

Preface

The “Team Nutrition Fruits and Vegetables Lessons for Preschool Children” was written and developed for the North Dakota Department of Public Instruction (NDDPI) as part of the USDA Team Nutrition Grant. The lessons were designed as a supplement to the North Carolina developed curriculum kit, “Color Me Healthy-Preschoolers Moving and Eating Healthy.” It was developed for use as a hands-on, stand-alone curriculum for anybody wanting to encourage preschool children to develop healthy eating and physical activity habits. The lessons were written by a consultant that has worked with Child Nutrition Programs at the state level and has 15 years experience at the sponsor level as a nutrition educator for Child and Adult Care Food Programs. She also attended a national training to be a certified “Color Me Healthy” trainer.

Acknowledgements

- Project Writer: Ann Schuetzle
Consultant to NDDPI and
Nutrition Education Director
Heartland Child Nutrition
- Project Director: Loris Freier, MS, RD, LRD
Assistant Director, Child Nutrition Programs
NDDPI
- Document Processing: Jamie Krous, Web Designer / Programmer
Jessica Keith, Web Designer / Programmer
NDDPI
- Document Reviewers: Kathy Dorgan, Business Communication Specialist
Kim Kinnoin, Training Administrator
NDDPI

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