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12/07

No Bones About It

This unit is six lessons designed to inspire early teens to become lifelong consumers of calcium-rich foods. Experts at eight universities created the lessons, which meet national academic standards for science and health. The package contains a 60-page facilitator's guide, master copies of 24 handouts, one DVD and six CDs. Each lesson has five parts:



- The motivational story on a DVD, which follows three kids as they learn about bone health because their much-loved caregiver has broken her hip because of osteoporosis.
- Information-giving and processing interactions that bring the students into the story.
- Reinforcing games on CDs that teach important dietary information, build skills, and refine decision-making abilities.
- The “cliffhanger,” a short DVD clip heightening their interest for the next session.
- The reflective record, which causes the students to summarize their thoughts in a form that can be kept in a portfolio.

Item CFS-741 costs \$60, plus shipping, with a 20 percent discount for orders of 10 or more. Extra copies of the CD (item CD-CFS-741) in packages of 25 are available for \$40, plus shipping, with a 20 percent discount for orders of 10 or more packages. Another option for nonprofit, educational institutions is to order the site license for the games, which costs \$50 and is item CFS-741-ES.

Exploring MyPyramid with Professor Popcorn CD

This 2006 version of a popular curriculum for grades 1–6 takes into account the introduction of MyPyramid and the 2005 revisions in the Dietary Guidelines for Americans. The lessons provide nutrition and health information 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 focuses on MyPyramid, the dietary guidelines, the four Fight BAC! Rules, and being physically active. The CD provides five lessons for each grade. Each lesson includes a lesson plan, dozens of full-color, custom illustrations, handouts, recipes, parent letters and evaluation forms. A sample lesson is at www.ces.purdue.edu/cfs/topics/EFNEP/professorpopcorn/index.shtml. Item CD-CFS-6 costs \$50 plus shipping, with a 50 percent discount for orders of 10 or more. A separate CD (CD-CFS-6S) contains the handouts, recipes, certificates, evaluations, and parent letters in Spanish. It costs \$10, plus shipping.



Focus on Financial Management

This is a curriculum for middle-income adults seeking financial security. The Coordinator's Guide explains how to organize and present eight 2½-hour sessions. A coordinator has the option of ordering preprinted workbooks for each participant or printing the workbook chapters from a CD. The workbook is designed both for participants who enroll in a *Focus on Financial Management* program or for people who choose self-directed study. Individuals who want to pursue specific topics on their own may order individual units for \$3 each. The units will be e-mailed to them in PDF format. Here are the various components:



- *Focus on Financial Management Coordinator's Guide, Workbook, and CD* (CFS-726, \$75). This is a binder containing printed versions of the Coordinator's Guide and Workbook, and a CD with PDF files of the Coordinator's Guide and the Workbook.
- *Focus on Financial Management Coordinator's Guide and Workbook CD* (CD-CFS-726, \$50). This CD contains the Coordinator's Guide and Workbook in PDF files.
- *Focus on Financial Management Workbook* (CFS-727, \$25). This shrink-wrapped workbook contains eight chapters and 24 worksheets. The chapters can be ordered individually as PDF files:

Unit 1: Focus on Getting Organized (CFS-727-1-W, \$3)

Unit 2: Focus on Money Personalities (CFS-727-2-W, \$3)

Unit 3: Focus on Your Net Worth (CFS-727-3-W, \$3)

Unit 4: Focus on Risk Management (CFS-727-4-W, \$3)

Unit 5: Focus on Savings and Investments (CFS-727-5-W, \$3)

Unit 6: Focus on Credit Cards (CFS-727-6-W, \$3)

Unit 7: Focus on Life's Challenges (CFS-727-7-W, \$3)

Unit 8: Focus on Retirement (CFS-727-8-W)

Making Your Money Work

This award-winning program teaches financial basics to a low-literacy audience. Materials have been used across Indiana and by public and private agencies in 33 states, the District of Columbia, and Ontario, Canada. The program is designed to be presented by a facilitator in a series of lessons to participants who each have a 44-page workbook and a set of budget cards. A self-study video lesson plan also is available, and agencies are expected to provide a workbook and set of budget cards to each participant who borrows the video. An 89-page Trainer's Guide gives complete instructions for the facilitator, and includes master copies for 40 handouts. Here's ordering information for the various components:

- Workbook, English, CFS-679, \$3.50 each or package of 10 (CFS-679-A) for \$25
- Workbook, Spanish, CFS-679S, \$3.50 each or package of 10 (CFS-679S-A) for \$25
- Budget cards, CFS-679B, \$3 (English only)
- Self-study video lesson plan (English only), V-CFS-679, \$35
- Trainer's Guide, CFS-679G, (English only), \$75



Dos & Don'ts at the Gas Pump: Static Electricity Fires – How to Prevent Them

A survivor of a static electricity fire at a self-serve gasoline pump created this free Purdue Extension program. Download a lesson plan, PowerPoint slides, handouts, and evaluations at www.ces.purdue.edu/cfs/programs/gaspump. An optional video that includes footage of actual gas pump fires is available on DVD (DVD-ACS-106), CD (CD-ACS-106), and VHS videotape (V-ACS-106). All are \$10 each.

Safe Food & You

This is a DVD/CD package about safe food handling and preparation for presentation to a single mother-to-be or a group of mothers-to-be; to a mother and her preschooler or a group of mothers and preschoolers; or to a group of preschoolers. The DVD contains 15 minutes of video about safe food handling, and the CD contains PDF files of the lesson plans, handouts, and evaluations, plus handwashing songs for children. The CD also contains PDF files of all the handouts and evaluation forms in Spanish. CFS-720 costs \$25.



Teen Decisions

Teen Decisions uses an improvisational theater format to address healthy adolescent sexuality, relationship skills, and decision-making. The facilitator's guide includes a videotape and curriculum for use with teens, adults, or teens and parents together. The guide provides five workshop plans that correspond to the five major segments on the videotape. Each workshop plan presents introductory activities, instructions for showing the video, discussion guidelines and recommended questions, a small-group activity, and two additional, optional activities. ID-250 costs \$30, plus shipping.

Baby Boomers Come of Age

This four-part, award-winning curriculum addresses important issues for consumers, especially Baby Boomers. Each part is designed for a one- to two-hour presentation. The three-ring binder contains a step-by-step guide for the presenter, plus master copies for more than 50 overheads and more than 50 handouts. The four parts deal with finances, coping with stress, nutrition, and personal relationships. CFS-706 costs \$75, plus shipping.



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