



Kentucky Nutrition Education Program *Overview of Main Sessions*

Session 1: My Plate for Every Body

- Understand MyPlate recommendations for a healthy diet.
- Plan and prepare meals including a variety of foods using MyPlate guidelines.
- Participate in at least 30 minutes of moderate physical activity every day.

Session 2: Know the Limits for Every Body

- Understand limiting fats, sugars, and oils are an important part of a healthy diet, consistent with MyPlate guidelines.
- Identify ways to reduce the quantity of unhealthy fats, sugar and salt in the diet by planning, purchasing and preparing carefully.
- Participate in at least 30 minutes of moderate physical activity every day.

Session 3: Planning Meals for Every Body

- Increase meal planning practices.
- Stretch food dollars by using sound meal planning practices.
- Understand meal planning is an important part of creating a healthy diet consistent with MyPlate guidelines.
- Participate in at least 30 minutes of moderate physical activity every day.

Session 4: Reading Labels for Every Body

- Increase use of the “Nutrition Facts” on the food label to make food choices.
- Participate in at least 30 minutes of moderate physical activity every day.

Session 5: Breakfast Made Easy for Every Body

- Increase consumption of breakfast.
- Choose healthy foods to create breakfast using MyPlate guidelines.
- Participate in at least 30 minutes of moderate physical activity every day.

Session 6: Eating Better on a Budget for Every Body

- Improve food planning and purchasing behaviors to create healthy meals within a budget.
- Purchase groceries using comparison pricing, coupons, grocery lists and other strategies to save food dollars and better meet the nutritional needs of family members each month.
- Increase use of safe food handling practices.
- Participate in at least 30 minutes of moderate physical activity every day.

Session 7: Keep Foods Safe for Every Body

- Increase use of safe food handling practices.
- Participate in at least 30 minutes of moderate physical activity every day.

In addition to the main lessons, there are supplemental lessons focused on the following topics:

- Cooking Is Healthy for Every Body
- Grains for Every Body
- Vegetables for Every Body
- Fruit for Every Body
- Protein for Every Body
- Dairy for Every Body
- Feeding Every Little Body
- Good Health for Every Body (focused on specific health concerns)
- Feeding your Pregnant Body
- Iron Rich Foods for Every Body
- High Fiber Foods for Every Body
- Better Beverage Choices for Every Body

The Nutrition Education Program can meet the needs of your group!

THERE IS NO COST TO PARTICIPATE!

For more information, contact your County Extension Office: