

# Exploring MyPyramid

with Professor Popcorn

(CD-CFS-6)

## Nutrition and food safety information for young people in grades 1–6

This Purdue Extension curriculum has been updated to coincide with MyPyramid and the 2005 Dietary Guidelines for Americans. It provides nutrition and health information, and an opportunity to practice new skills, so that young people will understand that good health is, in part, about the food and physical activity choices that they make daily.

*The curriculum focus is fourfold:*

1. Choose and use foods for good health consistent with MyPyramid.
2. Choose and use foods for good health consistent with the 2005 Dietary Guidelines for Americans.
3. Improve food safety and preparation practices by following the Fight BAC! Rules.
4. Enjoy being physically active.

*The curriculum provides:*

- Five lessons for each grade from 1 to 6. Each of the 30 lessons includes a lesson plan, visuals, handouts, recipes, parent letters, and evaluation forms.
- Full-color, custom illustrations in abundance to enhance the learning process.
- All materials in Adobe Portable Document Format files on a CD to allow for flexibility among lessons.



## Ordering Information

**Price is \$50, plus shipping. Order item CD-CFS-6.  
Orders of 10 or more qualify for a 50% discount.**

Order **online** at: <https://secure.agriculture.purdue.edu/store/>

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For more information about the curriculum, go to

[www.ces.purdue.edu/cfs/topics/EFNEP/professorpopcorn/index.shtml](http://www.ces.purdue.edu/cfs/topics/EFNEP/professorpopcorn/index.shtml)