

Expanded Food and Nutrition Education Program (EFNEP)

This **free** program is offered as a **series of six lessons** designed to teach **youth** about USDA recommendations using an interactive approach. Each lesson contains research-based information on nutrition, physical activity, food safety. Youth are provided hands-on activities, games, and handouts to share with their families.

Lesson 1: MyPlate

Learn about MyPlate, the importance of fitness, and serving sizes needed for a healthy diet

Lesson 2: Dairy Foods

Learn about making healthy dairy food choices and how they help your body

Lesson 3: Fruits & Veggies

Explore various vegetables and fruits and some of the nutrients they provide

Lesson 4: Grains and Breakfast

Understand the importance of the foods from the grain group, especially whole grains and eating breakfast

Lesson 5: Proteins, Fats, and Sugars

Identify protein foods and their sources, take a sneak peek at fast and the amounts of sugar in sugary drinks

Lesson 6: Food Safety

Understand the importance of safe food handling before and after meal preparation.

Ohio Expanded Food and Nutrition Education Program Aligns with Common Core Standards

The Expanded Food and Nutrition Education Program Youth nutrition education curriculum developed by the Ohio EFNEP aligns with Ohio Common Core Curriculum Standards in the following ways:

3rd Grade

- Speaking and Listening SL.3.6
- Language L.3.4
- Language L.3.4a
- Language RF.3.4c
- Math 3.OAT- Solve problems involving four operations and identify and explain patterns in arithmetic
- Math 3.MD- Represent and interpret data.

4th Grade

- Reading Foundational Skills R.4.4a
- Language L.4.1
- Reading for Information RI 4.2
- Reading for Information RI 4.5
- Math 4.MD- Represent and interpret data.
- Math 4.OAT- Solve problems involving the four operations and identify and explain patterns in arithmetic

5th Grade

- Speaking and Listening SL.5.5
- Reading Foundational Skills RF.5.3
- Reading Foundational Skills RF.5.4
- Reading for Information RI.5.3
- Math 5.MD- Represent and interpret data
- Math 5.OAT-Analyze patterns and relationships

6th Grade

- Speaking and Listening SL.6.4
- Speaking and Listening SL.6.5
- Reading for Information RI.6.7
- Reading for Information RI.6.5
- Writing W.6.9
- Math 6.RPR- Understand ration concepts and use ratio reasoning to solve problems

All Grades

- Speaking and Listening SL.(3 thru 6).1
- Speaking and Listening SL.(3 thru 6).1b
- Speaking and Listening SL.(3 thru 6).1c
- Speaking and Listening SL.(3 thru 6).1d
- Speaking and Listening SL.(3 thru 6).2
- Language L.(3 thru 6).4
- Language L.(3 thru 6).4a

The list provided is not exhaustive.

If you would like a more in depth list or more information regarding how our nutrition education program aligns with Ohio Common Core Standards please feel free to contact your local EFNEP provider:

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