

# Supplement: FFY 2022 Direct Education Autopopulated Fields

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The Basic Food Program can help provide a healthy diet consistent with the Dietary Guidelines for Americans. To request this document in another format, call 1-800-841-1410. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email [SNAPedEvaluation@doh.wa.gov](mailto:SNAPedEvaluation@doh.wa.gov).

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: [How to File a Complaint](#), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

1. mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
2. fax: (202) 690-7442; or
3. email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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This material was funded by USDA, Food and Nutrition Service.

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### Introduction

This supplemental document shows the autopopulated objectives and intervention topics in PEARS for all Direct Education curricula. Refer to this list when entering data for direct education sessions.

Some helpful things to note as you use this resource:

- Some intervention topic titles in the tables below have been shortened for ease of reading. In PEARS, their topic names are listed according to their full, FNS name.
- Each curriculum lists a blue table first, then an orange table second.
  - The first, blue table lists the objectives and intervention topics that PEARS autopopulates for you.
  - The second, orange table lists the additional intervention topics for each individual lesson per each curriculum. You will need to add these manually to the already autopopulated topics in PEARS:
    - Add each individual lesson to the **Comments** field.
    - Add the combined additional intervention topics for each of the individual lessons to the **Intervention Topics** field.

### Example

In the **Comments** field of the Direct Education module in PEARS, list all individual lessons that were conducted.

**Comments**

Optional. Use the field below for any additional comments about the Program Activity.

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↶ ↷ **B** *I* U

Lesson 1: Keep Your Body Moving

Lesson 2: Family Meals

The following objectives and intervention topics are autopopulated in the **Objectives** and the **Intervention topics** fields.

You won't have to add any of the below. They will already show once you select the curriculum.

Autopopulated <b>Objectives</b>	Autopopulated <b>Intervention Topics</b> for the Entire Curriculum
<ul style="list-style-type: none"> <li>• Increase consumption of healthy foods and beverages and decrease consumption of unhealthy foods and beverages</li> <li>• Increase physical activity and reduce sedentary behaviors</li> </ul>	<ul style="list-style-type: none"> <li>• Dairy</li> <li>• Fruits and vegetables</li> <li>• Other engagement in physical activity topic, please specify                             <ul style="list-style-type: none"> <li>○ Increase physical activities</li> </ul> </li> </ul>

The specific topic will be autopopulated.

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Add the additional intervention topics from each individual lesson taught:

Find the individual lesson below and add **all** the suggested intervention topics to the **Intervention Topics** field for this curriculum.

Individual Lessons	Additional Intervention Topics
<b>Grade 1</b>	
→ Keep Your Body Moving	<ul style="list-style-type: none"> <li>• Active commuting</li> <li>• Other individual knowledge and skills topic, please specify                             <ul style="list-style-type: none"> <li>○ Snacks ←</li> </ul> </li> </ul>
Family Meals	<ul style="list-style-type: none"> <li>• Food preparation / cooking and food safety</li> </ul>

Add this topic specification to the **Intervention topics other** field.

In PEARS, it looks like this:

**Intervention Topics \***

- × Active commuting (e.g., walking and bicycling)
- × Dairy (including low-fat / fat-free milk and/or fortified soy beverages)
- × Food preparation / cooking and food safety    × Fruits and vegetables
- × Other engagement in physical activity topic, please specify
- × Other individual knowledge and skills topic, please specify

EARS intervention topic(s) covered by this program activity.

**Intervention topics other \***

Increase physical activities, Snacks

You would have added "Active commuting", "Other individual knowledge and skills topic, please specify" and "Food preparation/cooking and food safety" to this field.

You would have added "Snacks" to this field.

Continue entering remaining data to complete PEARS reporting for this module.

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### Read for Health

Select the links to find for more information about the Read for Health [face to face](#) and [Read for Health for Virtual Education](#) curricula.

The following objectives and intervention topics are autopopulated in the **Objectives** and the **Intervention topics** fields in the Direct Education module in PEARS.

Autopopulated Objectives	Autopopulated Intervention Topics for the Entire Curriculum
<ul style="list-style-type: none"> <li>• Increase consumption of healthy foods and beverages and decrease consumption of unhealthy foods and beverages</li> <li>• Increase physical activity and reduce sedentary behaviors</li> </ul>	<ul style="list-style-type: none"> <li>• Dairy</li> <li>• Fruits and vegetables</li> <li>• MyPlate food groups and portions for a healthy eating pattern</li> <li>• Other engagement in physical activity topic, please specify                             <ul style="list-style-type: none"> <li>○ Increase physical activities</li> </ul> </li> <li>• Promoting and maintaining a healthy weight</li> <li>• Protein foods</li> <li>• Reducing sedentary activities and screen time</li> <li>• Whole grains</li> </ul>

Add the following additional intervention topics when entering individual lessons to PEARS:

