

Dear Nutrition Nuggets instructor,

Thank you for participating in Nutrition Nuggets! Within this binder you will find mini nutrition lessons. Each lesson is written in script format and includes a fun food activity.

Nutrition Nuggets is designed to be easily implemented at afterschool programs. The lessons are formatted to appeal to a variety of audiences.

There are 12 lessons. Each lesson contains two activities. Activity "A" introduces the lesson's theme and Activity "B" reviews the messages discussed in Activity "A". There are a total of 23 activities, two for each lesson except the final lesson.

I have included some teaching tips to help you successfully implement Nutrition Nuggets:

- Teach the lessons in the order that they are organized.
- If you cannot include all of the lessons, the "A" activities should be taught and the "B" activities should be eliminated. For example, if you only have six months, instruct twice a month using the 12 "A" activities.
- To encourage participation in the lessons or games, explain to the group that those who get involved will be rewarded (winners/participants get to assist the instructor and/or line up first for food).
- Identify participants with food allergies. Keep a record of these children.
- Develop and discuss taste testing rules with the participants. Review these rules often. Here are a few examples:
 1. Everyone must taste all of the recipes even if he/she has had them before.
 2. No one is allowed to make noises like "ewww" or "yuck".
 3. If you do not like the food item, quietly place it in the trash.
- Determine your level of comfort with the children using knives. If you feel that it is a safety issue, precut the food prior to the lesson. Store it in plastic ware.
- Some recipes use peanut butter. Cream cheese is often used as an alternative for allergies. Please note that while peanut butter contains fat it also provides protein and other nutrients. Consider discussing this with food labels. You may also cut recipes in half for tasting portions.
- When distributing ingredients such as peanut butter, jelly, hummus, etc. scoop each individual serving with a plastic spoon. Give a filled spoon to each participant. This allows for quick distribution and the participants can use the back of the spoon to spread the ingredient.
- When instructing Nutrition Nuggets to groups larger than 15 participants, set the food demonstration up like an assembly line.
 1. Transfer all ingredients into containers and provide serving spoons or measuring cups.
 2. Ask the participants to line up single file.
 3. Tell the participants to travel to each ingredient station and to retrieve their own portion.
 4. It is also helpful to put up signs indicating the amounts of each ingredient.
- Teach the "Healthy Parties" lesson at the conclusion of the Nutrition Nuggets program.

I hope you enjoy teaching Nutrition Nuggets!

Thank you,

Stephanie Hess

If you have any questions, please contact: