



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




Dear Principal/Teacher:

This school year, students will have the opportunity to participate in a North Carolina State University nutrition education program, Steps to Health. This program is given afterschool by a NC State Extension Educator. Funding for this program is provided through the U.S. Department of Agriculture (USDA). This program will fulfill objectives from the North Carolina Essential Standards for Health Education.

Specifically, this program will consist of eight weekly 20- 30 minute lessons. The curriculum is designed for groups with youth aged Kindergarten through 5th grade. Students can remain as a mixed age-group or separated by age. Lessons teach youth about nutrition and physical activity through fun and engaging activities and games. Taste tests have been added to coincide with lesson topics 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 students!

 Steps to Health, NCSU SNAP-Ed

 @ncstepstohealth

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

