics: mealtime manners, dental health, the farmer, the food truck driver, the storekeeper, family members and food, food customs, balanced diet, and healthy snacks. Discussion questions are included at the end of some stories. (js)


Abstract: A set of 5 lessons/activities, designed to teach nutrition while reinforcing reading and writing skills of fourth grade students, focuses on digestion--the process, organs involved, nutrient absorption and common health problems related to the digestive tract. Each lesson is based on selected nutrition concepts, states the purpose and/or expected student outcomes and includes pertinent background information, a list of materials and resources needed and a step-by-step
description of how to conduct each activity. A 30-question multiple choice nutrition posttest is included for cognitive evaluation. (js)

0043


Abstract: A set of 8 lessons/activities, designed to teach nutrition while reinforcing basic skills (primarily reading, but also math and writing) of children in grade 5 focuses on nutrient needs, vitamin A, vitamin C, iron, nutritional labeling and "junk foods." Each lesson is based on selected nutrition concepts, states the purpose and/or expected student outcomes and provides pertinent background information, a list of materials and resources needed, and a step-by-step description of how to conduct each activity. A 34 question multiple choice nutrition post test for cognitive learning evaluation is provided. (js)

0044


Abstract: The curriculum is part of a sequential series based on the content identified in the Florida Nutrition Content-Minimum Students Performance Standards for basic skills. Nine activities are designed to teach nutrition while reinforcing basic skills subject areas (reading, math) of 6th grade students. Nutrition concept topic areas include energy balance, calorie content of foods, calorie needs, and body image. Each activity provides pertinent background information, student handouts and worksheets, a list of materials and resources needed, and a step-by-step description of how to conduct the session. A 40 question multiple choice nutrition posttest is included for cognitive evaluation. (js)

0045


Abstract: A set of 10 activities is designed to teach nutrition while reinforcing developing attitudes and behaviors toward primary basic skills in reading, writing and math. Nutrition concept topics include distinction between food and non-food items, food and its relation to growth, water (its function and sources), fruits/vegetables, familiar plant and animal food sources, and preparation for a shared meal. Each lesson is based on a selected nutrition concept, states a purpose and/or expected student outcome, and provides brief background materials for the teacher, a list of materials and resources needed and a step-by-step description of how to conduct each activity. Student handout/worksheet masters and answer keys are provided. A 25 item nutrition (picture) test is included. (js)

0046


Abstract: A set of 6 activities is designed to teach nutrition while reinforcing reading and math for children in grade 1. Topic areas include vitamin C (sources, functions and food preparation), and identification and classification of plant and animal sources of food. Each lesson is based on a selected nutrition concept, states a purpose and/or expected student outcome, provides brief background material for the teacher, a list of materials and resources needed and a step-by-step description of how to conduct each activity. A 25-item nutrition (picture) test is included. (js)

0047


Abstract: A set of eight activities is designed to teach nutrition while reinforcing reading and writing skills for second grade children. Nutrition topics include sources and functions of calcium and vitamin C. Basic Four food groups, nutritious snacks, food handling, preparation and purchasing. Each lesson is based on a selected
Abstract: Information about learning activities for young children to explore foods and develop an interest in nutrition is presented for parents and teachers. Through an emphasis on positive reinforcement and personal interaction, children will enjoy preparing and eating nutritious food. Guidelines are suggested to help teachers plan successful learning environments. These guidelines include discussion of developmental sensorimotor skills of children aged 2 1/2-5. Food experiences cover cooking safety, basic and advanced cooking, and special holiday ideas. Nutritious snacks and lunch menus are listed in an appendix.

Food in the classroom: a guide for planning preschool nutrition education activities.

Abstract: A planning guide includes criteria for choosing and planning nutrition education activities, a nutrition activity; planning sheet which allows space for description of objectives, materials, and equipment needed, task (pre- and during activity) questions for evaluation. Hints for organizing a successful cooking experience include those which streamline procedures and those which maximize the students' learning. Six lesson plans are offered which teach nutrition and increase children's interest in food without food preparation. Two additional lesson plans help children explore cultural food patterns and traditions. A reference list is included.

Food encyclopedia.

Abstract: Fifty-nine individual booklets, printed on heavy white stock, provide descriptive, historical and nutritional information and folklore about a specific food or food group. Recipes are also included in some booklets.

Food for thought: a sample curriculum infusion guide for nutrition education grades K-12 / Amy Ribble-Modjeski (and) Virginia McRae.

Abstract: A sequential, comprehensive set of nutrition education materials is based on the 7 concepts of nutrition. Exercises include studies of food and customs of 4 countries, Alaska, Hawaii, and the American pioneers: gardening and nutrition fair projects: a "vegetable parade" play; a bulletin board contest: a newsletter: cookbook: and a plate waste survey.
Agriculture, Food and Nutrition Service.

from the United States Department of

CNETP. c1985. Cover title.- "... funding

Penny Guerin

al.

0056

fre3h fruit ana vegetables, modern

activity sheets cover food choices,

exploration of a greater variety of

foods, and developing

skills in study comprehension and

language and

curriculum with a multi-cultural

approach. Tried sensitive activities and

practices which teach nutrition concepts

and wholesome attitudes toward food are

described. These practices include

structuring the mealtime environment,

teachers to nutrition education involving

classroom teachers, food service

personnel and school nurses. It provides

the basis for a comprehensive and

sequential program for all 3 grade

levels. Learning activities are grouped

according to 6 separate concepts: food

handling, nutrition, body systems, food

consumption, consumer education and

nutrition and society. Within each

concept is listed the student

objectives, suggested learning

activities, appropriate resources and

evaluation activities. A resource guide

is included which lists available AV

materials and a brief bibliography of

print materials used in the lessons. (js)

0055

Fresh fruits and vegetables : the fun

ones / United Fresh Fruit and Vegetable

Association.

Alexandria, Va. United Fresh Fruit and

Vegetable Association 1980. 1 v. ill. (NAL

Call No.: TX364.F73 F &N E-3563). 22 x 28 cm.

Abstract. A booklet for preschool

students, foodservice personnel, and

parents, with opposing pages in Spanish,

describes a preschool nutrition

curriculum with a multi-cultural

approach. Tried sensitive activities and

practices which teach nutrition concepts

and wholesome attitudes toward food are

described. These practices include

structuring the mealtime environment,

holiday observances, use of other

resources in the child care center,

suggested field trips, and multi-ethnic

menus. (js)

0054

Food for thought : food for

understanding = Alimentos para pensar :

alimentos para comprender / (Illustrated

by Elizabeth Quilan ; written by Joyce

Forbes ... et al.). : Forbes, Joyce. & Food for

understanding = Alimentos para pensar :

alimentos para comprender. Chelsea,

Mass. A Kangaroo's Pouch c1981. NET

funded. (31) p. ill. 18 x 22 cm.

Includes bibliographical references

(NAL Call No.: TX364.F6375 F &N C-2456).

Abstract. A booklet for preschool

teachers, foodservice personnel, and

parents, with opposing pages in Spanish,

describes a preschool nutrition

curriculum with a multi-cultural

approach. Tried sensitive activities and

practices which teach nutrition concepts

and wholesome attitudes toward food are

described. These practices include

structuring the mealtime environment,

holiday observances, use of other

resources in the child care center,

suggested field trips, and multi-ethnic

menus. (js)

0058

Good nutrition, it's your choice : an

adventure in nutrition with Ted, Fred,

Norma, and Jerri : teacher's edition / Baltimore County Public Schools.

Towson, Md. The Schools 1979. NET

funded. vi. 117 p. : ill. 18 x 22 cm.

Includes bibliographical references

(TX364.G857 F &N E-3930). 

Abstract. A supplementary primary

reading packet provides 10 sequential

stories that encourage good nutrition

habits. Stories 1 through 5 deal with

food groups, stories 6 through 10 focus

on awareness of advertising, label

reading, menu reading, food preparation

and handling, cooking safety and

sanitation, meal time atmosphere and

willingness to try new foods. Each story

unit contains follow-up questions, a

pupil resource sheet and activities

which may involve food service personnel

and parents. (js)

0057

Good nutrition, it's your choice : an

adventure in nutrition with Ted, Fred,

Norma, and Jerri : student's edition / Baltimore County Public Schools.

Towson, Md. The Schools 1979. NET

funded. vi. 117 p. : ill. 18 x 22 cm.

Includes bibliographical references


Abstract. A supplementary primary

reading packet provides 10 sequential

stories that encourage good nutrition

habits. Stories 1 through 5 deal with

food groups, stories 6 through 10 focus

on awareness of advertising, label

reading, menu reading, food preparation

and handling, cooking safety and

sanitation, meal time atmosphere and

willingness to try new foods. Each story

unit contains follow-up questions, a

pupil resource sheet and activities

which may involve food service personnel

and parents. (js)

0059

A Guide to nutrition education : grades

6-8 / Seminole County Schools.

Sanford, Fla. School Board of Seminole

County (1980). NET funded. 32 leaves

22 x 28 cm. Bibliography: leaves 29-32.

(NAL Call No.: TX364.G857 F &N E-3930).

