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WHOLE GRAINS

Lesson Plan: Variety
Activities: Wheat is Neat
Recipes: Variety
Story Books: Peanut Butter and Jelly, It’s A Sandwich, Mr. Wolf’s Pancakes, Saturdays and Teacakes, and Strega Nona
Poster: Whole Grains
Other: Samples of Oatmeal, Grits, and Corn Meal, and Rice. A sheaf of Wheat.

YOUR BODY

Lesson Plan: Variety
Activities: Anatomy Apron
Story Books: Finn Cooks, Oh, the Things You can Do that are Good for You!, The Busy Body Book, Eating Right, and What Happens to Your Food

TNCEP is the acronym for Tennessee Nutrition Consumer Education Program. Our program is available at no cost to those schools that have 50% or more free and reduced lunches. TNCEP is designed to promote a healthy lifestyle.

We have a variety of materials available for check out. We deliver the items to your school. The programs may be presented to the class by the teacher. We are also available to present the programs.

All materials and services may be reserved in advance. We reserve on a first come, first serve basis. Call early to reserve the items you need for the school year.

Note: Reservations must be made 3 weeks in advance for any program where food is needed. All food purchases require a written request from our office to the University Tennessee prior to purchase.

To make a request please e-mail:

mcox33@utk.edu

or call 423-279-2723

TNCEP INFO IS ALSO ON OUR WEBSITE

https://utextension.tennessee.edu/sullivan
PROJECT BOXES

The project boxes contain lesson plans, software, visual aids/posters, games, story books, activity books, and learning centers.

Apples
Art
Calcium
Fruits & Vegetables
Green Eggs & Ham
Handwashing
Heart
How does your garden grow?
How to Measure
International Foods
Manners
My Plate
Organ Wise
Popcorn
Pumpkins
The Senses
Whole Grains
Your Body

NOTE: Please contact us with your ideas for other educational boxes that would be useful to your curriculum or items that you would like added to the current boxes.

POPCORN

Lesson Plans: All you ever wanted to know about popcorn from the Popcorn Board Education Exchange.

Story Books: If You Take a Mouse to the Movies, Popcorn Book, Popcorn Dragon, Popcorn Muffins with audio CD, and Popcorn Shop.


Centers: Popcorn Scramble

Other: Poster From Seed to Snack and sample of popcorn kernels.

PUMPKINS

Lesson Plans: Variety

Activities: Variety

Recipes: Variety

Story Books: Pumpkin Pumpkin, and Pumpkin Soup

Other: small pumpkins for display

THE SENSES

Lesson Plans: Variety

Activities: Variety

Story Book: Look, Listen, Taste, Touch, and Smell

Centers: Sweet or Sour, Citrus Smiles, and The Five Senses

Poster: Little Bear Uses His Five Senses
ORGAN WISE GUYS

Lesson Plans:

General Body
How to be Smart From The Inside Out - Story book and activity book.
School Days - Here We Come!

Heart
Taking a Healthy Break
All Hearts Need Love

Brain
I think I Forgot Something

Kidneys
DVD - The Kidney Brothers H2Ohhh!

Bone/Calcium
A Teeth Changing Experience
My Favorite Drink in the World
Bone Bank Savings!
DVD - Calci’s Big Race

Fruits/Vegetables
Five A Day Reporter

Lungs
Clean Air March!
A Healthy Victory!
A No Smoking Policy!

Centers: Anatomy Apron

Other: Plush toys of Sir Rebrum, Calci M. Bone, Windy, and Hardy Heart. “Eat 5 to 9 a Day” soft fruits and vegetables.

DISPLAYS

We have displays that would be appropriate for school functions, such as a Health Fair, Open House, PTA, or Fall Festival. We can present displays, presentations, interactive activities, and have educational handouts and food tasting when appropriate. Some examples of the displays are: Eat Your Colors, My Pyramid, Portion Control, What’s in Your Drink?, Fight Bac, and the Effects of Obesity.

DEMONSTRATION MATERIALS

Food Models - of everyday foods for a variety of ages

Fat Vest – simulate weight gain

Fat & Muscle Replicas - in 1 and 5 pound weights

Portion size kits - relates size to every day food items

Fat, Salt, and Sugar tubes - relates amount to everyday foods we eat

Posters - Choose My Plate, Read Labels, The Healthy Plate, Get More Fruits & Vegetables, and Calcium

GAMES

Food & Nutrition - Basic Classification Cards

Nutrition Bingo

Food Group Roundup

Fun with Food Groups
EDUCATIONAL PROJECT BOXES

APPLES

Lesson Plans: Apple Adventures
Activities: Primary Theme Series
Recipes: Apple snacks and Ciders.
Story Books: Apples to Oregon, How to Make an Apple Pie, I am an Apple, and Johnny Appleseed.
Posters: Apples and Varieties of Apples.
Centers: Let’s Make Apple Pie, Bite to the Core, From tree to market, Biggest apple in the bunch, Will I grow on a tree?

