



Cornell University
Cooperative Extension
Nassau County

Nassau County
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Promoting Healthier Food Choices

Nutrition Classroom Presentations for Grades 2-6

Dear Educator,

Cornell Cooperative Extension of Nassau County is pleased to offer our classroom presentations on nutrition and healthy eating for grades 2-6. These presentations are specifically designed to address the childhood obesity epidemic by promoting healthier eating habits and developing skills needed to make smarter food choices. Our educational presentations support the health-related NYS Learning Standards.

I look forward to your school's participation in our nutrition presentations.

Sincerely,
Jennifer Colletti, MS, RD, Extension Educator

Color Clues for Healthy Eating - Grade 2

During this fun, interactive presentation students will:

- Be introduced to a wide variety of different colored fruits and vegetables
- Become aware of the need to eat more fruits and vegetables each day
- Discover how to include vegetables and fruits in each of their meals and snacks

Choosing Healthier Snacks - Grades 3-4

During this fun, interactive presentation students will:

- Review the MyPyramid food groups
- Explore the difference between treats and healthy snacks
- Discover the sugar content of some common beverages
- Learn how to use food labels to choose healthier snacks and beverages



Healthier Fast Food - Grades 5-6

During this fun, interactive presentation students will:

- Learn why many fast foods are not healthy
- Discover the amount of fat in a variety of fast foods
- Identify healthier fast food choices from typical menus
- Explore quick, healthy meals to make at home



Building Strong and Vibrant New York Communities

Cornell Cooperative Extension in Nassau County provides equal program and employment opportunities.

Important Information

- Presentations are 45 minutes.
 - Presentations are most effective for one class; a maximum of 2 classes per presentation can be scheduled.
 - The fee is \$125 per presentation. A minimum fee of \$250 per school visit for two consecutive presentations (same topic) is required.
Note: **Fees are effective through June 2011.**
 - To schedule a presentation, call Jennifer Colletti at 516-433-7970, ext. 22. Teachers are asked to leave both school and home phone numbers to ensure a timely response. Scheduling may also be facilitated by e-mail (jac99@cornell.edu).
 - Accommodations for persons with disabilities may be requested by contacting Jennifer Colletti.
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Cornell Cooperative Extension of Nassau County is a non-profit organization serving Nassau since 1914 with research-based education programs.

Visit our website (www.cce.cornell.edu/nassau) to learn more about our programs and services for Nassau County residents.

Main Office:

5 Old Jericho Turnpike

Jericho, NY 11753

Phone: 516-433-7970

- 4-H summer sleep away camp, ext 11
- 4-H camp use during school year, ext 19
- 4-H school presentations, ext 24
- School presentations on science, ext 25
- Nutrition presentations for schools, parents, libraries & community groups, ext 22
- Nutrition classes for low-income families and seniors, 516-485-9203, ext 15

Environmental Horticulture Center

Eisenhower Park

Phone: 516-228-0426

- Gardening Helpline: Monday-Thursday, 10:00 am-12:30 pm, ext 7
- Presentations on home gardening topics, ext 10
- Professional horticulture, ext 15