



# ORDER FORM

## Curriculum Manual-12-08 on CD

The *Little Books & Little Cooks* program is a seven-week parenting education series for preschool-age children (3 - 5 years old) and their parents.

The curriculum is based on a parenting education needs assessment performed in southern Nevada and previous nutrition and parenting research. During the program, children and parents learn about healthy eating and nutrition, gain positive parent-child interaction skills, and practice school readiness skills by reading children's books about healthy eating and cooking together.

- Lesson 1:** Introduction & Food Safety
- Lesson 2:** MyPlate
- Lesson 3:** Cooking with Kids
- Lesson 4:** Introduction to Cultural Foods
- Lesson 5:** Feeding, Hunger & Fullness
- Lesson 6:** Picky Eating
- Lesson 7:** Fruits & Vegetables

**75%** of parents demonstrated more positive parent-child interaction during cooking after participation

**81%** of children consumed more fruits and vegetables after participation

**The Curriculum on CD includes: leader's guide, lesson plans, handouts (also in Spanish) and program material lists.**

- Curriculum on CD: \$20**  
(shipping included)
- Curriculum Kit: \$25**  
(1 CD, 1 child apron, 1 measuring cup set)
- Curriculum Class Kit: \$75**  
(1 CD, 10 child aprons, 10 measuring cup sets)



- Add on:**
- CD: \$5 each
  - Child apron (10): \$35
  - Measuring cup set (10): \$25

*Aprons and cups feature LBLC logo.*

### To purchase the Curriculum on CD:

#### **By mail:**

Name: \_\_\_\_\_ Title: \_\_\_\_\_

Organization: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Total Enclosed \$ \_\_\_\_\_ *Please keep a copy of this form for your records.*

#### **To order online and pay by credit card:**

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