

Tools for Building a Healthy Future

Fruits & Vegetables

Milk & Meats

Grains

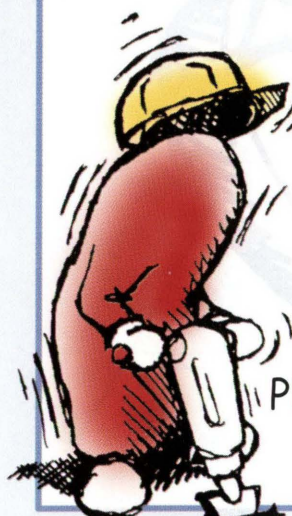
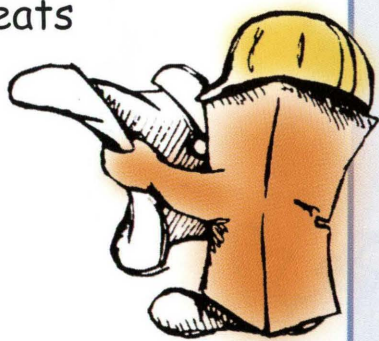
Fiber

Safe Food Handling

Breakfast

Smart Snack Choices

Physical Activity



4-H EFNEP (Expanded Food and Nutrition Education Program) and SCNEP (Smart Choices Nutrition Education Program)

Youth ages pre-school to age 19

Contact the 4-H EFNEP/SCNEP Program Assistant at the Virginia Cooperative Extension office in the following locations:

- | | |
|--------------|----------------|
| Albemarle | King and Queen |
| Appomattox | King William |
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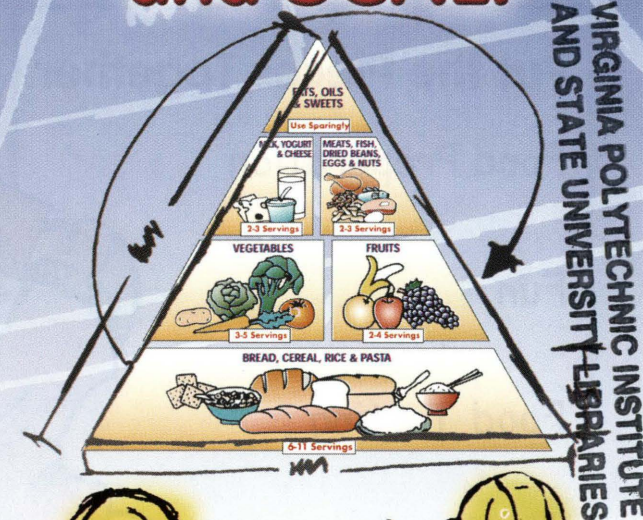
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Build a Healthy Future in 4-H EFNEP and SCNEP



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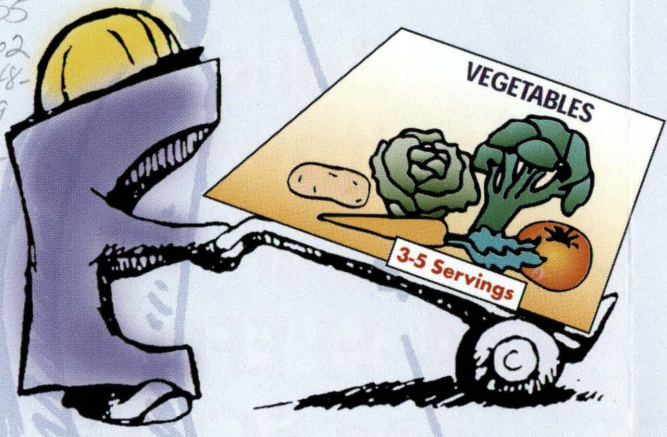
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4-H EFNEP/SCNEP Lessons

- Lesson 1 - the food guide pyramid
- Lesson 2 - variety of foods
- Lesson 3 - breakfast
- Lesson 4 - grains
- Lesson 5 - vegetables
- Lesson 6 - fruits
- Lesson 7 - milk and meat
- Lesson 8 - the other group
- Lesson 9 - fiber
- Lesson 10 - label reading and advertising
- Lesson 11 - snacks and eating out
- Lesson 12 - food preparation and safety
- Lesson 13 - fitness, physical activity and appearance

Food Guide Pyramid A Guide to Daily Food Choices

Put the Pieces Together

Food Preparation

Fun

Food Tasting

Games

Lessons

Puppets

Videos

