

F.U.N.

Focus on Understanding Nutrition



Here's what teachers, parents, and students in Frederick County have said about the **F.U.N.** program:

"As the students' classroom teacher, I am consistently observing that students make wise nutrition choices and use new skills learned from this valuable program."
-Teacher

"My child is making better food choices, choosing more fruits and vegetables."
-Parent

"I wish we had nutrition class everyday!"
-Student

Collaborative Teaching

F.U.N. is a curriculum provided by Maryland Food Stamp Nutrition Education (FSNE), a nutrition program for food stamp recipients and those eligible for food stamps. FSNE educators collaborate with local schools to offer nutrition activities in the classroom.

The **F.U.N.** curriculum is designed to meet the learning needs of 4th grade students. It emphasizes the fun students will have learning about healthy eating, and the fun teachers will have reinforcing the nutrition concepts in other subjects and in classroom policies related to food.

Rather than presenting nutrition as a stand-alone topic, **F.U.N.** integrates the concept of healthy eating into the school curriculum. It presents nutrition information and activities within the context of language arts, science, math, and social studies, and incorporates concepts from the MSA tests and the voluntary state curriculum. Through hands-on food activities, students develop real-life skills including recipe reading, food preparation, and the experience of tasting new foods.

F.U.N. is available to schools having 50% eligibility for free and reduced school lunch. Contact your local Cooperative Extension office for more information on how this innovative curriculum can help your students develop new knowledge and skills in choosing healthy foods.



EQUAL ACCESS PROGRAMS

Funding for the Food Stamp Nutrition Education program provided by USDA in cooperation with the Maryland Department of Human Resources and the University of Maryland.