Abstract. A curriculum guide for grades

6-8 uses an interdisciplinary approach

to nutrition education involving

classroom teachers, food service

personnel and school nurses. It provides

the basis for a comprehensive and

sequential program for all 3 grade

levels. Learning activities are grouped

according to 6 separate concepts: food

handling, nutrition, body systems, food

consumption, consumer education and

nutrition and society. Within each

concept are listed the student

objectives, suggested learning

activities, appropriate resources and

evaluation activities. A resource guide

is included which lists available AV

materials and a brief bibliography of

print materials used in the lessons. (js)

0056

Good food for pre-schoolers recipe cards

/ developed by: Arline Lamonds ... et

al.: graphics and illustrations by Penny


Abstract: Designed to creatively present good food to pre-schoolers, this compilation of recipe cards combines nutritious food with fun activities. Pears, apples, tofu, bananas, cheese, and squash are transformed into boats, mice, faces, candies and other items children delight in. Appropriate rhymes are included. (js)
Nutrition; use and abuse of substances; community, and environmental health; defined. These content areas of family, mental, emotional, philosophy of health education Subject areas are explored. Goals of education. The role of health provides a basis for developing materials may be selected. It also and from which health instructional courses of study in health education. The framework represents a plan within which local districts can develop instruction in the curriculum and inservice training programs in health. School system focuses on the development of self-awareness, ability to make decisions, and health action. The framework represents a plan within which local districts can develop courses of study in health education, and from which health instructional materials may be selected. It also provides a basis for developing inservice training programs in health education. The role of health instruction in the curriculum and the relation of health to other academic subject areas are explored. Goals and a philosophy of health education are defined. These content areas of health instruction are presented personal, family, mental, emotional, consumer, community, and environmental health; nutrition; use and abuse of substances; diseases and disorders; and accident prevention and emergency health services. Within each area, concepts and objectives for 5 developmental levels of students (preschool, early childhood, preadolescent, adolescent, and young adult) are outlined.

0062 Healthworks: a health and nutrition curriculum. (Sudbury, Mass.) Sudbury Public Schools (19817). NET funded. 422 p. 111.; 30 cm. (NAL Call No.: RA440.5.H43 F&N E-3971)

Abstract: A health and nutrition curriculum for kindergarten through fourth grade children integrates participatory activities and explores health and nutrition issues within basic subject areas of language arts, math, social science, and science. Designated concepts are highlighted at each grade level and are sequential. All units provide suggested activities, notes and additional resources, supplementary nutrition information, and worksheets.

0063 The heart connection: a specialty menu with nutrition education materials / developed by Hannelore Dawson, Sylvia Marple, Dawson, Hannelore. ; Marple, Sylvia. Durham, N.H Nutrition at Work 1981. NET funded. 1 portfolio with enclosures . 111. ; 30 cm. (NAL Call No.: TX364.D393 F&N E-3973)

Abstract: The activity packet is designed to stimulate interest and total school involvement. In a program showing the connection between a healthy heart, diet and physical activity based on the National Dietary Goals. Includes is a specialty menu (reduced fat, calories, salt, increased fiber), quantity recipes for its preparation, decorating suggestions, seven task cards, classroom activity ideas, a parent letter describing the child's participation and objectives of the program and a brief resource list. Task cards may be used at several grade levels by individuals or groups and consist of projects such as an aerobic exercise contract, evaluating the type and amount of fat on the diet, label reading for sodium and cholesterol, water and carbohydrate content and adapting the present diet to conform to the Dietary Goals.

0064 Hollywood creature feature - a specialty menu with nutrition education materials / developed by Hannelore Dawson, Sylvia Marple, Anne Wetherell, Dawson, Hannelore. ; Marple, Sylvia. ; Wetherell, Ann. Durham, N.H Nutrition at Work 1980. NET funded 1 portfolio with enclosures . 111. ; 30 cm. (NAL Call No.: TX364.D394 F&N E-3971)

Abstract: Variety in food selection is the emphasis of the Creature Feature specialty menu and nutrition education packet for elementary schools. Classroom activities and task cards offer students the opportunity to integrate nutrition...
learning with other academic activities. A brief resource list is included. A specialty menu, 100 portion recipes, production notes and cafeteria decorating ideas are provided for food service personnel. The letter to parents encourages them to help their children choose from Basic Four food groups and provides a nutritious beverage and snack recipe. (js)

0065
How to avoid eat it, it's good for you: a parent's handbook of nutrition awareness and activities for pre-schoolers / developed by Madalaine K. Pugliese; illustrated by Gerilynn B. Shapiro. Pugliese, Madalaine K.; Shapiro, Gerilynn B. (Boston, Mass. Simmons College 1980?). NET funded. 25 leaves. 111.; 28 cm. Bibliography: leaf 24. (NAL Call No.: TX364.P845 F&N E-4014). Abstract: A parent's handbook complements concepts and activities in "Nutrition and All That Jazz". Rationale for early childhood nutrition education, nutrition and consumer product information, learning activities, snack suggestions, resource materials and recipes are included. Some activities are identical to those in the teacher's handbook. The booklet is printed in English, Spanish and Chinese. (js)

0066
How to cover nutrition with NET bookcovers: (New Jersey distributed thru your local Educational Improvement Center 1980?). NET funded. (4) p. 111.; 28 cm. + 2 folded posters (43 x 56 cm. folded to 28 x 22 cm.). (NAL Call No.: TX364.H645 F&N E-4014). Abstract: Bookcovers feature foods from 5 food groups. Foods are drawn in black ink and may be colored. An accompanying folder suggests nutrition education activities for elementary and secondary students using the bookcovers. (js)

0067
How your body uses food / by Albert Piltz; transcribed in English braille by Kyle Winston Sharrill. Piltz, Albert Baltimore, Md. Baltimore Braille Association 1981. c1960. Originally published Chicago: National Dairy Council, 1960 - Booklet BOO7-21. -FNIC has print ed. LB1587.N83 F&N E-1202. 50 leaves of braille braille 111.; 29 x 30 cm. (NAL Call No.: TX355.P53 1981 F&N E-3511). Abstract: This booklet in braille addresses 10 to 12 year-olds in the second person in order to personalize the basic nutrition information presented. It answers the question, "what are you", on various levels, beginning with the molecular and moving up to the organic, pointing out the uses and needs for food at each level. The last chapter tells about the foods the astronauts eat and about the research being performed to discover ways of feeding future space travelers on longer voyages.

0068
The hungry world / Elaine Israel. Israel, Elaine. New York Julian Messner 1977. Includes index. 64 p.: ill. (NAL Call No.: HD9000.5.182 F&N C-2268). Abstract: In an effort to help children understand the world food problem, photographs and descriptions depict malnourished people, existing methods, worn out croplands and working medical teams. The underlying causes of hunger are explained, as well as the programs designed to alleviate it and the associated problems. The Green Revolution, which resulted from research by Dr. Norman Borlaug on new types of high-yielding wheat, corn, and rice, has done much to increase food production in many parts of the world, but further efforts are needed to find new food sources, such as fish or kelp farms. (js)

0069
Idea book for nutrition education, preschool-grade 3 / Indiana Dept. of Public Instruction. (Indianapolis) Indiana Dept. of Public Instruction 1981. 59 p. Bibliography: p. 57-59. (NAL Call No.: TX364.I3 F&N E-3713). Abstract: Child-centered activities, designed to incorporate nutrition education into the existing curriculum for primary grades are described. Food and nutrition projects reinforce language and math development, social studies, science, and art. Seasonal activities coincide with and complement holiday themes. Food week topics suggest activities related to specific food groups: fruits, vegetables, dairy products, meat, bread and cereal. Snack ideas, a resource list with addresses and prices of materials recommended in the text, and an annotated list of films and videotapes available through the Indiana Dept. of Public Instruction also are given. (js)

0070
Integrated nutrition education and training, ages 3-8 / Illinois State Board of Education. Sims, Millie. Springfield Illinois State Board of Education (1980?). NET funded. 81 p. 111. (NAL Call No.: TX364.155 F&N E-3596). Abstract: Teachers of preschool and the lower elementary grades will find basic nutrition information and ideas for its incorporation into classroom studies in a curriculum guide revolving around the basic 4 food groups. The learning activities are primarily cooking projects, but they are related to reading, writing, verbalization, and arithmetic skills. Suggestions are included for introducing related topics, such as telling time, sanitation, and careers. The recipes are color coded in 4 sections, with supplementary information on nutrition, preparation, parent involvement activities, and curriculum integration ideas.

Abstract. Ways of integrating nutrition concepts into math, social studies, language arts and science activities in the intermediate grades are presented in a teacher's curriculum guide. Basic nutrition information includes discussions of the dietary guidelines, the five food groups, important nutrient sources and functions, and the Recommended Dietary Allowances.

Instructions for each classroom activity include the time and materials needed, the objectives of the activity, methods of accomplishing the objectives, and suggestions for further discussion. Learning reinforcement is fostered through games and worksheets.


Abstract. Five concepts used to teach nutrition (in conjunction with health) to Canadian children are presented for kindergarten (K) through Division I (Grades 1-3). Concepts are taught by use of learning objectives which increase in difficulty by grade level. The format also consists of a pre-test, post-test, teacher notes, resource materials, discussion ideas, suggested activities, and supplementary sheets. The book is designed for teachers who do not have extensive nutrition knowledge. (kbc)

Iowa nutriphonics final report, section 18, grant agreement no. 59-3198-8-71 /submitted by Eleanor Hunsley, coordinator, NETP. --. Hunsley, Eleanor. Iowa? : Child Nutrition Programs Division, Iowa Dept. of Public Instruction?., 1982. February 22, 1982.". 1 v. (various p.): ill. (various p.): forms : 29 cm. Bibliography: leaf 15. (NAL Call No.: DNAL TX364.H8). Abstract: The development of educational packages to teach nutrition concepts to preschool children, and accompanying evaluation instruments, are described for an ongoing project called Iowa Nutriphonics, sponsored by the Child Nutrition Programs Division of the Iowa Department of Public Instruction. Educational materials were developed by the Southwest Iowa Learning Resource Center in response to a nutrition education needs assessment survey conducted in child day care centers in Iowa. Topics include food shopping, sources of food, food and dental health, what do you eat, senses, eating out, breakfasts, snacks, sandwiches, juices, milk, meats, vegetables, candy and gum. Concepts were incorporated into stories "told" to the children by puppets. Educational packages also included "talk-with-me" books, "show-me" books, and an activity folio. A user's manual provides guidance for maximum utilization of the program. Food choice behavior evaluation instruments (i.e., The Free Choice Snack, The Picture Potluck) were developed. Educational packages and testing instruments were field tested in ten day care centers in Iowa. Specific components of Nutriphonics that are described include: 1) project background and previous progress, 2) administration of the project contract, 3) goals and objectives, 4) development of teaching packages and evaluation instruments, and 5) field testing of the packages and testing instruments. Appendices present the contract proposal, staff assignments and credentials, package concepts, instrument development procedures, final testing instruments and evaluation summary. (aje)