Individual Lessons	Additional Intervention Topics
<b>Grade 1</b>	
Keep Your Body Moving	<ul style="list-style-type: none"> <li>• Participation in sports and recreational activities</li> <li>• Water</li> </ul>
Family Meals	<ul style="list-style-type: none"> <li>• Food preparation / cooking and food safety</li> </ul>
Food from the Earth	No additional topics
Fruits & Vegetables / Farmer’s Market	<ul style="list-style-type: none"> <li>• Food preparation / cooking and food safety</li> <li>• Food shopping and resource management</li> </ul>
Picky Eaters	<ul style="list-style-type: none"> <li>• Food preparation / cooking and food safety</li> <li>• Participation in sports and recreational activities</li> </ul>
Whole Grains	<ul style="list-style-type: none"> <li>• Fiber-rich foods</li> <li>• Food preparation / cooking and food safety</li> </ul>
<b>Grade 2</b>	
Family Meals	<ul style="list-style-type: none"> <li>• Food preparation / cooking and food safety</li> </ul>
Food from the Earth	<ul style="list-style-type: none"> <li>• Fiber-rich foods</li> <li>• Food preparation / cooking and food safety</li> </ul>
Fruits & Vegetables / Farmer’s Market	<ul style="list-style-type: none"> <li>• Food preparation / cooking and food safety</li> <li>• Food shopping and resource management</li> </ul>
Keep Your Body Moving	<ul style="list-style-type: none"> <li>• Participation in sports and recreational activities</li> <li>• Prevention of obesity, diabetes, and other chronic diseases</li> <li>• Water</li> </ul>
Picky Eaters	<ul style="list-style-type: none"> <li>• Food preparation / cooking and food safety</li> <li>• Participation in sports and recreational activities</li> </ul>
Whole Grains	<ul style="list-style-type: none"> <li>• Food preparation / cooking and food safety</li> <li>• Food shopping and resource management</li> </ul>

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### Coordinated Approach to Child Health (CATCH)

Select the links to find for more information about the CATCH [face to face](#) and [CATCH MVP for Virtual Education](#) curricula.

The following objectives and intervention topics are autopopulated in the **Objectives** and the **Intervention topics** fields in the Direct Education module in PEARS.

Autopopulated Objectives	Autopopulated Intervention Topics for the Entire Curriculum
<ul style="list-style-type: none"> <li>• Increase consumption of healthy foods and beverages and decrease consumption of unhealthy foods and beverages</li> <li>• Increase physical activity and reduce sedentary behaviors</li> </ul>	<ul style="list-style-type: none"> <li>• Fiber-rich foods</li> <li>• Fruits and vegetables</li> <li>• Limiting added sugars</li> <li>• Limiting saturated fats</li> <li>• Limiting sodium</li> <li>• Other engagement in physical activity topic, please specify                             <ul style="list-style-type: none"> <li>○ Increase physical activities</li> </ul> </li> <li>• Reducing sedentary activities and screen time</li> <li>• Water</li> </ul>

Add the following additional intervention topics when entering individual lessons to PEARS:

Individual Lessons	Additional Intervention Topics
<b>Kids Club K-5 Required Basic/Core Lessons</b>	
Physical Activity	No additional topics
GO, SLOW, and WHOA Foods	No additional topics
Energy Balance	No additional topics
Snack Preparation	No additional topics
<b>Kids Club K-5 Optional Activities</b>	
Low-Salt Snacking	<ul style="list-style-type: none"> <li>• Other individual knowledge and skills topic, please specify                             <ul style="list-style-type: none"> <li>○ Snacks</li> </ul> </li> </ul>
Snacking on Fruits and Veggies	<ul style="list-style-type: none"> <li>• Other individual knowledge and skills topic, please specify                             <ul style="list-style-type: none"> <li>○ Snacks</li> </ul> </li> </ul>
An Amazing Substance Called Fiber	<ul style="list-style-type: none"> <li>• Other individual knowledge and skills topic, please specify                             <ul style="list-style-type: none"> <li>○ Snacks</li> </ul> </li> </ul>
Food Labels	<ul style="list-style-type: none"> <li>• Other individual knowledge and skills topic, please specify                             <ul style="list-style-type: none"> <li>○ Food labels</li> </ul> </li> </ul>
GO, SLOW, and WHOA Snacks	<ul style="list-style-type: none"> <li>• Other individual knowledge and skills topic, please specify                             <ul style="list-style-type: none"> <li>○ Snacks</li> </ul> </li> </ul>
Snack Preparation	<ul style="list-style-type: none"> <li>• Food preparation / cooking and food safety</li> <li>• Other individual knowledge and skills topic, please specify                             <ul style="list-style-type: none"> <li>○ Snacks</li> </ul> </li> </ul>
Lots of Sugar, Calories, and Money	<ul style="list-style-type: none"> <li>• Other individual knowledge and skills topic, please specify                             <ul style="list-style-type: none"> <li>○ Beverages</li> </ul> </li> </ul>
How Many Servings?	<ul style="list-style-type: none"> <li>• MyPlate food groups and portions for a healthy eating pattern</li> <li>• Other individual knowledge and skills topic, please specify                             <ul style="list-style-type: none"> <li>○ Beverages</li> </ul> </li> </ul>

