

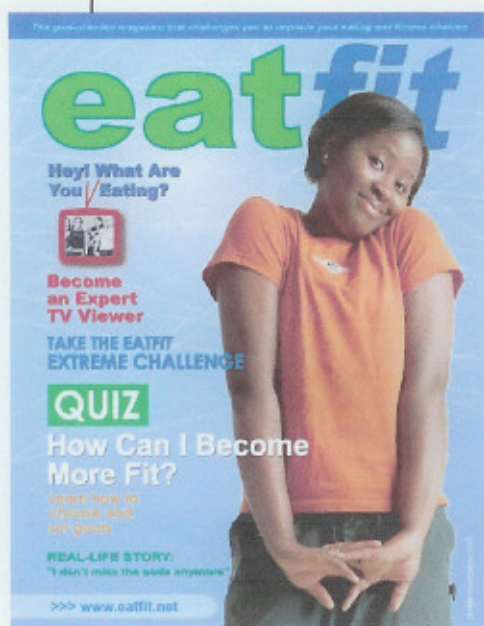


UNIVERSITY of CALIFORNIA
Agriculture &
Natural Resources

Cooperative Extension — Riverside County

FOOD
FITNESS

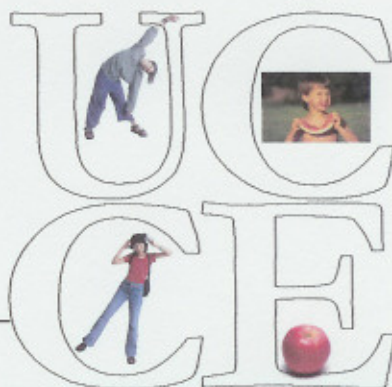
EatFit is an
award winning
curriculum for
middle school
youth.



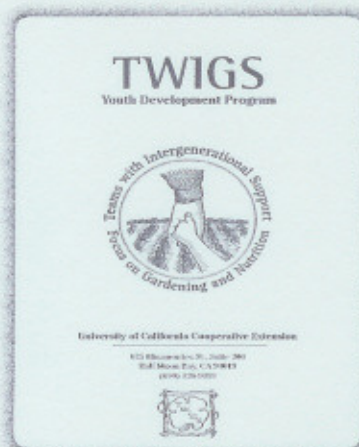
EatFit is designed as a 9-lesson curriculum that encourages school-aged children to make more healthful eating and fitness choices. The lessons emphasize goal setting and include nutrition basics, web-based diet and fitness analysis, energy and calorie counting, label reading, exercise how's and why's, fast food facts, how breakfast can make you feel better and how media may influence choice.

Youth Nutrition Education Program

Available at no cost to schools with 50% or more students receiving free/reduced price meals.



TWIGS curriculum is designed for elementary school students. It emphasizes the connection between gardening and nutrition.



Involving children in the development, planting, care of, harvesting and consumption of a vegetable garden has great potential for positively impacting children's attitudes, preferences for, and consumption of vegetables.

Food Stamp Nutrition Education Program (FSNEP)

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