



- 7. Develop a curriculum for use with students to educate them about portion distortion and the dangers of eating junk/fast foods. The curriculum will include pictures of a popular fast food restaurant's Dollar Menu selections to show menu items that are particularly high in calories, fat, and sodium.**
  
- 8. Develop healthy recipes to use in cooking classes.**
  
  
  
  
  
  
  
  
  
  
- 9. Teach gardening concepts (e.g., plant parts, the importance of watering and fertilization) in a school or community garden.**
  
  
  
  
  
  
  
  
  
  
- 10. Purchase planting soil and seeds to plant tomatoes as part of a class on the nutrition and health benefits of tomatoes.**
  
  
  
  
  
  
  
  
  
  
- 11. Conduct a local needs assessment to determine the accessibility of fruits and vegetables in a low-income neighborhood in your community.**

**12. Attend a national nutrition conference in San Diego using *Network*-funds that was not approved in your SOW.**

**13. Conduct stress management classes in conjunction with nutrition education classes to assist participants in managing life's stressor and to promote coping skills, including healthy eating.**

**14. Promote "5 a Day," eating at least 5 servings of fruits and vegetables per day, to adult nutrition class participants.**

**15. Create a handout promoting the benefits of different colors of fruits and vegetables. For example, red fruits and vegetables may help control high blood pressure; dark orange fruits and vegetables help maintain good vision and strengthen the immune system.**