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Caffeine	<ul style="list-style-type: none"> <li>• Other individual knowledge and skills topic, please specify               <ul style="list-style-type: none"> <li>○ Beverages</li> </ul> </li> </ul>
GO, SLOW, and WHOA Beverages	<ul style="list-style-type: none"> <li>• Other individual knowledge and skills topic, please specify               <ul style="list-style-type: none"> <li>○ Beverages</li> </ul> </li> </ul>
That Sat Fat	<ul style="list-style-type: none"> <li>• Healthy fats and oils</li> <li>• MyPlate food groups and portions for a healthy eating pattern</li> </ul>
Salt Galore!	No additional topics
GO, SLOW, and WHOA Fast Foods	<ul style="list-style-type: none"> <li>• Healthy fats and oils</li> <li>• MyPlate food groups and portions for a healthy eating pattern</li> </ul>
Fast Food Strategies	<ul style="list-style-type: none"> <li>• Other individual knowledge and skills topic, please specify               <ul style="list-style-type: none"> <li>○ Fast Food</li> </ul> </li> </ul>
Snack Preparation	<ul style="list-style-type: none"> <li>• Food preparation / cooking and food safety</li> <li>• Other individual knowledge and skills topic, please specify               <ul style="list-style-type: none"> <li>○ Fast Food</li> </ul> </li> </ul>
Why Limit Screen-Time?	No additional topics
Screen-Time and Other Barriers	No additional topics
WHOA Foods and Screen-Time	<ul style="list-style-type: none"> <li>• MyPlate food groups and portions for a healthy eating pattern</li> </ul>
Move-Time	<ul style="list-style-type: none"> <li>• Participation in sports and recreational activities</li> <li>• Promoting and maintaining a healthy weight</li> <li>• Protein foods</li> </ul>
Cereal and Added Sugars	<ul style="list-style-type: none"> <li>• Other individual knowledge and skills topic, please specify               <ul style="list-style-type: none"> <li>○ Breakfast</li> </ul> </li> <li>• Whole grains</li> </ul>
A Great Time to Eat Fruit	<ul style="list-style-type: none"> <li>• Other individual knowledge and skills topic, please specify               <ul style="list-style-type: none"> <li>○ Breakfast</li> </ul> </li> </ul>
Milk: Sugar and Saturated Fat	<ul style="list-style-type: none"> <li>• Other individual knowledge and skills topic, please specify               <ul style="list-style-type: none"> <li>○ Breakfast</li> </ul> </li> </ul>
Servings and Portions	<ul style="list-style-type: none"> <li>• MyPlate food groups and portions for a healthy eating pattern</li> <li>• Other individual knowledge and skills topic, please specify               <ul style="list-style-type: none"> <li>○ Breakfast</li> </ul> </li> </ul>
Whole Grains and Fiber	<ul style="list-style-type: none"> <li>• Other individual knowledge and skills topic, please specify               <ul style="list-style-type: none"> <li>○ Breakfast</li> </ul> </li> <li>• Whole grains</li> </ul>
Breakfast Preparation	<ul style="list-style-type: none"> <li>• Food preparation / cooking and food safety</li> <li>• Other individual knowledge and skills topic, please specify               <ul style="list-style-type: none"> <li>○ Breakfast</li> </ul> </li> </ul>
WBA's	<ul style="list-style-type: none"> <li>• Other individual knowledge and skills topic, please specify               <ul style="list-style-type: none"> <li>○ Bone health</li> </ul> </li> </ul>
Calcium: Dairy and Non-Dairy Foods	<ul style="list-style-type: none"> <li>• Dairy</li> <li>• Other individual knowledge and skills topic, please specify               <ul style="list-style-type: none"> <li>○ Bone health</li> </ul> </li> </ul>
Calcium: GO, SLOW, and WHOA	<ul style="list-style-type: none"> <li>• Other individual knowledge and skills topic, please specify</li> </ul>

