

**Teaching Record**

**OSU Extension Staff:**

**Revised 9/07/09**

**Nutrition Education Programs**

**School, Teacher, Grade** \_\_\_\_\_

- OFNP     EFNEP  
 Single Class Events     Series     Public Event – Food or Activity Demonstrations

- Audience**     Adult     Youth     Both (Family Learning)  
 Regular Participant(s)     Volunteer(s) in Training     Other Agency Workers or Volunteers in Training

Other Staff/Volunteers assisting - name(s)		Number of Hours contributed	
<b>Subject/Topic/Lesson Description</b> <b>Enjoying our Healthy Harvest – 4<sup>th</sup> Grade</b> Every lesson: Wash hands Request teacher evaluations after the last lesson: Leave a teacher evaluation of the lessons with each teacher with a stamped addressed envelope to the program manager. When choosing foods for the lessons, choose a balance of fruits and veggies. <b>Date:</b> Always include a dark green and/or orange veggie.		<b>2010 Key Messages</b>	<b># Lesson minutes</b>
	<i>High Speed Hand Washing</i> <b>Nutrition Message:</b> “Wash your Hands before you Handle Food” <b>Pre-Survey:</b> Administer while students are taking turns with hand washing <b>Parent Handout:</b> We Wish You Well (Eng/Span)	11	60
	<b>Teacher Delivery:</b> Practice	11	
	Shopping for <b>Apples</b> , cleaning and prep <b>Nutrition Message:</b> “Apples are Appealing” Eat a variety of Fruits and Veggies every day. Apples are a good source of fiber. <b>Academic Activity during Hand Washing:</b> Team Up at Home, pg 21 <b>Food Safety Message:</b> Knife Safety <b>Food Sample:</b> Apple Festival (4 varieties of apples to slice & taste) <b>Nutrition Reinforcement:</b> FVMM Produce Wheel <b>Parent Handout:</b> Drawing Contest recipe card (may be combined in a booklet)	1, 6, 8, 11	60
	<b>Teacher Delivery:</b> Catch a Rainbow Every Day mini poster; Ag in the Classroom (AITC)-Dissect a seed	1, 6, 8, 11	
	Shopping for <b>Carrots</b> , cleaning and prep <b>Nutrition Message:</b> “Carrots are Colorful” Eat a variety of Fruits and Veggies every day. Carrots are a good source of Vitamin A, C and fiber. <b>Academic Activity during Hand Washing:</b> Let’s Have Fun with Fruits & Veggies Activity Booklet 2 (age 7-11) – pg 4-5: “Fruit and Veggie Quiz” <b>Food Safety Message:</b> Grater safety <b>Food Sample:</b> Carrot Jicama Salad, Easy Carrot Salad or Beaver Salad (healthyrecipes.oregonstate.edu) <b>Parent Handout:</b> Drawing Contest recipe card, Oregon’s Healthy Harvest (OHH) cards	1, 6, 8, 11	60
	<b>Teacher Delivery:</b> <a href="http://www.bolthouse.com/html/fun_carrotsn.html">http://www.bolthouse.com/html/fun_carrotsn.html</a> (2 worksheets) AITC: The ABC’s of Oregon Agriculture	1, 6, 8, 11	

	<p>Shopping for <b>Blueberries</b>, cleaning and prep</p> <p><b>Nutrition Message:</b> “Blueberries are Blue-tiful” Eat a variety of Fruits and Veggies every day. Blueberries are a good source of Vitamin C, (and antioxidants).</p> <p><b>Academic Activity during Hand Washing:</b> FVMM Mystery Color Clue Activity Book, Blue/Purple page</p> <p><b>Food Sample:</b> Berry Blue Peachy Sundae (1/2 yogurt, sliced canned peaches, frozen or fresh blueberries) 5 oz tumbler, spoon per student</p> <p><b>Parent Handout:</b> Drawing Contest recipe card (Hand out booklets, if bound)</p>	1, 6, 8, 11	60
	<p><b>Teacher Delivery:</b> PBH-Kid’s Coloring and Activity Book, pg 2, “Fruit Scramble,” AITC: Oregon Ag: Facts &amp; Figures</p>	1, 6, 8, 11	
	<p>Shopping for <b>Broccoli</b>, cleaning and prep</p> <p><b>Nutrition Message:</b> “Dark Green Nutrient-Rich Machine” Eat a variety of Fruits and Veggies every day. Broccoli is a good source of Vitamin C (and antioxidants)</p> <p><b>Academic Activity during Hand Washing:</b> FVMM Activity Book 2 (age 7-11), pg 7, Plant Part Puzzle</p> <p><b>Food Sample:</b> Raw and/or Steamed Broccoli with low-fat salad dressing dip or Pico de Gallo seasoning &amp; lime juice or Italian Pasta Salad (Oregon’s Healthy Harvest – Broccoli card)</p> <p><b>Parent Handout:</b> OHH cards</p>	1, 6, 8, 11	60
	<p><b>Teacher Delivery:</b> PBH-Kid’s Coloring and Activity Book, pg 10, “Crossword Puzzle,” AITC: Grown in Oregon</p>	1, 6, 8, 11	
	<p>Shopping for <b>Pears</b>, cleaning and prep</p> <p><b>Nutrition Message:</b> “Pare a Pair of Pears” Eat a variety of Fruits and Veggies every day. Oregon State Fruit Pears are a good source of Vitamin C and fiber.</p> <p><b>Academic Activity during Hand Washing:</b> Power up with Pears, pg 4 “Tag”</p> <p><b>Nutrition Reinforcement:</b> Pear slicer/packer</p> <p><b>Food Safety Message:</b> Pear Slicers</p> <p><b>Food Sample:</b> Pear Party (4 varieties of pears to slice &amp; taste)</p> <p><b>Post-Survey:</b> Administer at end of lesson. Make arrangements with teacher for a slightly longer lesson.</p> <p><b>Parent Handout:</b> Drawing Contest recipe cards (balance)</p>	1, 6, 8, 11	60
	<p><b>Teacher Delivery:</b> PBH-Kid’s Coloring and Activity Book, pg 4, “Fruit/Veggie Mysteries,” AITC: Oregon Facts &amp; Symbols</p>	1, 6, 8, 11	