

Table of Contents

| <u>Curriculum</u> | <u>Page</u> |
|----------------------------|-------------|
| Food Mood | 1-1 |
| Vary Your Veggies | 2-1 |
| Flavorful Fruit | 3-1 |
| Dairylicious | 4-1 |
| Choose Your Fun | 5-1 |
| Cooking with Children..... | 6-1 |
| Smart Snacking | 7-1 |
| Fitness is Fun | 8-1 |
| Awesome Appetites..... | 9-1 |
| Growing Goodness | 10-1 |
| Handout Masters..... | 11-1 |
| References..... | 12-1 |
| Additional Resources | 13-1 |