

4-H Family Nutrition Program Lesson Log Grades 1-12

Program Assistant _____ Unit _____ Date Enrolled _____

Group Name _____ Group Leader(s) _____ Number of Youth in Group _____

Lesson Source: OWG = OrganWise[®] Guys (For use with grades 1 and 2), TC = Teen Cuisine (For use with grades 8 through 12), HWHK = Healthy Weights for Healthy Kids (For use with grades 3 through 7).

| Lesson Title | Lesson Source | Date Taught | Lesson Length | Lesson Leader | No. of Children | Support Materials/Comment |
|---|---------------|-------------|---------------|---------------|-----------------|---------------------------|
| OrganWise[®] Guys (Grade 1) | | | | | | |
| School Days Here We Come! | OWG | | | | | |
| I Think I Forgot Something! | OWG | | | | | |
| All Hearts Need Love | OWG | | | | | |
| Taking a Healthy Break! | OWG | | | | | |
| My Favorite Drink in the World | OWG | | | | | |
| A Teeth Changing Experience | OWG | | | | | |
| "Bone Bank" Savings! | OWG | | | | | |
| An Active Bone Life | OWG | | | | | |
| Five a Day Reporter | OWG | | | | | |
| OrganWise[®] Guys (Grade 2) | | | | | | |
| Are You Germ-Wise? | OWG | | | | | |
| Food Safety 101 | OWG | | | | | |
| Making OrganWise Choices! | OWG | | | | | |
| Concentrating on Fruits and Veggies | OWG | | | | | |
| Poetry in Motion | OWG | | | | | |
| A Family Meal Plan | OWG | | | | | |
| An Active Role Model | OWG | | | | | |
| MyPyramid Activities | OWG | | | | | |
| Ideas for a Healthier World | OWG | | | | | |
| MyPyramid Project | OWG | | | | | |
| A High-Fiber Movement | OWG | | | | | |
| Water Lessons from a Kid | OWG | | | | | |

This publication was partially funded by USDA's Supplemental Nutrition Assistance Program (SNAP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact your local county or city Department of Social Services (phone listed under city/county government). For help finding a local number, call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services.

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|--|---------------|-------------|---------------|---------------|-----------------|---------------------------|
| Healthy Weights for Healthy Kids (Grades 3 through 7) | | | | | | |
| SMART FOODS | | | | | | |
| Constructing MyPyramid | HWHK | | | | | |
| Nutrition Navigation | HWHK | | | | | |
| Color Your Way | HWHK | | | | | |
| Pyramid Practice | HWHK | | | | | |
| SMART CHOICES | | | | | | |
| MyPyramid Practice | HWHK | | | | | |
| Planning a Healthy Plate | HWHK | | | | | |
| Sense of Time | HWHK | | | | | |
| Tongue-tastic | HWHK | | | | | |
| SMART ACTIVITIES | | | | | | |
| Activity Charades | HWHK | | | | | |
| Silly Songs | HWHK | | | | | |
| Activitudes | HWHK | | | | | |
| Calorie Countdown | HWHK | | | | | |
| Labor-saving Devices | HWHK | | | | | |
| SMART DRINKS | | | | | | |
| Be a Drink Detective | HWHK | | | | | |
| Mix It Up | HWHK | | | | | |
| Filter-buster | HWHK | | | | | |
| SMART SNACKS | | | | | | |
| Label Literacy | HWHK | | | | | |
| Sandwich Something | HWHK | | | | | |
| Grazing on Grains | HWHK | | | | | |
| Commercializing Ourselves | HWHK | | | | | |
| SMART IMAGE (NOTE: This can only be used in EFNEP) | | | | | | |
| What's "Normal" Supposed | HWHK | | | | | |
| Body Positive | HWHK | | | | | |
| You Can't Judge a Book | HWHK | | | | | |
| What's Important Is Inside | HWHK | | | | | |
| Teen Cuisine (Grades 8 through 12) | | | | | | |
| MyPyramid: Eat Smart | TC | | | | | |
| Getting Ready to Cook: Kitchen Safety | TC | | | | | |
| The Importance of Breakfast | TC | | | | | |
| Foods and Fats | TC | | | | | |
| Sugar and Portion Distortion | TC | | | | | |
| Salt and Microwaves | TC | | | | | |