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	<ul style="list-style-type: none"> <li>○ Bone health</li> </ul>
Barriers to Getting Enough Calcium	<ul style="list-style-type: none"> <li>• Dairy</li> <li>• Other individual knowledge and skills topic, please specify               <ul style="list-style-type: none"> <li>○ Bone health</li> </ul> </li> <li>• Protein foods</li> </ul>
Snack Preparation	<ul style="list-style-type: none"> <li>• Food preparation / cooking and food safety</li> <li>• Other individual knowledge and skills topic, please specify               <ul style="list-style-type: none"> <li>○ Bone health</li> </ul> </li> </ul>
<b>Grade 6 Lessons</b>	
Lesson 1: Food Fights	<ul style="list-style-type: none"> <li>• Healthy fats and oils</li> <li>• Other individual knowledge and skills topic, please specify               <ul style="list-style-type: none"> <li>○ Food labels</li> </ul> </li> </ul>
Lesson 2: Build a Meal	No additional topics
Lesson 3: How Much Sugar in Your Drink?	<ul style="list-style-type: none"> <li>• MyPlate food groups and portions for a healthy eating pattern</li> <li>• Other individual knowledge and skills topic, please specify               <ul style="list-style-type: none"> <li>○ Beverages</li> </ul> </li> </ul>
Lesson 4: Choose it or Lose it	<ul style="list-style-type: none"> <li>• Promoting and maintaining a healthy weight</li> </ul>
Lesson 5: The Heart is a Muscle	No additional topics
Lesson 6: My Plate	<ul style="list-style-type: none"> <li>• MyPlate food groups and portions for a healthy eating pattern</li> <li>• Participation in sports and recreational activities</li> <li>• Promoting and maintaining a healthy weight</li> </ul>
Lesson 7: Go for Breakfast	<ul style="list-style-type: none"> <li>• Dairy</li> <li>• Other individual knowledge and skills topic, please specify               <ul style="list-style-type: none"> <li>○ Breakfast</li> </ul> </li> <li>• Whole grains</li> </ul>
Lesson 8: There's More to Life than Screens	<ul style="list-style-type: none"> <li>• Participation in sports and recreational activities</li> </ul>
<b>Grade 7</b>	
Lesson 1: A Balanced Life	<ul style="list-style-type: none"> <li>• Active commuting</li> <li>• Participation in sports and recreational activities</li> <li>• Promoting and maintaining a healthy weight</li> </ul>
Lesson 2: A Balanced Life Project	<ul style="list-style-type: none"> <li>• Active commuting</li> <li>• Participation in sports and recreational activities</li> <li>• Promoting and maintaining a healthy weight</li> </ul>
Lesson 3: The Reason for those Milk Mustaches	<ul style="list-style-type: none"> <li>• Dairy</li> </ul>
Lesson 4: Portion Distortion	<ul style="list-style-type: none"> <li>• Promoting and maintaining a healthy weight</li> </ul>
Lesson 5: Portion Distortion – Project Lesson	<ul style="list-style-type: none"> <li>• Promoting and maintaining a healthy weight</li> </ul>
Lesson 6: Empty Liquid Calories	<ul style="list-style-type: none"> <li>• Dairy</li> <li>• Other individual knowledge and skills topic, please specify               <ul style="list-style-type: none"> <li>○ Beverages</li> <li>○ Food Labels</li> </ul> </li> </ul>

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Lesson 7: Color Power of F/V	<ul style="list-style-type: none"> <li>• MyPlate food groups and portions for a healthy eating pattern</li> </ul>
Lesson 8: Screen Time and Consequences	<ul style="list-style-type: none"> <li>• Other individual knowledge and skills topic, please specify               <ul style="list-style-type: none"> <li>○ Sleep</li> </ul> </li> </ul>
Lesson 9: Screen Time – Project Lesson	<ul style="list-style-type: none"> <li>• Participation in sports and recreational activities</li> </ul>
<b>Grade 8 lessons</b>	
Lesson 1: Water Pure and Simple	<ul style="list-style-type: none"> <li>• Other individual knowledge and skills topic, please specify               <ul style="list-style-type: none"> <li>○ Beverages</li> </ul> </li> <li>• Whole grains</li> </ul>
Lesson 2: We Won't Get Fooled Again	<ul style="list-style-type: none"> <li>• Other individual knowledge and skills topic, please specify               <ul style="list-style-type: none"> <li>○ Advertising</li> <li>○ Beverages</li> </ul> </li> <li>• Whole grains</li> </ul>
Lesson 3: We Won't Get Fooled Again – Project Lesson	<ul style="list-style-type: none"> <li>• Other individual knowledge and skills topic, please specify               <ul style="list-style-type: none"> <li>○ Advertising</li> <li>○ Beverages</li> </ul> </li> <li>• Whole grains</li> </ul>
Lesson 4: Breakfast: More or Less	<ul style="list-style-type: none"> <li>• Other individual knowledge and skills topic, please specify               <ul style="list-style-type: none"> <li>○ Breakfast</li> <li>○ Food labels</li> </ul> </li> </ul>
Lesson 5: Weight Bearing activities	<ul style="list-style-type: none"> <li>• Active Commuting</li> <li>• Participation in sports and recreational activities</li> <li>• Prevention of obesity, diabetes, and other chronic diseases</li> </ul>
Lesson 6: Weight Bearing activities – Project Lesson	<ul style="list-style-type: none"> <li>• Active Commuting</li> <li>• Participation in sports and recreational activities</li> </ul>
Lesson 7: Power Snacking	<ul style="list-style-type: none"> <li>• Other individual knowledge and skills topic, please specify               <ul style="list-style-type: none"> <li>○ Food labels</li> </ul> </li> <li>• Promoting and maintaining a healthy weight</li> </ul>



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### My Plate in Practice

Find more information about the [My Plate in Practice curriculum here](#).