Abstract. A primer for youngsters illustrates the health pitfalls and nutritional shortcomings of excessive junk food consumption. Junk food is food that, while possibly attractive and appetizing, is high in calories and low in nutrients. Such foods often provide excessive intakes of sugar, fat, salt, and chemical additives. Nutritious snacks and junk food snacks are contrasted calorically and nutritionally, and basic information on the foods the body needs and how they make the body function normally is briefly discussed. A junk food quiz is included. (wz)

Kid tested menus with kitchen and lunchroom techniques for day care centers /by Gene E Deacon -. Deacon, Gene E. North Wilkesboro, N.C. Gold Crest Publishing, 1981. iv, 93 p : ill., forms : 22 cm. (NAL Call No.: DNAL FNC TX931.D4 F&A C-2772)

Abstract. This monograph is designed to aid day care operators to plan menus to meet the nutrition needs of children 1 to 14 years. Each menu item was selected and "kid tested" for "kid appeal." Recipe selection criteria includes ease of preparation and cost control. Suggestions are given for combining classroom and lunchroom activities. Recipes to guide 40 portions are classified as main courses and go-togethers, vegetables and salads, desserts and snacks. The final chapter is devoted to guide and are described useful to the cook. ladle/scoop sizes, measuring equivalents, can sizes and yields and sample menus. (emc)

Abstract: Children can learn in so many areas from cooking: increased vocabulary, math skills, food science and chemistry, improved muscle control and coordination, and reading skills. This cookbook is intended for teachers and parents to use with children. Recipes are included for no-bake goodies, baked products, fruits and vegetables, and other fun foods. Every step in each recipe is illustrated, and the entire book is hand-lettered. (as)

Las tres comidas del dia = The three meals of the day / Niltza M. Olais. Olais, Niltza M. Mesa, Ariz. Mesa Community College 1978. 12 leaves : ill. (NAL Call No.: TX355.04 F&N E-3535).

Abstract: A Spanish poem provides the text for this illustrated children's story designed to help the Spanish speaking child learn how to read. The story concerns the foods that the boy, Panchito, eats for the 3 meals of the day. There is orange and apple juice, eggs, sausage, grapes, bananas, and toast with butter and jam for dessert. For lunch Panchito has salads, tacos and enchiladas. At dinner, a hungry Panchito eats fruit, cantaloupe, watermelon, tortillas, beans, tostadas, and taquitos.


Abstract: A 4 volume nutrition education package provides classroom student learning activities, supplemental experiences, staff inservice materials, and parent learning and involvement programs. The curriculum series provides experiential nutrition education lesson plans for elementary students focusing on : the basic four food groups, healthy snacking, food attitudes and habits. Each lesson plan indicates the topic, activity, grade level, approximate length of session, appropriate group size, performance objectives, and suggested follow-up activities. Worksheets, answer keys and patterns are included. "Multicultural Experiences in Nutrition" emphasizes crops and foods of worldwide cultural groups. The staff inservice curriculum provides workshops which introduce, the curriculum, and update basic nutrition knowledge. The parent education module provides one hour lessons based on concepts included in the school curricula. (js)


Abstract: Cooking as a learning activity is presented for teaching nutrition concepts, cultural differences, language skills, health and safety practices, and mathematical relationships. Teacher preparation is very important in maximizing these learning possibilities. Directions on the use of pictorial, sequential, single portion recipes encourage an organizational process which includes space, time, cost, materials, tools, and safety precautions. Suggestions are included for extended learning projects such as camping at school, growing sprouts, and for involving parents.


Abstract: A recipe book presents ideas to teach individualized cooking experiences in the pre-K-6 classroom. Twenty-two recipes were prepared and tested at Holmes Elementary School. The recipes, which are designed to teach 1st cooking and reading skills, contain a number of 1-step sentences. Line drawings illustrate recipe ingredients and what is to be done with them (e.g., whole and sliced tomatoes are shown together). The instructions can be used with or without the illustrations. Activity guides with nutrition lessons for specific grade levels have been designed to accompany the recipes. (kbc)


Abstract: A collection of activities, developed to encourage preschool children to identify, handle, and taste fruits and vegetables, provides historical background, nutritional
information, stories, activities, and other suggested resources. Activities may be integrated into art, science, story time, language time, or music studies. Coloring sheets with a drawing of each item include nutrition information for parents. "Munch Bunch" stickers are provided to reward children who taste new vegetables or fruits. (js)

0082

Abstract: The activity packet includes a school lunch specialty menu, recipes, individual or group task cards, classroom and cafeteria activities and supportive materials designed to encourage students to use a variety of reading materials to learn about food and nutrition. Task cards, to be used in any sequence by individuals or groups, provide activities which encourage increased food awareness, deal with attitudes about food and teach nutrition facts. Each suggests at least one fiction or non-fiction book to read and a follow-up discussion or activity. (js)

0083

Abstract: Food preparation and cooking experiments for small groups of preschool children supplement nutrition knowledge and encourage wise food choices, social interaction, language arts skills, motor development and safe food handling. Ten recipes provide 1 individual step-by-step direction cards with simple illustrations. (js)

0084

Abstract: Nine sessions of a workshop training guide on nutritional aspects of child care are outlined. Session topics include: dietary guidelines for Americans; US food and agriculture; exploring nutritious foods economically; fresh fruits and vegetables; excess sugar and dental caries; planning menus and snacks; family-style eating; and cooking experiences; and nutrition activities for young children. The 9 sessions present basic nutrition facts through background information, activities, and supplemental materials (e.g., audiovisuals). Numerous flipcharts and handout masters assist in providing nutrition education to both operating staff of child care centers and parents. (wz)

0085

Abstract: Ideas drawn from children's cookbooks describe edible creations (i.e., face sandwiches, walking salads, animal shapes) using primarily fruits and vegetables. Food-related science experiments explore taste, and smell and illustrate evaporation and osmosis. (js)

0086
More than mud pies a nutrition education curriculum for 3 to 5 year olds in day care centers and preschools / Mile High Child Care Association and the Colorado Child Care Coalition; written by Sallie C. Ruhnka; illustrated by Judith A. Herde; produced by CSE Services, Inc. Ruhnka, Sallie C., Herde, Judith A. Denver: Colorado Department of Education. 1980. NET funded. iv, 105 p. : il. ; 28 cm. Bibliography: p. 103-105. (NAL Call No.: DNAL FNC TX364.R76 F&N E-4470.)

Abstract: A curriculum guide for preschool and day care center staff provides guidelines for teaching nutrition principles to preschool children. A total of 52 lessons (usually each is on a single page) are divided into seasons, months, and weeks, allowing the teaching staff to start at any point in the yearly calendar. The lessons are preceded by 5 preliminary lessons: personal cleanliness and health; 4 basic food groups; measuring methods; kitchen safety; and reading a recipe. Each lesson includes an objective, a suggestion for parent involvement, and directions for the activities. Nutrition information, recipes and games are given throughout the guide. Data on nutrition needs of preschoolers, USDA child care food program nutrition requirements, a sample child care program menu, and cooking skills and abilities of preschoolers grouped by age, are appended. (wz)

0087
The New blue book on nutrition activities, grades K-3 / A. Bedworth. (NAL Call No.: TX364.N882 F &N 8-3041-3).)

Nutrition education, grades K-3 / A. Bedworth. (NAL Call No.: TX364.N882 F &N 8-3041-3).)

Nurture / Nancy Nikkel ... (et al.). (NAL Call No.: TX364.N882 F &N 8-3041-3).)


Abstract: A nutrition education curriculum guide, for children 3-5 years of age, is divided into seven color coded categories: creative activities, food service personnel, and supplemental information sheets. Activities are designed to meet the 12 nutrition objectives of the California State Department of Education; may be implemented over a one to two year period; and reinforce skills in 8 learning areas: motor development, social development, language arts, science, health and safety, music, mathematics and art. Each activity lists an objective, optimal group size, time and materials required, procedure and suggested enrichment activities. Patterns for games and activities are printed on heavy duty paper. (js)

0068

Abstract: A coloring book illustrates about the fruits and space for the child to draw and color the item. (js)

0089

Abstract: A nutrition education lesson plans for nutrition education to current curriculum subjects. Format and content of lesson/outlines vary. Sample classroom materials (handouts, tests, worksheets) are provided. The N.E.W. Rainbow of Resources Book may be used as a companion to this activity book. (js)

0091
Nutrition education, grades K-3 / A. Bedworth. (NAL Call No.: TX364.N882 F &N 8-3041-3).)

Nurture / Nancy Nikkel ... (et al.). (NAL Call No.: TX364.N882 F &N 8-3041-3).)


Abstract: A nutrition education activity guide provides descriptive riddles about the fruits, where they are grown, and their availability. The second half of the booklet provides descriptive riddles about the fruits and space for the child to draw and color the item. (js)

0090

Abstract: A nutrition education curriculum guide, for children 3-5 years of age, is divided into seven color coded categories: creative activities, food service personnel, and supplemental information sheets. Activities are designed to meet the 12 nutrition objectives of the California State Department of Education; may be implemented over a one to two year period; and reinforce skills in 8 learning areas: motor development, social development, language arts, science, health and safety, music, mathematics and art. Each activity lists an objective, optimal group size, time and materials required, procedure and suggested enrichment activities. Patterns for games and activities are printed on heavy duty paper. (js)


Abstract: Nutrition activities in Spanish include a rebus, crossword and word search puzzles.


