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Home

About Us

Contact Us

Adult Curriculum

Children Curriculum

Employee List

Related Links

Our Children's Nutrition Curriculum

Recipe for Success teaches classes for children at Elementary Schools and Parks and Recreation Facilities in Guilford County. Jodi Bennett-Bradshaw is the Children's Curriculum Coordinator and Health Researcher for these classes, and lends her energy and enthusiasm to many lessons that we teach.



In this Photograph: Jodi Bennett-Bradshaw, Children's Curriculum Coordinator, teaches a lesson about healthy, balanced portions to students at a Title I Elementary School.

One of the most popular curriculums that Recipe for Success teaches in our Public School outreach effort is the OrganWise Guys™ curriculum. This curriculum includes books and videos which feature our bodies' organs as characters who teach about healthy eating and exercise habits. The OrganWise Guys give the children we teach a better understanding of the MyPyramid™ food groups, the importance of eating a heart-healthy, balanced diet, and the value in caring for the organs in our bodies, including Hardy Heart, the Kidney Brothers, and Madame Muscle!

Recipe for Success also teaches nutrition education at Parks and Recreation Facilities in Guilford County. Our Nutrition Educators instruct students about the MyPyramid™ food groups and the value of exercise and healthy eating. We use a variety of USDA approved elementary aged curriculum. Our curriculum includes: MyPyramid for Kids™, the Good for You Curriculum™, Rainbow on My Plate™, Start Smart Eating and Reading™, and Eat Smart. Play Hard.™ To be sure that all of our child participants are engaged in the learning experience, our Nutrition Educators supplement lessons with exciting activities, including:

- Coloring and craft opportunities
- Nutrition games
- Incentives that support the continued nutrition education of the students, such as pedometers which count the steps they take as they exercise.

Additionally, Recipe for Success also works with Greensboro Storybook Theatre to bring musical theatre performances to Guilford County's elementary schools. Each of these plays are performed live and feature lessons about different nutrition concepts such as how to avoid portion distortion and choose healthy snacks.



*This image: School children enjoying a healthy snack!
([Arcola Elementary School Maryland, photograph]
Retrieved April 14, 2011, from:
<http://www.fns.usda.gov/cnd/FFVP/photos/arcola/5.htm>)*



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