The following objectives and intervention topics are autopopulated in the **Objectives** and the **Intervention topics** fields in the Direct Education module in PEARS.

Autopopulated Objectives	Autopopulated Intervention Topics for the Entire Curriculum
<ul style="list-style-type: none"> <li>• Increase consumption of healthy foods and beverages and decrease consumption of unhealthy foods and beverages</li> <li>• Increase physical activity and reduce sedentary behaviors</li> </ul>	<ul style="list-style-type: none"> <li>• Dairy</li> <li>• Fiber-rich foods</li> <li>• Food preparation / cooking and food safety</li> <li>• Fruits and vegetables</li> <li>• Limiting added sugars</li> <li>• Limiting saturated fats</li> <li>• Limiting sodium</li> <li>• MyPlate food groups and portions for a healthy eating pattern</li> <li>• Other engagement in physical activity topic, please specify                             <ul style="list-style-type: none"> <li>○ Increase physical activity</li> </ul> </li> <li>• Other individual knowledge and skills topic, please specify                             <ul style="list-style-type: none"> <li>○ Food labels</li> </ul> </li> <li>• Promoting and maintaining a healthy weight</li> <li>• Protein foods</li> <li>• Reducing sedentary activities and screen time</li> <li>• Water</li> <li>• Whole grains</li> </ul>

Add the following additional intervention topics when entering individual lessons to PEARS:

Individual Lessons	Additional Intervention Topics
Lesson 1: Hand Washing & Introduction to MyPlate	<ul style="list-style-type: none"> <li>• Other individual knowledge and skills topic, please specify                             <ul style="list-style-type: none"> <li>○ Germs</li> <li>○ Handwashing</li> </ul> </li> </ul>
Lesson 2: Grains – Are yours Whole Grains?	No additional topics
Lesson 3: Fruits – What Is Your Beverage Choice?	<ul style="list-style-type: none"> <li>• Other individual knowledge and skills topic, please specify                             <ul style="list-style-type: none"> <li>○ Beverages</li> </ul> </li> </ul>
Lesson 4: Vegetables – Parts of a Plant	<ul style="list-style-type: none"> <li>• Participation in sports and recreational activities</li> </ul>
Lesson 5: Dairy – Do You Wear a Moo-stache?	No additional topics
Lesson 6: Protein – How Lean Is Your Protein?	No additional topics
Lesson 7: MyPlate Revisited & Graduation	<ul style="list-style-type: none"> <li>• Healthy fats and oils</li> </ul>

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### Choose Health: Food, Fun, and Fitness (CHFFF)

Select the links to find for more information about the CHFFF [face to face](#) and [CHFFF for Virtual Education](#) curricula.

The following objectives and intervention topics are autopopulated in the **Objectives** and the **Intervention topics** fields in the Direct Education module in PEARS.

Autopopulated Objectives	Autopopulated Intervention Topics for the Entire Curriculum
<ul style="list-style-type: none"> <li>• Increase consumption of healthy foods and beverages and decrease consumption of unhealthy foods and beverages</li> <li>• Increase physical activity and reduce sedentary behaviors</li> </ul>	<ul style="list-style-type: none"> <li>• Dairy</li> <li>• Fiber-rich foods</li> <li>• Food preparation / cooking and food safety</li> <li>• Fruits and vegetables</li> <li>• Limiting added sugars</li> <li>• Limiting saturated fats</li> <li>• MyPlate food groups and portions for a healthy eating pattern</li> <li>• Other engagement in physical activity topic, please specify                             <ul style="list-style-type: none"> <li>○ Increase physical activity</li> </ul> </li> <li>• Other individual knowledge and skills topic, please specify                             <ul style="list-style-type: none"> <li>○ Food labels</li> </ul> </li> <li>• Promoting and maintaining a healthy weight</li> <li>• Reducing sedentary activities and screen time</li> <li>• Water</li> <li>• Whole grains</li> </ul>

Add the following additional intervention topics when entering individual lessons to PEARS:

Individual Lessons	Additional Intervention Topics
Lesson 1: Drink Low-fat Milk and Water Instead of Sweetened Beverages	<ul style="list-style-type: none"> <li>• Other individual knowledge and skills topic, please specify                             <ul style="list-style-type: none"> <li>○ Beverages</li> </ul> </li> </ul>
Lesson 2: Color Your Plate, Eat More Fruits and Vegetables	<ul style="list-style-type: none"> <li>• Other individual knowledge and skills topic, please specify                             <ul style="list-style-type: none"> <li>○ Beverages</li> </ul> </li> </ul>
Lesson 3: Read IT before You Eat it! Nutrition Facts Label	<ul style="list-style-type: none"> <li>• Healthy fats and oils</li> <li>• Limiting sodium</li> </ul>
Lesson 4: Make Half Your Grains Whole! Eat More Whole Grains	No additional topics
Lesson 5: Healthier Foods Fast. Eating Fewer High Fat, High-Sugar Foods	<ul style="list-style-type: none"> <li>• Other individual knowledge and skills topic, please specify                             <ul style="list-style-type: none"> <li>○ Beverages</li> <li>○ Breakfast</li> </ul> </li> </ul>
Lesson 6: Eat Breakfast	<ul style="list-style-type: none"> <li>• Other individual knowledge and skills topic, please specify                             <ul style="list-style-type: none"> <li>○ Breakfast</li> </ul> </li> <li>• Protein foods</li> </ul>

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### Food Smarts (Youth)

Select the links to find for more information about the Food Smarts [face to face](#) and [Food Smarts for Youth Virtual Education](#) curricula.

