

Better Living for Texans

Food Stamp Nutrition Education Program

A joint project of Texas Cooperative Extension,
Texas Department of Human Services, and USDA Food and Nutrition Service



Food, Fun, and Reading

A Pre-Kindergarten through
Grade 2

Nutrition and Literacy
Education Program

What are the goals of the program?

- ☺ To increase the variety of nutritious foods that children select
- ☺ To promote reading and listening skills

What is the Food, Fun, and Reading program?

A five-lesson series of classes that include:

- ☺ Reading a food-related storybook
- ☺ Hands-on nutrition activities
- ☺ Preparing and eating a snack
- ☺ Take-home activity and recipes

Who is the program for?

Food, Fun, and Reading is designed for pre-kindergarten through grade 2 audiences. The program is available to youth organizations, childcare providers, schools, libraries, Head Start, etc.

How long is each session?

Each of the 5 lessons is about 30 minutes.

What size should the group be?

It is best to have 6 to 8 children per adult.

*“ My son suggested new snack
and lunch ideas. He helped me
make them from recipes received
during the nutrition classes.*

-First Grade Parent-

What topics and books are featured?

Lesson 1: Bread Group and Snacks

If You Give A Moose A Muffin

by Laura Joffe Numeroff

Lesson 2: Fruit and Vegetable Groups

Eating the Alphabet:

Fruits and Vegetables from A to Z

by Lois Ehlert

Lesson 3: Milk Group

COW

by Jules Older

Lesson 4: Meat Group

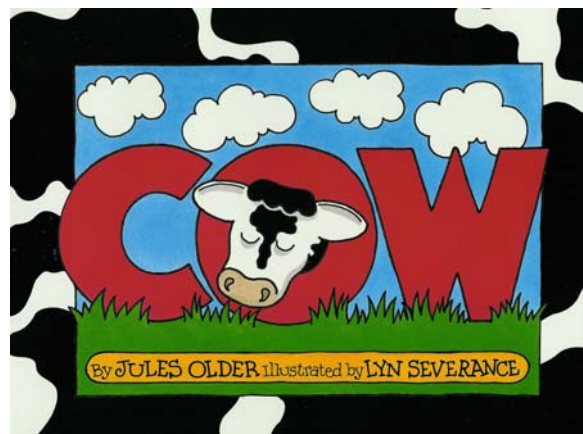
Zak's Lunch

by Margie Palatini

Lesson 5: Breakfast

Bear's Breakfast Treat

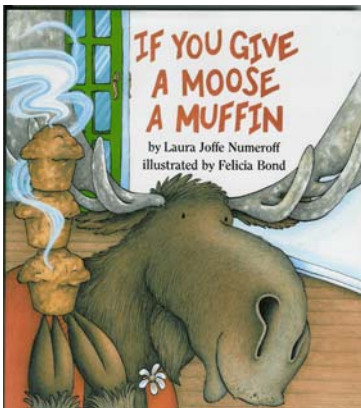
by Kiki Thorpe



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What does each lesson include?

- ☺ Nutrition objectives
- ☺ Background information for the instructor
- ☺ Guidelines for discussion before and after reading the book
- ☺ Nutrition lesson
- ☺ List of supplies needed
- ☺ Supplemental activities
- ☺ Other books children might enjoy
- ☺ Internet sites of Interest
- ☺ Recipes
- ☺ Letter to parents



" My students looked forward to the nutrition lesson each week. Students started to bring in healthy, nutritious snacks and lunches."
-Kindergarten teacher-

If You Give A Moose A Muffin by Laura Joffe Numeroff, illustrated by Felicia bond.
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Better Living for Texans Teaches

- ☺ Comparing Prices
- ☺ Healthy Menu Choices
- ☺ The Food Guide Pyramid
- ☺ Preparing Healthy Meals

GOAL

The goal for the Food Stamp Nutrition Education Program is to provide educational programs that increase, within a limited budget, the likelihood of food stamp recipients making healthy food choices consistent with the most recent dietary advice as reflected in the Dietary Guidelines for Americans and the Food Guide Pyramid

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