



If you are interested in sharing this knowledge with your students, we would like to help. Please contact us:

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FREE NUTRITION PROGRAM FOR YOUTH

CHOOSE HEALTH: FOOD, FUN, AND FITNESS

University of Nevada, Reno Extension



University of Nevada
Cooperative Extension



What is CHFFF?

Choose Health: Food, Fun, and Fitness (CHFFF) is a nutrition education curriculum aimed at 10-15 year old (6th–8th graders) and targets those behavior research shows to be most important for preventing childhood obesity and chronic diseases such as heart disease and

Choose Health Behavior Goals

- Drink water and low-fat milk instead of sweetened drinks
- Eat more vegetables and fruits!
- Eat fewer high-fat or high-sugar foods and more nutrient-rich and high-fiber foods
- Eat only as much and as often as you need to satisfy your hunger
- Move actively 60 minutes a day
- Limit recreational screen time (e.g., TV, video games, computer) to 1-2 hours a day
- Promote healthy behaviors



How We Do It!

- ♦ Fun, active games
- ♦ Hands-on, interactive learning
- ♦ A healthy food sampling
- ♦ Six sequential lessons
- ♦ Take home newsletters