The following objectives and intervention topics are autopopulated in the **Objectives** and the **Intervention topics** fields in the Direct Education module in PEARS.

Autopopulated Objectives	Autopopulated Intervention Topics for the Entire Curriculum
<ul style="list-style-type: none"> <li>• Increase consumption of healthy foods and beverages and decrease consumption of unhealthy foods and beverages</li> <li>• Increase physical activity and reduce sedentary behaviors</li> </ul>	<ul style="list-style-type: none"> <li>• Food preparation / cooking and food safety</li> <li>• Food shopping and resource management</li> <li>• Fruits and vegetables</li> <li>• Limiting added sugars</li> <li>• Limiting saturated fats</li> <li>• Limiting sodium</li> <li>• MyPlate food groups and portions for a healthy eating pattern</li> <li>• Other engagement in physical activity topic, please specify                             <ul style="list-style-type: none"> <li>○ Increase physical activity</li> </ul> </li> <li>• Other individual knowledge and skills topic, please specify                             <ul style="list-style-type: none"> <li>○ Food labels</li> </ul> </li> <li>• Prevention of obesity, diabetes, and other chronic diseases</li> <li>• Reducing sedentary activities and screen time</li> <li>• Water</li> <li>• Whole grains</li> </ul>

Add the following additional intervention topics when entering individual lessons to PEARS:

Individual Lessons	Additional Intervention Topics
<b>5 Week, 60 Minute Lessons</b>	
Lesson 1: Setting the Stage for Healthy Options	No additional topics
Lesson 2: What's on a Healthy Plate	No additional topics
Lesson 3: Food Processing and Fast Food	<ul style="list-style-type: none"> <li>• Fiber-rich foods</li> <li>• Other individual knowledge and skills topic, please specify                             <ul style="list-style-type: none"> <li>○ Breakfast</li> </ul> </li> <li>• Protein foods</li> </ul>
Lesson 4: Understanding Labels and Ingredients	<ul style="list-style-type: none"> <li>• Healthy fats and oils</li> <li>• Other individual knowledge and skills topic, please specify                             <ul style="list-style-type: none"> <li>○ Nutrition facts</li> </ul> </li> <li>• Promoting and maintaining a healthy weight</li> </ul>
Lesson 5: Best Practices for Healthy Living	<ul style="list-style-type: none"> <li>• Fiber-rich foods</li> <li>• Other engagement in physical activity topic, please specify                             <ul style="list-style-type: none"> <li>○ Activity charades</li> </ul> </li> <li>• Other individual knowledge and skills topic, please specify                             <ul style="list-style-type: none"> <li>○ Beverages</li> </ul> </li> <li>• Participation in sports and recreational activities</li> </ul>

## Supplement: FFY 2022 Direct Education Autopopulated Fields

6 Week, 60 Minute Lessons	
Lesson 1: Setting the Stage for Healthy Choices	No additional topics
Lesson 2: What's On a Healthy Plate	No additional topics
Lesson 3: Learning About Whole Foods	<ul style="list-style-type: none"> <li>• Fiber-rich foods</li> <li>• Other individual knowledge and skills topic, please specify               <ul style="list-style-type: none"> <li>○ Breakfast</li> <li>○ Whole foods</li> </ul> </li> <li>• Protein foods</li> </ul>
Lesson 4: Understanding Labels and Ingredients	No additional topics
Lesson 5: Best Practices for Healthy Living	<ul style="list-style-type: none"> <li>• Participation in sports and recreational activities</li> </ul>
Lesson 6: Smart Strategies for Shopping and Cooking	<ul style="list-style-type: none"> <li>• Fiber-rich foods</li> <li>• Other individual knowledge and skills topic, please specify               <ul style="list-style-type: none"> <li>○ Advertising</li> </ul> </li> </ul>

## Supplement: FFY 2022 Direct Education Autopopulated Fields

### Food Smarts (Adults)

Select the links to find for more information about the Food Smarts [face to face](#) and [Food Smarts for Adults Virtual Education](#) curricula.

The following objectives and intervention topics are autopopulated in the **Objectives** and the **Intervention topics** fields in the Direct Education module in PEARS.

