Klamath County Youth Nutrition Education Program (K-6th Grades)

For Schools with 50% or more of students receiving free/reduced-price lunch

Why Nutrition Education?

- Many children are flunking eating. Only 2% meet the recommendations of the Food Guide Pyramid, 16% do not meet any.
- Youth drink more soda than milk.
- Students with poor nutrition are more likely to be absent or tardy.
- Poor nutrition decreases school performance in language, concentration & attention.
- 1 in 3 children born in 2000 will develop diabetes.
- The percentage of youth who are overweight has doubled in the past 20 years.

What Will You Learn?

Our goal is to teach youth in a fun but meaningful way. We often use group and demonstrative activities. We provide all materials used in the classroom.

1. KEEP FOOD SAFE. Youth will demonstrate what they can do to kill germs and keep food safe to eat.
2. EAT FOR VARIETY. Youth will understand how to use the Food Guide Pyramid for choosing a balanced diet.
3. CHOOSHEALTHY FOODS. Youth will learn how choices can affect their health. They will practice using food labels, portion sizes & tasting new foods.
4. MOVE MORE, SIT LESS. Youth will recognize the value of activities that move their body.

How Many Sessions?
We deliver our program in your classroom, once a week for 4 weeks. Each session is approximately 45 minutes long.

Who Teaches the Classes?
O.S.U. Extension educators who have been trained in nutrition education for youth.

What is required of Teachers?
We encourage teachers to participate in the activities and to provide direction on classroom rules. Teachers are required to keep attendance on forms provided. We also suggest teachers link nutrition education to other classroom activities such as homework, science, reading, writing, etc.

To Sign Up: Contact Patty Case, R.D., patty.case@oregonstate.edu or Barb Templeton barb.templeton@oregonstate.edu or by calling 541-883-7131.