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