Abstract: Four nutrition activity folders each deal with a separate topic: breakfast, dental health, snacks, or growth and energy. Within each folder is the rationale for the topic (brief background information), two major concepts and four or more objectives on which the suggested activities are based. Activities consist of food preparation, demonstration, discussion or songs and may be reinforced by discussion questions following each activity. The back page of each folder lists additional resources; nutrition curricula and textbooks for elementary teachers, nutrition and cook books to emphasize the topic. (js)


Abstract: A handbook for preschool teachers explains the necessity for early childhood nutrition education and provides activities in the following content areas: Science, Language Arts/Reading Readiness, Mathematics, Social Studies and Art. Lesson plans list applicable concepts or topics for discussion, suggested activities, some background nutrition information, and enrichment activities. Suggestions for field trips, tasting parties and parent involvement also are provided. A resource list includes both Spanish and English materials. (js)

Nutrition and fitness for outdoor education / developed by Independent School District No 278, Osseo, Minnesota; in cooperation with the staff and facilities of Elm Creek Park Reserve. (St. Paul, Minn. Minnesota State Dept. of Education 1980.). NET funded. 124 leaves : 111. ; 28 cm. + 9 mounted photos (12 x 18 cm.) in pocket. (NAL Call No.: TX361.A8N79 F&N B-3405).

Abstract: Seven lesson plans and accompanying videotapes guide students in developing skills for outdoor living and integrate nutrition into physical education, science and health. Unit lessons and classroom activities culminate in a day trip of hiking at a nature center. Each lesson plan describes objectives and videotape content and provides informational handouts, activity/worksheets and pre- and post-telecast teaching suggestions. Lesson topics include: wild edibles, packing a pack, hypothermia (survival skills), nutrition and fitness for outdoor recreation, and fire building and safety instructions. Nine mounted color photographs are included which identify some edible and poisonous plants. (js)


Abstract: Good eating habits must be formed early if youngsters are to develop positive attitudes about food and its relationship to good health. With this as its goal, a curriculum guide provides teachers with a coordinated plan for integrating nutrition education into the elementary science curriculum. The first part of the manual reviews concepts and objectives of the science curriculum currently taught in Wisconsin elementary schools. These are divided by subject area: Earth Science, Physical Science and 4 topics in Life Science (Anatomy and Physiology, Botany, Ecology and Zoology). An integrated nutrition and science curriculum follows. Units suggest nutrition objectives and activities to be used whenever selected science concepts or objectives are taught. These are listed for each grade level, K-6. Appendices provide additional nutrition information and resources for teachers.

Nutrition and you: a nutrition education program for children in the primary grades / developed by Kenneth W. Radigan ... (et al.). ; Radigan, Kenneth W. Santa Monica, Calif. CBS Educational Publishing distributed by BFA c1979. 3 v. : 111. ; 28 cm. (NAL Call No.: TX364.N7768 1979 F&N E-4294=E-4296).

Abstract: Teacher's annotated nutrition
Nutrition education manuals for grades 1, 2, and 3 each contain at least 28 lesson plans. (Students have accompanying workbooks). Lessons for succeeding grade levels increase in sophistication and content difficulty. Each lesson plan introduces, reinforces and reviews a subject; provides behavioral objectives; lists materials needed and describes the procedure (how the teacher should present the information plus a correct worksheet for same in verifying answers). Nutrition fact sheets are included in the addenda. (kbc)

Abstract: A series of 3 nutrition education workbooks designed for elementary students in primary grades are presented. (A teacher's series accompanies and provides instructions). The workbooks contain puzzles, word games, riddles, fill-in the blanks, which can be completed by the students and colored-in at the same time. Each book is more advanced than the last. (kbc)

Abstract: School staff members organized and developed existing materials and resources into month long nutrition education units for grades K-4. Activities were designed in accordance with the US Dietary Guidelines and stress 4 themes: importance of a good breakfast, healthy snacks and snacking, dental health through good nutrition, and the school lunch program. Kindergarten activities center on food tasting experiences and include rhymes, stories, procedures for activities and related curriculum-based activities. Grade 1-3 activities integrate nutrition studies into basic curricula and grade 4 lesson plans and student activities are planned around the Mulligan Stew program of films. Additional resources are listed for each grade level. (js)

Abstract: A draft of Florida's "Basic Skills Approach" nutrition education curriculum includes learning activities designed to teach nutrition while reinforcing basic skills in subject areas for grades K-6. Divided according to grade level, each unit consists of a list of resources needed for each activity (instructional aids, food items or equipment), at least five classroom activities each including the concept to be taught, behavioral objectives, brief background material, and procedures for activities. An additional section provides material, schoolwide projects which involve the community and parents in student nutrition education. These activities include: ethnic food tasting, gardening, a bulletin board contest, newsletter and plate waste survey. (js)

Abstract: Nutrition education resource materials are listed according to the type of material available. Audiovisuals (movies, filmstrips and videotapes), published text materials on health/nutrition and curriculum guides are listed, each with a description of the target audience grade level, the source, price and description of contents. Author, publisher and price information are provided for sections on teacher reference books and cookbooks, and journals in nutrition education. Addresses for sources of free and inexpensive materials as well as teacher-created materials and games also are given. (js)

Abstract: Extensive information and guidelines about nutrition education are presented in this set of manuals. This nutrition education program was developed by the Benicia Unified School District of Benicia, Calif. The program is designed to increase nutrition knowledge, develop positive food habits, and encourage nutritious food selections. This set of manuals includes: a coordinator's component; parent component; teacher manual; and curriculum guides for first through
third grade, fourth through sixth grade, and kindergarten. Diagrams, exercises, and sample charts are included. (wp)

0104  Nutrition education, choose well, be well: a curriculum guide for preschool and kindergarten. Sacramento, Calif. California State Dept. of Education 1982. NET funded. 198 p. in various pagings: 111.; 28 cm. (NAL Call No.: TX364 .C474 F&N E-3490). Abstract: A curriculum guide for preschool and kindergarten teaches children by using positive daily lunchroom experiences. These are reinforced by appropriate classroom activities. The value of a nutritionally adequate diet is presented. The curriculum is divided into 2 chapters. Chapter 1 introduces the reader to the curriculum, and examines its goals and organization. Instructions on use are provided. The role of nutrition education and its relationship to health is explained. Parent, community, and foodservice involvement, and teaching strategies are discussed. Chapter 2 contains 17 lessons. These lessons are designed to help students learn to make nutrition-related decisions. Procedures and necessary instructional materials for each lesson activity are provided, along with an objective, and some key facts. Six appendices are included, which cover such topics as proficiency levels for nutrition education. Classroom food experiences, holiday foods, contact people and foodservice directors, and student materials which contain worksheets, puzzles, and games. 

0105  Nutrition education, choose well, be well: a curriculum guide for the primary grades. Sacramento, Calif. California State Dept. of Education 1982. NET funded. 250 p. in various pagings: 111.; 28 cm. (NAL Call No.: TX364 .C474 F&N E-3407). Abstract: Nutrition education lesson plans for the Choose Well Be Well series are provided by grade level as resources for teachers' and other nutrition educators helping students obtain knowledge and skills needed to make wise food choices contributing to overall health and well being. Three types of lessons are provided: information acquisition, open ended discussion and values awareness. Each provides a detailed description of the procedure and a list of required instructional materials. Designed to help students attain California's Minimum Proficiency Levels for Nutrition Education. Lessons and activity sheets may be used in their entirety or selectively to blend with ongoing curriculum or student needs. Handout, worksheet and game board masters are included. (js)

0106  Nutrition education, choose well, be well: a curriculum guide for the upper elementary grades. Sacramento, Calif. California State Dept. of Education 1982. NET funded. 231 p. in various pagings: 111.; 28 cm. (NAL Call No.: TX364 .C475 F&N E-3406). Abstract: Nutrition education lesson plans for the Choose Well Be Well series are provided by grade level as resources for teachers' and other nutrition educators helping students obtain knowledge and skills needed to make wise food choices contributing to overall health and well being. Three types of lessons are provided: information acquisition, open ended discussion and values awareness. Each provides a detailed description of the procedure and a list of required instructional materials. Designed to help students attain California's Minimum Proficiency Levels for Nutrition Education. Lessons and activity sections may be used in their entirety or selectively to blend with ongoing curriculum or student needs. Handout, worksheet and game board masters are included. (js)

0107  Nutrition education curriculum [Arkansas Department of Education]. Little Rock, Ark.: The Dept. 1980 -1983. Cover title.- Funding provided by USDA, CNP, NET. Section 22. 37(b)(3) PL 95-166. 4 v. : ill. ; 29 cm. Includes bibliographies. (NAL Call No.: DNAL LB1587.N8A7). Abstract: A four volume nutrition education curriculum (K-Grade 3) designed and developed by the Arkansas Department of Education to assist teachers to facilitate nutrition education activities within existing subject areas of instruction. Curriculum units have been designed for easy interpretation and utilization for teachers with or without previous training. The framework of all 4 sections is derived from 6 major concepts with expected outcomes. These concepts are: 1) food is essential for all living things, 2) nutrition is the food you eat and now the body uses it, 3) food is made up of different nutrients, 4) all persons throughout life need the same nutrients but in different amounts, 5) food production and sanitation affects food quality and 6) eating is a behavioral activity which affect individuals socially, emotionally, and physiologically. For each concept, a sub-concept, learner outcome, behavioral objectives and measurement are identified. Learning activities, teacher resources, supplementary materials and a selected bibliography is included for each grade level. (api)

Nutrition education for school lunch managers / Vicki Graf.