ART

Lesson Plans: A line is a dot that went for a walk and make an edible color wheel.
Activities: Variety
Recipe books: Book Cooks with simple recipes and activities and Cooking Art easy edible art for children
Story book: How are you peeling?
Poster: Eat Your Colors

MY PLATE

Lesson Plans:

Recipes: Variety
Story Books: All Our Fruits and Vegetables, Eating the Alphabet, Eat Your Colors, Gregory the Terrible Eater, and Why Should I Eat Well?
Games: Fruits & Vegetables Half and Half Match-Mate, and Put’N’Take
Other: CD Roms- Good Food & Play Make a Balanced Day for ages 7 to 12 and another for juniors.
INTERNATIONAL FOODS
Lesson Plans: Learning ZoneXpress International Foods, Kids Cooking Activities Cooking Around the World Studies, 4-H Member Guide International Food Customs
Story Books: Everybody Cooks Rice, Hola! Jalapeno, and Let’s Eat!
Center: International Food Match
Cookbooks: Kids Around the World Cook!, The Young Chef’s Mexican Cookbook, International Cookbook for Kids, The People of Mexico and Their Foods, and Delicious Heart-Healthy Latino Recipes
Other: Iowa State University Guide to Common Cultural Foods, Cultural Foods Photos with Nutritional Info, and Food Preparation Sequencing cards

MANNERS
Lesson Plans: Table Manners and Table Settings
Centers: Place Mats, cup, bowl, plate, utensils to practice setting the table, What Do I Use to Eat, Tabletime Fun - Placemats and Game Cards
Display: Best Foot Forward– Manners Do Matter

CALCIUM
Lesson Plans: Variety from different sources.
Activities: Puzzles, coloring pages, ect.
Recipes: Variety
Story Books: How Many Teeth?, Oliver’s, and Milk Shake
Centers: Calci’s Bone Bank Game and What is Good for My Teeth.
Other: brochures, stickers, UT handouts, Calcium Teaching Kit—visual aid to show our calcium bank, and many other items.

FRUITS AND VEGETABLES
Lesson Plans: Let’s Eat
Activities: Growing Fruits & Vegetables, Puzzle Power, and Treasure Hunt with the Munch Bunch
Story Books: Blue Potatoes, Orange Tomatoes, Carrot Seed, Eating the Alphabet, Food by Cookie Monster, Fruits and Vegetables, Fruit Salad, Gabe’s Grocery List, Let’s All Eat Vegetables, Mr. Putter & Tabby Pick the Pears, Tumbleweed Stew, Stone Soup, Visit to the Farmers’ Market, Vegetable Garden, Vegetables We Eat, Vegetable Alphabet Book, and Yummers.
Games: Munch Crunch Board Game and Fruit & Vegetable Bingo
Centers: Please Sort Me, Which Picture is Different, and What Color am I?
GREEN EGGS & HAM
Lesson Plans: from The Eggstraordinary Egg and The Incredible Edible Egg
Activities: same as above.
Recipes: same as above
Story Books: Dr. Seuss Green Eggs & Ham
Learning Centers: Where Do I Come From, Pig Parts, and Egg Shake.
Other: We can provide the food and utensils to prepare Green Eggs & Ham.

HANDWASHING
Lesson Plan: The Bac Attack
Activities: Henry the Hand’s Songs with puppet
Story Books: Germs Are Not For Sharing, Germs Make Me Sick, and Germs.
Centers: When Should I Wash My Hands
Posters: HandWashing Rap, and Henry the Hand(2)
Other: Glow lights, lotion, nail brushes, bookmarks, and stickers.

HEART
Lesson Plans: Your Beating Heart
Activities: 8 Stethoscopes for listening to heart, puzzles, coloring sheets
Centers: Less Fat Snacks, High Fat Snacks, and What is Good for the Heart.
Other: small and large Heart Models and the poster A Dozen Heart-Healthy Habits

HOW DOES YOUR GARDEN GROW?
Lesson Plans: Life on the Farm, Food Fiesta, Agriculture & the Environment
Story Books: Bean, Farming, Flower Garden, Growing Vegetable Soup, Harvest Days, Seed Song, and Vegetables and How They Grow
Centers: Will I Grow on a Tree?, What’s Inside, From Farmer to Me, Plant Parts We Eat, Plant Parts, Where Does it Grow?, Amazing Seeds, Up or Down, Grow Above or Below, Cucumber Sequence, and Which Food Does Not Belong.
Posters: Carrots, Corn, Peas, Strawberries, Tomato

HOW TO MEASURE
Lesson Plans: Variety
Activities: Variety
Recipes: Crunchy Peanut Butter Balls
Story Books: Inch by Inch and Millions to Measure
Games: Measure Match Game, Auntie Pasta’s Fraction Game, and Pizza Party Fraction Game
Centers: Dried beans, rice, salt, measuring cups and spoons to practice measuring.
Other: Gallon Gal