



SURVIVAL SKILLS
(Expanded Food and Nutrition Education Program:
Families Eating Smart and Moving More)

COURSE SYLLABUS

Spring 2009

Instructor: Monica Chapman, Nutrition Program Assistant, Adult EFNEP

LOCATION:	The Little Willie Center, Lucille Gorham Intergenerational Center; Annex Bldg. 1118 W. 5 th Street, Greenville NC (252) 752-9083 LWC Office (252) 531-8762 Marvin Arrington, Chairman of the Board (252) 902-1719 Monica Chapman, Parent Class Instructor
CLASS TIME:	Mondays 6:00pm – 8:00pm
EMAIL ADDRESS:	Marvin Arrington: mna0502@hotmail.com Monica Chapman: Monica_Chapman@ncsu.edu
WEB PAGE:	www.littlewilliecenter.org or www.gotcrayons.com

A. DESCRIPTION

The Expanded Food and Nutrition Education Program is pleased to offer Families an Eating Smart and Moving More program. You will learn how to prepare more meals at home, eat more fruits and vegetables, increase physical activity, make healthy drink choices, limit TV time, control portion sizes and keep food safe.

B. ORGANIZATION

This is a twenty-two week course in which topics are presented by the instructor as well as guest speakers. The twenty-two weeks will cover simple solutions to help adults and youth eat smart and move more as a family. Healthy Communities teaches families how to plan, shop, and prepare meals together and how to connect local resources. These changes will help your community Eat Smart and Move More.

C. TEXT AND REQUIRED SUPPLIES

1. Composition Notebooks

2. EFNEP's Folder and handouts

E. GRADING PLAN

Attendance	45%
Assignments	10%
Group Discussion	45%

F. ATTENDANCE

Attendance will be graded as follows:

Class attendance is mandatory however you are allowed 3 unexcused absences. In other words each parent is required to come to at least 3 classes per month. *You may not miss 2 consecutive absences in any given month.*

No absences	A+
One absence	A
Two absences	B
Three absences	C
Four or more absences	F

Fall 2009 Class Schedule

EFNEP's Families Eating Smart and Moving More and LWC Farm Maintenance

DATE	WEEK	TOPIC/ACTIVITY
January 5, 2009	One	Introduction: Expanded Food & Nutrition Education Program (<i>EFNEP</i>)
January 12, 2009	Two	LWC Farm
January 19, 2009	Three	EFNEP: Fix It Safe
January 26, 2009	Four	LWC Farm
February 2, 2009	Five	EFNEP: Plan: Know What's For Dinner the Pyramid Way
February 9, 2009	Six	LWC Farm
February 16, 2009	Seven	EFNEP: Shop: Get the Best For Less Including Healthy Snacks
February 23, 2009	Eight	LWC Farm
March 2, 2009	Nine	EFNEP: Shop for Value, Check the Facts
March 9, 2009	Ten	LWC Farm
March 16, 2009	Eleven	EFNEP: Breakfast: Break the Fast
March 23, 2009	Twelve	LWC Farm
March 30, 2009	Thirteen	EFNEP: Limiting TV and Moving More Throughout the Day
April 6, 2009	Fourteen	LWC Farm
April 13, 2009	Fifteen	EFNEP: Choosing More Fruits and Vegetables
April 20, 2009	Sixteen	LWC Farm
April 27, 2009	Seventeen	EFNEP: Making Smart Drink Choices
May 4, 2009	Eighteen	LWC Farm
May 11, 2009	Nineteen	LWC Farm/Garden
May 18, 2009	Twenty	LWC Farm
May 25, 2009	Twenty-one	LWC Farm/Garden
June 1, 2009	Twenty-two	LWC Farm

* This schedule is tentative and subject to change, stay tuned for any modifications