Autopopulated Objectives	Autopopulated Intervention Topics for the Entire Curriculum
<ul style="list-style-type: none"> <li>• Improve food resource management</li> <li>• Increase consumption of healthy foods and beverages and decrease consumption of unhealthy foods and beverages</li> </ul>	<ul style="list-style-type: none"> <li>• Food preparation / cooking and food safety</li> <li>• Food shopping and resource management</li> <li>• Fruits and vegetables</li> <li>• Limiting added sugars</li> <li>• Limiting saturated fats</li> <li>• Limiting sodium</li> <li>• MyPlate food groups and portions for a healthy eating pattern</li> <li>• Other engagement in physical activity topic, please specify                             <ul style="list-style-type: none"> <li>○ Increase physical activity</li> </ul> </li> <li>• Other individual knowledge and skills topic, please specify                             <ul style="list-style-type: none"> <li>○ Food labels</li> </ul> </li> <li>• Prevention of obesity, diabetes, and other chronic diseases</li> </ul>

Add the following additional intervention topics when entering individual lessons to PEARS:

Individual Lessons	Additional Intervention Topics
<b>5 Week, 60 Minute Lessons</b>	
Lesson 1: Setting the Stage for Healthy Options	<ul style="list-style-type: none"> <li>• Other individual knowledge and skills topic, please specify                             <ul style="list-style-type: none"> <li>○ Goal setting</li> </ul> </li> </ul>
Lesson 2: Creating Balanced Meals	No additional topics
Lesson 3: Whole Foods, Health Fats, and Sugar	<ul style="list-style-type: none"> <li>• Other individual knowledge and skills topic, please specify                             <ul style="list-style-type: none"> <li>○ Beverages</li> </ul> </li> </ul> <p><b>Optional - if it applies to your lesson:</b></p> <ul style="list-style-type: none"> <li>• Fiber-rich foods</li> <li>• Healthy fats and oils</li> <li>• Protein foods</li> <li>• Whole grains</li> </ul>
Lesson 4: Food Labels, Meal Planning, Budgeting, and Shopping	<p><b>Optional - if it applies to your lesson:</b></p> <ul style="list-style-type: none"> <li>• Other individual knowledge and skills topic, please specify                             <ul style="list-style-type: none"> <li>○ Food waste</li> </ul> </li> </ul>
Lesson 5: Energy, Sleep, and Chronic Disease Prevention	<ul style="list-style-type: none"> <li>• Other individual knowledge and skills topic, please specify                             <ul style="list-style-type: none"> <li>○ Breakfast</li> <li>○ Sleep</li> </ul> </li> </ul> <p><b>Optional – if it applies to your lesson:</b></p> <ul style="list-style-type: none"> <li>• Participation in sports and recreational activities</li> </ul>

## Supplement: FFY 2022 Direct Education Autopopulated Fields

	<ul style="list-style-type: none"> <li>• Promoting and maintaining a healthy weight</li> <li>• Reducing sedentary activities and screen time</li> </ul>
<b>5 Week, 30 Minute Lessons</b>	
Lesson 1: Simple Ways to Build a Wholesome Plate	No additional topics
Lesson 2: Increasing Whole Grain or Veggie	<ul style="list-style-type: none"> <li>• Whole grains</li> </ul> <p><b>Optional – if it applies to your lesson:</b></p> <ul style="list-style-type: none"> <li>• Fiber-rich foods</li> </ul>
Lesson 3: Identifying Sources of Unwanted Sugar and Salt	<ul style="list-style-type: none"> <li>• Other individual knowledge and skills topic, please specify               <ul style="list-style-type: none"> <li>○ Beverages</li> </ul> </li> <li>• Whole grains</li> </ul>
Lesson 4: Saving Time and Money with Shopping and Budgeting	<ul style="list-style-type: none"> <li>• Other individual knowledge and skills topic, please specify               <ul style="list-style-type: none"> <li>○ Advertising</li> <li>○ Food waste</li> </ul> </li> </ul>
Lesson 5: Staying Active and Understanding Chronic Disease Prevention	<ul style="list-style-type: none"> <li>• Active commuting</li> <li>• Participation in sports and recreational activities</li> <li>• Promoting and maintaining a healthy weight</li> <li>• Reducing sedentary activities and screen time</li> </ul>

## Supplement: FFY 2022 Direct Education Autopopulated Fields

### Around the Table (Older Youth)

Select the links to find for more information about the Around the Table [face to face](#) and [Around the Table for Older Youth Virtual Education](#) curricula.

The following objectives and intervention topics are autopopulated in the **Objectives** and the **Intervention topics** fields in the Direct Education module in PEARS.

