



College of Agriculture and Life Sciences  
Department of Agricultural and Human Sciences  
516 Brickhaven Drive | Raleigh, NC 27695



Dear Principal/Teacher:


This school year, your Pre-K or Kindergarteners will have the opportunity to participate in a North Carolina State University nutrition education program, Steps to Health. This program is given during regular class time by a NCSU Cooperative Extension Educator. Funding for this program is provided through the U.S. Department of Agriculture (USDA).

This program will fulfill 19 of the North Carolina Foundations for Early Learning and Developmental Indicators for Older Preschoolers and 9 of the clarifying objectives from the North Carolina Essential Standards in Health and Physical Education.

Specifically, this program will consist of 9 weekly 30 minute lessons. It is designed to stimulate all the senses of young children: touch, smell, sight, sound, and of course, taste. It uses color, music, and exploration of the senses to teach children that healthy eating and physical activity are fun. Taste tests have been added to coincide with each lesson in order to enhance the multi-sensory learning experience. Parent handouts contain nutrition tips, family physical activity suggestions, reading book recommendations, and grocery store adventures. All participants are awarded a certificate of participation at the completion of the program.

Information such as name, gender, and race/ethnicity will be kept confidential. Names are used only as a tracking device for attendance. Identification of the students' race/ethnicity is required by the USDA. Evaluation of the program is conducted via parent and teacher feedback forms. Results from this program will be provided to you at the end of programming. All data forms and the collection and storage process have been approved by NCSU's Institutional Review Board (IRB).

We look forward to partnering with your school and to working with your Pre-K or Kindergarteners!

 Steps to Health, NCSU SNAP-Ed

 @ncstepstohealth

 [www.ncstepstohealth.org](http://www.ncstepstohealth.org)

