

## FoodMania Curriculum

FoodMania Curriculum is a family-based nutrition education curriculum for parents and their children ages 9-14. FoodMania is designed to help educators not only facilitate thought-provoking discussions but also engage participants in a wide array of activities requiring actions focused on making healthier food choices. The Curriculum includes:

1. USB flash drive containing *FoodMania* lesson plans and scripts, *FoodMania* PowerPoints, handouts, activities, game materials including boards and game cards, posters and *FoodMania* Resource Booklet
2. Educator Manual
3. Introductory Letter with overview of USB drive
4. UW survey

For more information: <http://depts.washington.edu/nwmedia/>

For Descriptive and Technical Information: Marilyn Cohen [macohen@uw.edu](mailto:macohen@uw.edu)

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