Abstract: Lesson plans for grade levels K through 6 (designed to be taught by the school lunch manager and teacher) teach children good eating habits and how to incorporate these habits into their lifestyles with an emphasis on the nutritious aspects of the school lunch program. Lessons are color coded according to grade level to correspond to the Boise curriculum guide. The lessons are not a complete experience, as an introduction to an aspect of nutrition or as a follow-up to other instruction. Each lesson is divided into 2 sections: part I, for the school lunch manager, provides background information and methods for presenting material; part II offers the teacher background and follow-up materials, handouts, worksheets and recipes. An annotated list of films appropriate to each lesson plan is included. (js)


Abstract: Suggestions that caregivers in programs that serve young children can use to promote positive nutritional habits and attitudes combine nutritional theory with practical activities. Activities emphasize participation and integration of nutrition education with other curriculum goals. Initial chapters cover planning and preparing meals, and background information in feeding infants, toddlers, and preschool children. Subsequent chapters cover preparing foods with young children and recipes and cooking activities that integrate many areas of early childhood education. Final chapters discuss the caregiver's partnership with parents, and examples of controversial nutrition policy and information programs likely to be encountered in child care programs. Each chapter begins by identifying the learning objectives for that chapter, and most chapters end with a list of review activities. A bibliography and index are included. (cH)

Nutrition education manual designed for use by principals, teachers and school food service managers / VPISU.


Abstract: A manual to guide the teaching of nutrition education courses in schools through grade 6 provides information on the major food groups, vitamins and minerals, trace elements, and other important nutrients. Six workshop exercises are included, dealing with nutrition and health, nutrition education techniques, energy and activity patterns, food habits, food fads, and school food service management. The final section is a teaching manual based on the concepts of the White House Conference on Food, Nutrition and Health. Each lesson plan is based on one of the seven nutrition concepts, and includes behavioral objectives, learning activities, exercises, readings, reference information, and visual aids. A glossary and a list of children's books on nutrition also are included. (0112)

Nutrition education, manual for teachers / Albert E. Bedworth.


Abstract: Nutrition information and guidance to facilitate the learning experience are provided in a teachers' manual for nutrition education designed to be used with companion curriculum guides. Teachers of primary, intermediate, junior, and senior high school students are presented with an overview of nutrition education, goals to achieve, and concepts that students should develop. Information on food habits, nutrition's link to health, food's relationship to human development, diet, nutrition and reproduction, nutrition problems and policies, and nutrition education programs is presented. A list of source materials and teaching aids, common misconceptions about food, and a summary of U.S. dietary goals are included.

Abstract: A resource manual designed to provide a sequenced and comprehensive nutrition education program for blind students, to help assess and develop independent living skills, and to help prepare blind students to work in food and nutrition related areas.

There are 8 color coded chapters that each discuss a specific subject (e.g., food awareness, factors affecting food choices) plus a resource chapter. Each chapter contains suggested areas in which to integrate the subject matter (e.g., language arts), the concept, objectives, suggested activities, evaluation, and resources. (kbc)


Abstract: Nutrition education lessons and activities for grade levels K-6 comply with North Carolina's Competency Goals and Performance Indicators and help achieve the learning goals in state adopted textbooks. NEST provides references for integrating nutrition education into the existing curriculum throughout the school year. Concepts and topics presented at each grade level provide a sequential process of nutrition education. Student objectives for each concept are provided for the cognitive, affective, and psychomotor domain. Thirty-three lecturettes on selected nutrition topics provide summaries of the most important ideas to convey about a nutrition topic. Learning strategies based on these concepts include stories, songs, games, and other activities which may include community resources. Involvement of school food service personnel and parents is encouraged through the learning strategies. Educational media recommended for use with each concept are listed. (js)

0115 Nutrition education teaching guide for middle school science teachers, or the Absolutely last word in nutrition education handbook. Leonardtown, Md. St. Mary's County Public Schools 1982. NET funded. 121 p. in various pagings : ill. ; 28 cm. (NAL Call No.: TX364.N796 F&N B-366).

Abstract: Developed by teachers, food service personnel and the NET facilitator, the teaching guide outlines activities designed to meet Project Basic and health education nutrition objectives for 6th and 7th grade science. The first of 6 sections contains suggested activities (films, worksheets, games, projects) fulfilling each of the 8 objectives listed. The remaining sections are supplemental appendices providing background information, annotated lists of resources and student handouts, worksheets and lessons to be used in conjunction with activities in the guide. (js)


Abstract: A booklet for teachers of grades K-6 offers nutrition-related puppet skit ideas, step-by-step instructions for making simple puppets and stages from recyclable materials, and suggestions for bringing puppets to life through movement and voice.

Activities may be conducted by a teacher with a class or by older students developing a learning activity for younger children. Supplemental materials include other creative follow-up activities, basic nutrition information, a snack checklist, suggested snacks and a puppet show script. (js)

0117 Nutrition education through the arts: a series of ten plays has been developed to teach basic nutrition concepts to children aged 4-6; the children learn good eating habits and attitudes through the positive and enjoyable medium of dramatic arts. The first 9 plays are scripted for 2 main characters with a supporting cast of children. The final play is in a game show format (based on 3 TV shows) with the children as contestants; it reviews the concepts and music presented in the previous plays while allowing spontaneous participation by the children. (cj)

0118 Nutrition education through the arts: teacher materials for a series of ten plays designed to teach children aged 4-8 all about food and it's (sic) relationship to good health / Karen DeMauro ... (et al.). DeMauro, Karen. Providence Rhode Island Dept. of Education 1980. NET funded. 97 leaves. (NAL Call No.: TX364.N867 F&N E-3657).

Abstract: A series of 10 plays has been developed to teach basic nutrition concepts to children aged 4-8; the children learn good eating habits and attitudes through the positive and enjoyable medium of dramatic arts. The first 9 plays are scripted for 2 main characters with a supporting cast of children. The final play is in a game show format (based on 3 TV shows) with the children as contestants; it reviews the concepts and music presented in the previous plays while allowing spontaneous participation by the children. (cj)
Nutrition education integrates nutrition concepts into grades 7-12; and a questionnaire with adults include: a nutrition education curriculum entitled, Nutrition in a Changing World. Instruments for use with adults include: a nutrition knowledge test for teachers to examine the influence of various teacher preparation methods; instruments to assess teachers' attitudes toward nutrition in schools; an attitude instrument to assess college students' opinions toward nutrition and multimedia instruction; a statewide survey of teachers and administrators to determine needs, attitudes and methods of incorporating nutrition education into grades 7-12; and a questionnaire designed to assess parents' attitudes toward nutrition.

Nutrition for preschoolers: a teacher's handbook for introducing nutrition education into preschool curriculum. (developed by Contra Costa County Day Care Nutrition Education Project). Martinez, Calif. Contra Costa County Dept. of Health Services 1980. NET funded. viii, 127 leaves. 28 cm. (NAL Call No.: TX364.N797 F&N B-3365). Abstract: Lesson plans, designed to integrate nutrition education into learning experiences typically found in a preschool setting, enable learners to master minimum proficiencies in California's health instruction framework. Forty-five activities are divided among 5 content areas: food choices, factors influencing choices, food-related careers, consumer competencies and food handling. Each activity plan lists the objective, new vocabulary word(s), materials needed, procedures, evaluation methods and additional activities. Some lesson plans are appropriate for holiday seasons.

Nutrition for preschooers: a teacher's handbook for introducing nutrition education into preschool curriculum / prepared for teachers of children in preschool through grade 12. Hunt, Barbara Novak.; Wolfe, Linda. University Park, Pa. Pennsylvania State University 1981. Includes teacher's guide of an 18-session course. 376 leaves in various foliations. 29 cm. (NAL Call No.: TX364.N92 F&N E-3931). Abstract: Background information on 10 nutrition plays and related activities are provided for teachers of children in grades K-12. A story line is described for each play and the nutrition concepts embodied are identified. Learning activities for preschool and primary school children include cooking lessons, food identification games, vegetable growing, story writing, etc. Further resources and techniques for parent involvement are suggested. The emphasis is on using a positive and enjoyable approach to help children build good eating habits at an early age.

Nutrition for the future: teacher's handbook, grades 4-8 / developed by South Washington County Schools. (St. Paul, Minn. Minnesota Dept. of Education 1980.). NET funded. 1 v. (various pages) : ill. ; 28 cm. (NAL Call No.: TX364.N92 F&N E-3931). Abstract: Over 80 teacher-developed lesson plans, designed to integrate nutrition education into learning experiences typically found in a preschool setting, enable learners to master minimum proficiencies in California's health instruction framework. Forty-five activities are divided among 5 content areas: food choices, factors influencing choices, food-related careers, consumer competencies and food handling. Each activity plan lists the objective, new vocabulary word(s), materials needed, procedures, evaluation methods and additional activities. Some lesson plans are appropriate for holiday seasons.
Nutrition, getting to know you better. Regina, Sask. Saskatchewan Health 1979. 67 p.; ill. (NAL Call No.: TX364.N806 F&N E-4266). Abstract: A nutrition resource book for teachers of upper elementary students follows Canada's Food Guide and includes teaching tips for: effective nutrition education; parent involvement (e.g., plan a nutrition night); and integrating nutrition into other subject areas (e.g., language arts, science, art). Concepts are based on the Saskatchewan (Canada) Health Curriculum and are expanded for each grade level. Each includes an objective, an assessment, teacher's notes, teacher's references, discussion ideas, and suggested activities. Reproducible worksheets are included. (kbc)

Nutrition in a changing world: a curriculum for grade 4 / Lily Hsu D'Connell, James Rye, Paul E. Bell. O'Connell, Lily Hsu. ; Rye, James. ; Bell, Paul E. Provo, Utah Brigham Young University Press c1981. "The School Nutrition Education Curriculum Study. " A collaborative effort of the College of Education and the College of Human Development at the Pennsylvania State University. 136 p.; ill. ; 28 cm. Includes bibliographies. (NAL Call No.: TX364.R92 F&N E-3814). Abstract: The 5th grade portion of a comprehensive nutrition education curriculum (for preschool through grade 12) emphasizes skills and knowledge needed to make personal dietary decisions. Concepts stressed are: diet and heredity as determinants of growth; factors affecting energy requirements; nutrient functions; the relationship between sugar and tooth decay; and cultural and environmental influences on food habits. Each of the 21 lessons includes an introduction to the concept stressed, background and supplementary information for the teacher, a learning activity, student worksheets, methods for evaluation of student performance, and additional references and resources. Appendices provide additional information (in tabular form) on composition, heights and weights, and RDAs. (ds)

Nutrition in a changing world, leader's guide / E. Marbach (and others). ; Marbach, Ellen S. University Park Pennsylvania State U. 1979. Packet A and packet B. ; v. (various pagings). (NAL Call No.: TX364.P49 F&N E-3412). Abstract: The directions and curriculum for inservice nutrition education are presented for workshop leaders. Sample activities and lessons are described which kindergarten, primary, and intermediate level teachers can use to teach nutrition concepts in the classroom. For example, children can learn to combine a variety of foods into a balanced meal by making kabobs from the 4 basic food groups. Tests on which evaluation can be based and activity sequences for each grade level are included.

