

**Families Eating Smart and Moving More** challenges participants to make positive changes to achieve good nutrition, increase physical activity, practice food resource management skills, and practice proper food safety techniques. The curriculum uses video, dialogue, hands-on and experiential learning to engage participants.

**EACH LESSON INCLUDES** a PowerPoint presentation with speaker notes, lesson plan and participant handout. The PowerPoint presentations, videos, and participant handouts are produced in both English and Spanish. In addition, the speaker notes include prompts for engaging partners in environmental changes, media moments to support positive health changes in participants, and optional formats for lesson delivery.

**YOUR PURCHASE INCLUDES** the full set of curriculum files, a video overview of how to utilize the curriculum, a teaching kit of supplemental games and activities, templates for program recruitment and promotion, and access to pre-recorded online lessons from the curriculum.



### Introduction

### Eating Smart at Home

- Choosing More Fruits and Vegetables
- Fix it Safe
- Plan: Know What's for Dinner
- Shop: Get the Best for Less
- Shop for Value, Check the Facts

- Fix it Fast, Eat at Home
- Smart-size Your Portions

### Eating Smart throughout the Lifecycle

- MyPlate
- Pregnancy
- Breastfeeding
- Infants
- Children

### Eating Smart on the Run

- Making Smart Breakfast Choices
- Making Smart Lunch Choices
- Making Smart Choices When Eating Out
- Making Smart Choices When Eating Fast Food
- Making Smart Drink Choices

### Moving More, Every Day, Everywhere, Watching Less

- Choosing to Move More Throughout the Day
- Choose, Plan, and Do for a Healthier You
- Choosing a Healthier You for Life

Please send me **Families Eating Smart and Moving More** curriculum flash drive. (Flash drive and its contents may be duplicated.)

**First-Time Purchase: Complete this information.**  
Total Cost: **\$750**

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