

Eating Right is Basic - Your Success Record

When you enroll in EFNEP, you will learn about these things	Set the date for his visit here:	You will need to provide:	Check here after this lesson is taught
0. Introduction	_____	_____	_____
1. Starting with the Basics	_____	_____	_____
2. The Food Guide Pyramid	_____	_____	_____
3. Understanding Food Labels	_____	_____	_____
4. Planning Makes a Difference	_____	_____	_____
5. Making the Most of Your Food Dollars	_____	_____	_____
6. Keeping Food Safe	_____	_____	_____
7. The Bread, Cereal, Rice and Pasta Group	_____	_____	_____
8. The Vegetable Group	_____	_____	_____
9. The Fruit Group	_____	_____	_____
10. The Milk, Yogurt, and Cheese Group	_____	_____	_____
11. The Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts	_____	_____	_____
12A. Breakfast - A Healthy Way to Start the Day	_____	_____	_____
12B. Choosing Healthy Snacks	_____	_____	_____
13. Eating Right for Two	_____	_____	_____
14. Feeding Your New Baby (0 - 4 Months)	_____	_____	_____
15. Feeding Infants (5 - 12 Months) and Children	_____	_____	_____
16. Eating Right and Light	_____	_____	_____
<u>Optional</u> Immunizations	_____	_____	_____
Gardening Basics	_____	_____	_____

*Your Program Assistant will star this if you do not need this lesson.

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Bulletin # FDNS-NE 3103

March 2002

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, The University of Georgia College of Agricultural and Environmental Sciences and the U.S. Department of Agriculture cooperating.
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