Nutrition in action a creative dramatic nutrition minicourse for grades four - six / Angela Mancinelli ... et al. ; Mancinelli, Angela. Storrs, Conn. Dept. of Nutritional Sciences, College of Agriculture and Natural Resources, University of Connecticut, 1983. 28 cm. (NAL Call No.: TX364.N7). Abstract: "Nutrition in Action" is a creative dramatic nutrition minicourse for elementary school children, grades 4 to 6. The program consists of ten 30-45 minute lessons designed to teach nutrition concepts in the curriculum. The major topics covered in the program include: the food

Abstract: To help children make informed food choices and be responsible for their personal nutritional health; an instructional package integrates nutrition education into the major health education areas: mental health, physical health, safety, and community health. Twenty lessons (2 for kindergarten; 3 each for grades 1-6) contain activities that are written in a structured fashion (e.g., what kind of foods do you eat for snacks) and measurable objectives to evaluate learning (e.g., concept of a nutritious snack). Materials include recipe cards, student worksheet/handouts, parent letters, and supplementary references. Concepts and generalizations are provided for teachers who want to create their own lessons. (kbc)


Abstract: The curriculum guide integrates nutrition education into grade K-6 social studies using "Informed Food Choice" as the model and goal for the Wisconsin NET program. Anthropology, sociology, psychology, economics, political science, geography, and history are the social studies areas related to food choices. An overview organized according to the social studies disciplines offers guidelines by combining the fundamental elements which tie a discipline together with generalizations and relationships between nutrition and social studies concepts and objectives. Lesson plans are divided according to grade level and provide appropriate generalizations, objectives, and activities. A compilation of supplementary materials includes worksheets (some from Dairy Council's "Food . . . Your Choice" kit), recipes, parent letters, and information sheets. (js)


Abstract: Lesson plans for teachers of preschool children are divided into 5 sections: Fall, Holidays, Winter, Spring, and Summer. Each section contains several lessons with seasonally appropriate themes, color coded and arranged in order of complexity. Included in each lesson are: objectives; key nutrition concepts; materials needed; activities; procedures and methods for evaluation. Three teacher-directed and 3 home activities are provided in each lesson. The appendices include a vocabulary list, supplemental classroom activities, nutritious snack suggestions with recipes, nutrient information, daily food guides for children, safety rules for food preparation, and a glossary of terms. (js)


Off to a Good Start: Practical Nutrition for Family Day Care.

Nutrition with Objectives. La nutrition con asistente objetivo: guía de actividades de educación nutricional / preparado por

Peanut Butter and Pickles: A Nutrition Program for Pint Size People.

A basic nutrition resource book provides eating guidelines for adults and children, practical advice regarding consumer decisions and hints for meal planning and food preparation. An activity section which vehicles experiences to help preschool children understand the relationship of food to health covers most of the major concepts presented. Recipes included throughout the text are accompanied by statements indicating how the food item may be used in the daily feeding pattern according to USDA Child Care Food Program requirements for 3-6 year-old children.

Abstract. A comprehensive nutrition text that incorporates lessons in career, consumer competencies, and food guidelines of the Health Instruction Framework for California Public Schools. Grade 1-3 and 4-6 are based on the attitudes about food and improving nutrition knowledge, identification of nutrition knowledge, identification of attitudes about food and improving eating habits. Lesson plans for pre-K-K, grades 1-3 and 4-6 are based on the guidelines of the Health Instruction Framework for California Public Schools. Topic areas are: food choices, factors influencing choices, food related careers, consumer competencies, and food handling. Lessons may be incorporated into math, language, social studies, science, art and reading where appropriate. Each lesson lists a desired proficiency and behavioral objective, content, learning experiences and materials needed. Optional food experiences are provided to reinforce concepts taught. Student activity sheets and recipes are included.

Abstract. A comprehensive nutrition activity guide in Spanish for the Humboldt County Office of Education. The number of servings provided in each recipe are indicated for 3-6 year-old children. These snacks provide nourishing supplements to help satisfy the nutrient needs of a child beyond breakfast, lunch and dinner. Symbols are used to designate snacks high in fat, salt and sugar. A number of recipe preparation hints are appended. A USDA meal pattern is offered as a guideline for serving the snacks.
The plants we eat / by Millicent E. Selsam; photographs by Jerome Wexler and others. New York: Morrow, 1981. 279 p. ; 24 cm. (NAL Call No.: TX364.523 F&N E-3431). Abstract: A curriculum guide to teach and improve food habits in first and second graders uses lesson plans that encourage the study of nutrition in the classroom. Program activities support cognitive, affective and action learning of basic nutrition concepts, positive nutrition attitudes and healthy diet practices. Each lesson describes objectives, required teaching materials and time, teacher information and instructional aids. Examples of creative nutrition lessons are "How Food Turns Into You", "Magnificent Meat Group Foods", "Fruit Search", and "I Tried It!". Other topics discuss the Type A school lunch, children as consumers and growing plants. Worksheet answer keys and 66 food picture flash cards are included.
Each lesson describes objectives, required materials, time needed, teacher information and instructional aids. Some sample lessons are "My Teeth Need Good Foods", "The Alphabet Food Train", "Captain McNutrilint Sets The Table" and "If I Were A Tree, What Fruit Would Grow On Me?" Appendix indexes describes specific lesson titles to the concepts of food choices, factors influencing choices, food-related careers, consumer competencies and food protection: 66 food picture flash cards are also included.

0145
The POKIS program / developed by Purdue University. West Lafayette, Ind. Purdue Research Foundation 1981. NET funded. v. 173. (16) p. : ill. : 28 cm. (NAL Call No.; TX364.P59 FAN B-3333). Abstract: The POKIS (Prevent Obesity Keep in Shape) program for elementary students encompasses two disciplines, nutrition education and exercise. The curriculum contains 3 units to fulfill these disciplines. 1) Assessing Fitness, in which children learn about physical measurements and what they mean. 2) Finding Fitness, in which methods and concepts for developing adequate exercise and good nutrition habits are explored, and 3) Parent Involvement, through the Finding Fitness activities, parent letters and school wide activities. Units are divided into chapters which each list the purpose, concept, objectives, background information for teachers, references, activities and worksheets. Parent letters provide information and guidance on desirable height/weight, aerobic fitness, changing habits, and snacks which promote weight control and the relationship between calories and activity. (js)

0146
A Preschool nutrition education curriculum. Tallahassee, Fla. Florida Dept. of Education 1981. NET funded - "February 1981." v. 111. : 28 cm. (NAL Call No.; TX364.P747 1981a FAN E-3940). Abstract: A curriculum for preschool nutrition education is designed around 7 basic nutrition concept areas: food and nutrients, nutrient needs, nutrition and health, nutrition and the life cycle, food handling, food selection, and food as a resource. The primary emphasis is on learning through experiences, requiring children to use their senses. There are 7 unit plans (collections of activities which can be used to teach a concept based on a chosen subject) and corresponding daily lesson plans which use some of the suggested activities from the unit plan to structure a day's activities. Each lesson plan lists goals, behavioral objectives, materials needed and learning activities. Also included are annotated bibliographies of preschool children's books, preschool curriculum materials, audiovisuals and other teaching materials. (js)

0147
A Preschool nutrition education curriculum / developed by Patricia A. Wagner ... (et al.). : Wagner, Patricia A. Tallahassee, Fla. Florida Dept. of Education 1981. NET funded - "June 1981." v. 123 p. : ill. : 28 cm. Bibliography: p. 101-123. (NAL Call No.: TX364.P747 1981a FAN E-3940). Abstract: A curriculum for preschool nutrition education is designed around 7 basic nutrition concept areas: food and nutrients, nutrient needs, nutrition and health, nutrition and the life cycle, food handling, food selection, and food as a resource. The primary emphasis is on learning through experiences, requiring children to use their senses. There are 7 unit plans (collections of activities which can be used to teach a concept based on a chosen subject) and corresponding daily lesson plans which use some of the suggested activities from the unit plan to structure a day's activities. Each lesson plan lists goals, behavioral objectives, materials needed and learning activities. Also included are annotated bibliographies of preschool children's books, preschool curriculum materials, audiovisuals and other teaching materials. (js)

0148
Preschool nutrition education monograph / SNE. Berkeley, CA SNE 1978. 48 p. : ill. : 28 cm. - Includes bibliographies. (NAL Call No.: TX364.566 FAN E-3459). Abstract: A collection of selected materials concerning nutrition education for preschool children has been prepared by the National Nutrition Education Clearing House for use by teachers, parents and nutrition specialists with interest in this topic. An overview of current activities and programs: a Title IV-C project. Oakham, Mass. Oakham Center School (1980?). Cover title. 59 p. Bibliography: p. 55-59. (NAL Call No. TX364.P756 FAN E-4305). Abstract: A novel project that permanently integrates school lunch with nutrition, health knowledge, and practice and improves milk, fruit, and vegetable consumption for kindergarten through 5th grade, is described. The project evolves from the entire school eating lunch "family style with students allowed (and encouraged) to participate in units to evaluate menu planning, purchasing procedures, and waste evaluation. The fifth and sixth grade
students develop social skills while serving the "family style" meals, and pass these skills on to younger students. This project has resulted in the development of nutritionally and socially aware students who are able to regulate their personal eating habits in a healthful way. (wz)

