



EFNEP's 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 and participants handouts are also available in Spanish. Following is a list of the 22 lessons in the curriculum:

Introduction to the Expanded Food and Nutrition Education Program:

Introduction to EFNEP

Moving More, Everyday, Everywhere:

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

Eating Smart at Home:

Plan: Know What's for Dinner
Shop: Get the Best for Less
Fix it Fast, Eat at Home
Shop for Value, Check the Facts
Fix it Safe
Choosing More Fruits and Vegetables
Smart-size Your Portions and Right-size You

Eating Smart on the Run:

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

Eating Smart Throughout the Lifecycle:

Pregnancy
Breastfeeding
Infants
Children
MyPyramid: Steps to a Healthier You

Moving More, Watching Less:

Limit TV

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NC State University

Mail order form and payment to:
Box 7605, NCSU,
NC Cooperative
Extension Service,
Raleigh, NC 27695
ATTN: EFNEP

If you have questions please
email: efnep@ncsu.edu

Unfortunately, we do not accept
credit cards.

Please allow 2-4 weeks for
delivery.

Please Send me *EFNEP's Families Eating Smart and Moving More*
Curriculum CD for \$500. (CD and CD contents may be duplicated)

Name _____

Email _____

Organization _____

Address _____

City _____ State _____ Zip _____

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