



# Winning with Nutrition



## Teacher In-Service Training Agenda

- Welcome and Introductions
- Opening Activity: Fads & Facts Claims (Lesson 5)
- Introduction to Winning with Nutrition Curriculum
  - What is Texas AgriLife Extension and 4-H?
  - Why this curriculum?
  - What is curriculum enrichment?
  - What is Winning with Nutrition?
- Sample Activities from Winning with Nutrition
  - How much sugar is in your drink? (Lesson 2)
  - Ruler Reaction Time (Lesson 4)
  - Make your own sports drink (Lesson 2)
- How can you get involved?
- Questions & Answers
- Evaluation