0150
Project SNAP nutrition education curriculum.


Abstract: A curriculum guide for grades K-6 integrates nutrition education into existing science, health, math, reading, art, and social studies curricula in the classroom in conjunction with a family style lunch program. The five areas of focus are: food classification, food origins, effect of diet, dietary concerns and eating behavior. Sample lessons, with hands-on activities and in development of appropriate skills/concepts designated by Piaget's Stages of Cognitive Development. Each lesson plan lists the concept to be taught, behavioral outcome, materials needed, procedure extension activities, and additional resources. Supplemental materials include food and culture activities, an annotated bibliography of books, audiovisuals, curriculum and teacher's guides, organizations providing nutrition publications, recipes and an overview of Piagetian theory. (js)

0151
Project V.I.N.E.: (Volunteers in Nutrition Education).


Abstract: A set of six units, supplementary to the "Working Together for Nutrition Education" curriculum, is to be taught by the teacher with volunteer assistance. Each unit is designed for a specific grade level and includes at least four lesson plans with activities planned to meet stated objectives. Step-by-step directions are given for each activity. Unit topics include: Exploring the Senses, Good Manners in the Lunchroom, Foods in the Early (American) Days, Breakfast, Outdoor Cooking and Bread. A resource guide is included and lists a variety of supplemental materials according to topic areas and an annotated list of films indicating the appropriate grade level, length and content. (js)

0152
Reading, writing & smoked salmon: an Alaskan nutrition curriculum guide.


Abstract: A two volume set grades 1-3 and grades 4-6) of nutrition education curriculum guides provides a general overview of nutrition information (nutrient glossary, special considerations for teaching nutrition in Alaska, Basic Four) for teachers, classroom learning activities, resource lists (organizations, audiovisual and print material available within the state), and an Alaskan Dietetic Association directory. Classroom learning activities are divided into 5 conceptual areas: kinds of foods, food groups and nutrients, nutrition and health, foods people eat and food safety and handling, and are comprised of a set of learning objectives arranged according to increasing levels of specificity. Each learning objective is fulfilled through suggested supporting or reinforcing audiovisuals, print materials and community resources; and content (brief background information for the teacher. (js)

0153
Selected recipe steps and newsletters to accompany Cook and learn / Beverly Veitch (and) Thelma Harms.


Abstract: A children's cooking program is designed to enable teachers to present not only the basics of cooking and nutrition, but also outlines vocabulary, communication techniques, mathematical relationships and scientific principles. The 50 single portion recipes are represented pictorially in easy sequential steps and can be mounted on individual cards. Suggestions for setting up, preparation and supervision ensure the maximization of the learning opportunities. Newsletters can be duplicated and sent home to encourage parent participation and support.

0154
Small, touch, listen, look - kids learn, kids cook : a nutrition education workshop for day care personnel / Judith Herr.


Abstract: A nutrition education inservice training program was designed to help day care workers learn about, adapt, and use nutrition education materials in the classroom; day care workers can foster positive attitudes among young children toward food and nutrition. The workshop provides training in basic nutrition concepts; techniques for integrating nutrition education into the preschool environment; methods of planning participation by children, staff, and parents; and evaluation for resource materials. Concepts suitable for preschool children are outlined. A cook's corner is suggested for the
Snacks for children / compiled by Susan Kotris.
Abstract: A twelve week rotation of nutritious, popular snacks used in the Cleveland State University Child Center was designed to increase the children’s acceptance of a wide variety of foods and to promote good snacking habits. Each weekly list (5 snacks) includes a grocery list, recipes and suggestions for snack preparation and serving. Additional seasonal recipes, activity suggestions and hints for conducting food preparation activities with preschool children are included. (js)

Students, parents, educators, administrators, children, for nutrition: a cooperative adventure in preschool nutrition education.
Minneapolis, Minn. Minneapolis Public Schools 1980. NET funded. 1 v. (loose-leaf): ill. ; 30 cm. Includes bibliographies. (NAL Call No.: TX364.578 F&N B-3397).
Abstract: SPEAC for Nutrition provides a multi-level program to increase the nutritional awareness and knowledge of preschool children through high school/post high school students, and day center cooks; and workshops for parents, preschool and secondary teachers. The curricula are supportive of the USDA/HEW dietary guidelines and the five food group concept. The preschool teaching units are divided into lesson plans providing food, non-food and reinforcement activities encouraging positive eating habits. Nutrition information for parents, suggested at-home activities and additional resources for teachers also are included. The secondary student curriculum gives teenagers a background of nutrition principles to apply when planning activities with young children. Two hour teacher workshop/resource units provide the format for experiential activities utilizing those principles presented to the children. A 20-hour food service workshop explores food attitudes, teaches basic nutrition, menu planning, sanitation and safety and enables the participant to plan food-related activities to use with preschool children. (js)

Sugar apples are apples too / prepared by Ruth Moolenaar, Marva Sprauve Browne and Helen C. Williams.
Abstract: The publication is designed to familiarize second to fourth grade students with fruits indigenous to the Virgin Islands by making them aware of their appearance, local names, and nutritional values. Black and white drawings are accompanied by descriptions of the color, flavor, and texture. One or more activities are suggested and traditional recipes are offered for many of the fruits. Also included are lyrics for 2 songs, a partial listing of seasonal availability of fruits, and sources of practical learning experiences. (js)

Supplementary materials for nutrition in health / developed by Karen Koepper.
Abstract: A workbook provides materials educators need to supplement the curriculum “Nutrition in Health” developed for the Wisconsin Dep. of Public Instruction under the Nutrition Education and Training Program (NET). The packet contains: worksheets, handouts, recipes, and games (designed for specific grade levels 1-6). The sheets can be removed and copied for general distribution. A progression in difficulty and complexity is seen in the materials as the nutrition information message is expanded for each grade level. (kbc)

Take a nutrition break: lessons and activities for every curriculum, elementary / (prepared by) Northern Colorado Educational Board of Cooperative Services, Colorado Department of Education.
Longmont, Colo Northern Colorado Educational Board of Cooperative Services 1980. NET funded. 85 p.: ill. ; 28 cm. Includes bibliographical references. (NAL Call No.: TX364.T33 F&N E-3884).
Abstract: Nine lessons (one for each month, September through May) are designed to teach children to make wise food choices through knowledge of nutrient requirements, sources and functions and how food production and handling affect the final nutrient content. Some topics are seasonally appropriate (i.e., dental health in October; eggs in April); other topics include the basic four food groups, snacks and breakfast. Activities for each lesson fulfill stated behavioral objectives and are divided into grade levels K-2, 3-4 and 5-6. Student handout/worksheet masters and answer keys are included. (js)
Abstract: Activity guides in English and Spanish provide ideas for reinforcement of nutrition knowledge. Identification of attitudes about food and improving eating habits. Lessons plan for pre K-K, Grades 1-3, and 4-6 are based on the guidelines of the Health Instruction Framework for California Public Schools. Topic areas are: food choices, factors influencing choices, food related careers, consumer competencies and food handling. Lessons may be incorporated into math, language, social studies, science, art and reading where appropriate. Each lesson lists a desired proficiency and behavioral objective, content, learning experiences and materials needed. Optional food experiences are provided to reinforce concepts taught. Student activity sheets and recipes are included. (js)

Abstract: Twenty-two task cards, part of the "Vegetables with Good Munch" Project, provide learning activities integrating food and nutrition information into subject matter areas. Arts, crafts, experiments and just plain fun activities, such as vegetable printing; garden planning, sprout culture and foreign food research, for individuals, small groups or classes are included. (js)

Abstract: Basic nutrition concepts are taught through a collection of learning activities which include crossword puzzles and word games. Each activity lists appropriate grade level and concept stressed. (js)

Abstract: Curriculum guides for each grade level (K through 6) provide nutrition-related activities to be conducted through cooperative efforts of the teaching and school foodservice staff. To improve the nutritional status of students the lessons focus on development of decision making skills for informed food choices. Emphasis is placed on the Basic Four food groups, the role of each in specific body functions, and the need for a variety of foods for each food group for optimal health. For each concept within a grade level, at least 2 activities are suggested. Activity guides in English and Spanish provide ideas for reinforcement of nutrition knowledge. Identification of attitudes about food and improving eating habits. Lessons plan for pre K-K, Grades 1-3, and 4-6 are based on the guidelines of the Health Instruction Framework for California Public Schools. Topic areas are: food choices, factors influencing choices, food related careers, consumer competencies and food handling. Lessons may be incorporated into math, language, social studies, science, art and reading where appropriate. Each lesson lists a desired proficiency and behavioral objective, content, learning experiences and materials needed. Optional food experiences are provided to reinforce concepts taught. Student activity sheets and recipes are included. (js)

Abstract: A series of nutrition learning activities has been developed for K-3 and 4-6 grade teachers. Basic nutrition facts support specific activity instructions. Primary grade activities were designed for classroom use; teaching goals encourage positive attitudes toward eating a variety of foods, and toward developing the concept that good food is related to good health. The intermediate grade activities introduce fundamental biological concepts of nutrition, including nutrient composition of food, digestion and energy balance. Recipes have been altered to reduce sugars, saturated fats and sodium in the diet. A resource list provides suggestions on books for students and teachers, and other sources of nutrition education materials. (cj)

Abstract: A resource kit for use by school food service personnel, teachers, and students (grades 4-12) contains 12 portfolios of materials to be used in classroom nutrition study or with PTA and other adult groups. Portfolio topics include: school lunch and its role in nutrition education; Basic Four food groups; food discovery and testing
experiences: introduction to major nutrients, recommended dietary allowances, additives and food labeling; bulletin board and exhibit ideas; and puppetry. School lunch and food attitude surveys are included; student and parent involvement activity ideas are included. Transparencies and handout/activity masters also are provided to enhance classroom activities and presentations. (Js)

0166

Tennessee educates for nutrition now: an instructional plan for preschool / prepared by Frances E. Andrews ... (et al.); under contractual support provided through the Tennessee Department of Education to the University of Tennessee, Knoxville. : Andrews, Frances E. & An instruction plan for preschool. (Nashville, Tenn.) Tennessee Dept. of Education 1982. NET funded. v. 102 leaves. (2) folded leaves of plates : 30 cm. - Bibliography: leaves 84-89. (NAL Call No.: TX364.1545 F&N B-3314).

