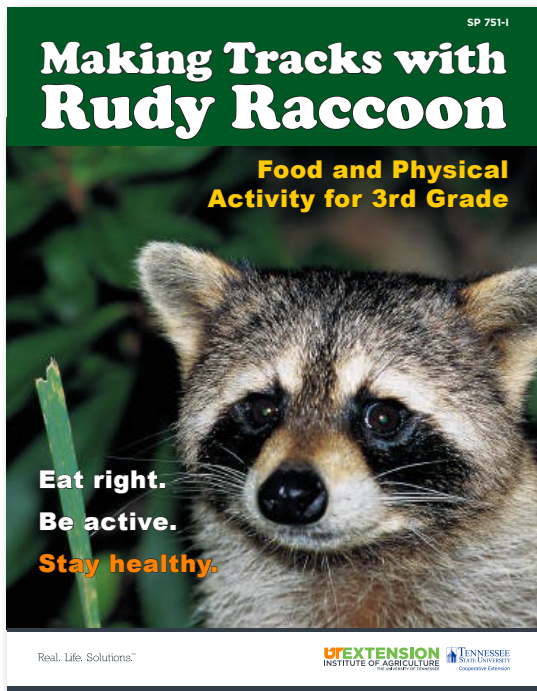


This curriculum is a series of six hands-on nutrition lessons created by the University of Tennessee Extension.

Lessons last approximately 45 minutes. Rudy Raccoon can be taught in a variety of settings and is often taught in elementary schools.

Extension educators provide all materials needed to teach the class.

Children will receive a workbook for use in class that can be taken home at the conclusion of the course.



About Our Nutrition Education Programs

The University of Tennessee Extension Tennessee Nutrition and Consumer Education Program (UT SNAP-Ed: TNCEP) is funded through the Tennessee Department of Human Services and the US Department of Agriculture. This program provides nutrition education to families and individuals receiving or eligible to receive Supplemental Nutrition Assistance Program (SNAP) benefits.

The University of Tennessee Extension Expanded Food and Nutrition Education Program (UT EFNEP) is funded by the US Department of Agriculture, National Institute of Food and Agriculture (USDA NIFA) to provide nutrition education with a hands-on approach for families and youth with limited resources.

This material was partially funded by USDA's Supplemental Nutrition Assistance Program (SNAP) under an agreement with the State of Tennessee and partially funded by USDA's Expanded Food and Nutrition Education (EFNEP) program.

This institution is an equal opportunity provider.



Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.

Healthy Families, Healthy Communities

EAT WELL, SAVE WELL, LIVE WELL

Making Tracks with Rudy Raccoon

A nutrition curriculum for third graders



Real. Life. Solutions.™

FAMILY & CONSUMER SCIENCES
UT EXTENSION
INSTITUTE OF AGRICULTURE
THE UNIVERSITY OF TENNESSEE

What Is Making Tracks with Rudy Raccoon?



The raccoon is the Tennessee state animal. Rudy the Raccoon loves to eat and feasts on everything he can get his paws on! That means sometimes Rudy eats things he shouldn't—just like many people do.

Join the adventure of Rudy as he decides to make better food choices and become more active in Making Tracks with Rudy Raccoon!



Children who participate in Rudy Raccoon will learn to:



Choose foods from each food group



Wash their "paws"



Make half their grains whole



Eat calcium-rich foods



Build a colorful plate of fruits and vegetables



Be active