Abstract: The preschool plan is organized around four goals identified for nutrition education in Tennessee. These goals are to understand: the relationship of nutrition to health, the relationship between individual and environmental characteristics and food related behavior, physical and chemical properties of food and the nature and means of resolution of food and nutrition related concerns. The plan is divided into beginning and advanced developmental level sections. Within each section are specific topics for study and corresponding cognitive, affective and behavioral objectives, generalizations about the information, priority ratings to help determine emphasis each topic should receive, content, vocabulary lists, teacher information, activities, assessment activities, and supplementary resources. A resource guide provides an annotated list of children's books and teacher references, picture and materials sources and an educational materials evaluation instrument. (Js)

0168


Abstract: A framework of goals, objectives and topics for nutrition education in Grades K-12 was developed according to the specific needs of Tennessee children. Objectives for Grades K-6 are organized around the following themes: K-1 exploration to increase acceptance and enjoyment of food; Grades 2-3 differentiation of basic concepts relevant to food and nutrition, and for Grades 4-6 sociocultural aspects of food and nutrition. The instructional guide is divided into sections by grade level. Each grade level section contains goals and objectives, basic subject designations, content and generalizations, vocabulary lists, teacher information, activities, resources and assessment procedures. A glossary and resource guide also are provided. (Js)

0169


Abstract: A brief guide for parents presents advice for developing good attitudes towards a sound diet in their newborn to preschool children. Emphasis is placed on: starting good eating practices early (at infancy): making the learning of good eating habits easy (e.g.: making dining with the family physically comfortable; serving small portions to the child; serving finger foods); making mealtime a pleasant experience; the recognition of problems (e.g.: poor eaters; intermittent favorite food demands; filling up on milk; plate waste); and techniques for easing the concern when introducing new foods. A daily check sheet to ascertain whether a child is eating a balanced diet (relative to recommended daily food guidelines) is appended. (WZ)
0170


Abstract: A curriculum guide for kindergarten through 8th grade provides lesson plans which support performance levels outlined in the Minimum Proficiency Levels for Nutrition Education in California Schools and help students develop knowledge and skills to make wise food choices. Lessons plans, grouped by grade level fulfill the 5 required nutrition topic areas (food choices, factors influencing food choices, food related careers, consumer competencies and food handling) and are designed for maximum integration into curriculum subject areas. Each lesson plan indicates the time required for the activities, provides brief background information and suggests individual and group learning activities which meet the stated behavioral objective. Specific evaluation and enrichment activities are also included. Supplementary sections include nutrition-related reading enrichment activities, methods for integrating a gardening experience into curriculum areas, a parent involvement section providing workshop outlines and activities, and a teacher's resource list. (js)

0171


Abstract: Lesson plans for teachers of 9-12 year olds are designed to provide nutrition education through learning activities. Goals of the education program encourage youngsters to try new foods, particularly those containing calcium, iron and vitamin A and C; to develop a greater understanding of nutritional needs; and to improve ability to make healthy food choices. Six steps to lesson planning are described and reinforced with practical suggestions: they include choosing a goal, selecting teaching tools, picking an attention-getting introduction, adding food and learning activities, and closing with a good wrap-up. Planning and teaching aids, and evaluation materials provide plenty of support for the teacher. Suggestions for activities include puppets, recipes, and nutrition games and puzzles. (cj)

0172


Abstract: A storybook divided into 9 episodes explains how a pair of Minnesota twins learn about nutrients and the value of good eating habits as well as the problems junk food can cause. They use their newly found knowledge to find their way to Nutriland and then home. (js)

0173


Abstract: Lesson plans for children in pre-kindergarten through sixth grade use classroom food experiences to enhance teaching of basic skills of Health, Reading and Language Arts, Mathematics, Science and Social Studies. Plans are grouped according to academic subjects and are divided into grade levels: pre-school through kindergarten; Grades 1-3; and 4-6. Each plan's format includes a behavioral objective, and appropriate activities for classroom use with reference to single-portion picture-word recipes in a supplemental cookbook. These recipes are nutritionally sound and contain limited amounts of salt, sugar and fats. An annotated list of supplemental books and a sample newsletter for parents are provided. (p)

0174


Abstract: This teaching poster focuses on parts of vegetables that are eaten. The various components of a vegetable, i.e., flower, root, stems, fruit and leaves are illustrated. Broccoli flowers are compared to someone wearing a hat. A number of hats are shown and the students are asked to identify occupations associated with a specific type of hat, such as a chef's or police officer's cap. (kbc)

0175


Abstract: A nutrition education source book for teachers and home day care providers provides 5 methods of
exploring vegetables with preschool children. The Read-A-Story section contains discussion ideas and follow-up activities for 7 recommended story books: Grow-A-Plant provides instructions for growing vegetables; Take-A-Trip suggests places to visit that grow, prepare or sell vegetables; Play-A-Game offers simple educational games; and Eat-A-Treat contains easily prepared vegetable recipes. (js)

Vegetables with good munch program. (Durham, N.H. Nutrition at Work, UNH 1981). NET funded. Includes 7 spirit masters, 1 portfolio: 111.; 28 cm. (NAL Call No.: TX392.V39 F8N E-4451). Abstract: As part of a program designed to teach nutrition principles and to increase the use and acceptance of vegetables by students, the teaching materials' packet includes: 5 activity sheets for various grade levels; a song lyric ditto and activity sheet ("Lunq Food Junkia"); a five letter word game as to parents introducing the program, discussing each vegetable topic end providing recipes; a vegetable survey to determine the degree of like or dislike of 21 vegetables; and a list of five suggested books and related follow-up activities. Four teaching stations (one for each vegetable emphasis area) provide additional learning activities which may be used with individuals or small groups and limited teacher assistance. (js)

Welcome to Peabody's nutrition education curriculum. Peabody, Mass. School Dept. 1981. NET funded. 355 leaves in various foliations: 111.; 30 cm. Includes bibliographies. (NAL Call No.: TX364.W432 F8N E-4013). Abstract: This book is part of the "Let's-Read-and-Find-Out" series and is designed for preschool and primary-grade school children. It is an elementary introduction to the meaning of food as a fuel for the body. Through colorful pictures and activities for the children to perform themselves, the book gives a simple and interesting summary of the body's digestive processes. Children reading the book will learn the relationship between what is eaten and normal body functioning and development. (isp)

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Coping with nutrition. (NAL Call No.: TX364.W432 F8N E-4013). Abstract: This book is part of the "Let's-Read-and-Find-Out" series and is designed for preschool and primary-grade school children. It is an elementary introduction to the meaning of food as a fuel for the body. Through colorful pictures and activities for the children to perform themselves, the book gives a simple and interesting summary of the body's digestive processes. Children reading the book will learn the relationship between what is eaten and normal body functioning and development. (isp)

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Abstract: Monthly curriculum overviews for a specific food group suggest trips, activities, and occasionally key points for emphasis or discussion. Examples of teacher-developed activities, evaluations, and field trip evaluations provide ideas for a preschool and early elementary approach to understanding the food chain. (js)

0181
Abstract: Basic information on nutritional needs, dietary goals, food production, and health are explored through 12 activity-oriented duplicating masters aimed at grades one through three. The basic four food groups are milk, meat, fruit and vegetable, and bread and cereal; and everyone should eat from each of the groups everyday. Vitamin A keeps the skin and bones healthy, and vitamin C helps the teeth, gums, bones and muscles to work. Crunchy fruits and vegetables also help the teeth and gums. Fruits and vegetables come from five plant parts—leaves, stalk, fruit, roots and seeds—and tastes should be developed for many different fruits and vegetables. Juice time is a good time to eat these foods, with bananas, carrots, grapes, orange juice and celery being nutritious snacks.

0182
Abstract: A curriculum guide developed to help school teachers, nurses and food service personnel integrates nutrition education into the existing curriculum and food service program. Nutrition education activities are listed according to academic subjects (language arts, mathematics, social studies, health and science, art and physical education) and resources to use and persons to involve in each are suggested. Activities are grouped K-2, Grades 3-4, 5-6, and 7-8. Additional nutrition resources and suggested field trips are listed for each age group. The appendix includes lists of storybooks, student and teacher references, cookbooks, nutrition information, consumer-produced information, activity charts and puzzles.

0183
Abstract: Food definitions, nutrient education, and step-by-step food preparation and cooking instructions are illustrated. To assist young school children with teacher guided food preparation. While the material was planned for classroom use, it is also appropriate for use by parents while guiding youngsters in using and understanding foods. The approach to food preparation and nutrient education allows the teacher to integrate and reinforce mathematics, science, logic, health practices, and vocabulary and motor skills. Simple food preparation procedures illustrate food use from various types of plants (e.g., carrot-raisin salad; cauliflower crunch), and from various specific nutrient-rich food sources (e.g., tuna-egg sandwich (animal protein); banana bread (B vitamins); cantaloupe cocktail (vitamin C); spaghetti sauce (iron)). Descriptions of materials needed, presentation approaches, and methods for preparing supplementary displays are provided for teachers.