Autopopulated Objectives	Autopopulated Intervention Topics for the Entire Curriculum
<ul style="list-style-type: none"> <li>• Improve food resource management</li> <li>• Increase consumption of healthy foods and beverages and decrease consumption of unhealthy foods and beverages</li> </ul>	<ul style="list-style-type: none"> <li>• Food preparation / cooking and food safety</li> <li>• Food shopping and resource management</li> <li>• Fruits and Vegetables</li> <li>• Other individual knowledge and skills topic, please specify                             <ul style="list-style-type: none"> <li>○ Food labels</li> <li>○ Mindfulness</li> </ul> </li> </ul>

Add the following additional intervention topics when entering individual lessons to PEARS:

Individual Lessons	Additional Intervention Topics
Lesson 1	No additional topics
Lesson 2	No additional topics
Lesson 3	No additional topics
Lesson 4	No additional topics
Lesson 5	<ul style="list-style-type: none"> <li>• Other individual knowledge and skills topic, please specify                             <ul style="list-style-type: none"> <li>○ Wellbeing</li> </ul> </li> </ul>
Lesson 6	<ul style="list-style-type: none"> <li>• Other individual knowledge and skills topic, please specify                             <ul style="list-style-type: none"> <li>○ Wellbeing</li> </ul> </li> </ul>

## Supplement: FFY 2022 Direct Education Autopopulated Fields

### Around the Table (Caregivers)

Select the links to find for more information about the Around the Table [face to face](#) and [Around the Table for Caregivers Virtual Education](#) curricula.

The following objectives and intervention topics are autopopulated in the **Objectives** and the **Intervention topics** fields in the Direct Education module in PEARS.

Autopopulated Objectives	Autopopulated Intervention Topics for the Entire Curriculum
<ul style="list-style-type: none"> <li>• Improve food resource management</li> <li>• Increase consumption of healthy foods and beverages and decrease consumption of unhealthy foods and beverages</li> </ul>	<ul style="list-style-type: none"> <li>• Food preparation / cooking and food safety</li> <li>• Food shopping and resource management</li> <li>• Other engagement in physical activity topic, please specify                             <ul style="list-style-type: none"> <li>○ Increase physical activity</li> </ul> </li> <li>• Other individual knowledge and skills topic, please specify                             <ul style="list-style-type: none"> <li>○ Food labels</li> </ul> </li> </ul>

Add the following additional intervention topics when entering individual lessons to PEARS:

Individual Lessons	Additional Intervention Topics
Lesson 1: Connecting with Each Other	<ul style="list-style-type: none"> <li>• Other individual knowledge and skills topic, please specify                             <ul style="list-style-type: none"> <li>○ Mindfulness</li> </ul> </li> </ul>
Lesson 2: Nutrition and Stress	<ul style="list-style-type: none"> <li>• Other individual knowledge and skills topic, please specify                             <ul style="list-style-type: none"> <li>○ Mindfulness</li> </ul> </li> </ul>
Lesson 3: Healthy and Budget Friendly Shopping	<ul style="list-style-type: none"> <li>• Fruits and vegetables</li> <li>• Other individual knowledge and skills topic, please specify                             <ul style="list-style-type: none"> <li>○ Mindfulness</li> </ul> </li> </ul>
Lesson 4: Toxic Stress and Family Health	<ul style="list-style-type: none"> <li>• Other individual knowledge and skills topic, please specify                             <ul style="list-style-type: none"> <li>○ Mindfulness</li> <li>○ Stress</li> </ul> </li> </ul>
Lesson 5: Family Resilience and Nourishment	No additional topics
Lesson 6: Nourishment in Our Communities	No additional topics



## Supplement: FFY 2022 Direct Education Autopopulated Fields

### Plan, Shop, Save, Cook (PSSC)

Select the links to find for more information about the PSSC [face to face](#) and [PSSC Virtual Education](#) curricula.

The following objectives and intervention topics are autopopulated in the **Objectives** and the **Intervention topics** fields in the Direct Education module in PEARS.

Autopopulated Objectives	Autopopulated Intervention Topics for the Entire Curriculum
<ul style="list-style-type: none"> <li>• Improve food resource management</li> <li>• Increase consumption of healthy foods and beverages and decrease consumption of unhealthy foods and beverages</li> </ul>	<ul style="list-style-type: none"> <li>• Food preparation / cooking and food safety</li> <li>• Food shopping and resource management</li> <li>• Fruits and vegetables</li> <li>• Limiting added sugars</li> <li>• MyPlate food groups and portions for a healthy eating pattern</li> <li>• Other engagement in physical activity topic, please specify                             <ul style="list-style-type: none"> <li>○ Increase physical activity</li> </ul> </li> </ul>

Add the following additional intervention topics when entering individual lessons to PEARS:

Individual Lessons	Additional Intervention Topics
Lesson 1: Planning Meals	No additional topics
Lesson 2: Using Food Labels	<ul style="list-style-type: none"> <li>• Other individual knowledge and skills topic, please specify                             <ul style="list-style-type: none"> <li>○ Food labels</li> <li>○ Serving size</li> </ul> </li> </ul>
Lesson 3: Saving Money	No additional topics
Lesson 4: Cooking a Meal	No additional topics

## Supplement: FFY 2022 Direct Education Autopopulated Fields

### Walk with Ease

Select the links to find for more information about the Walk with Ease [face to face](#) and [Walk with Ease for Virtual Education](#) curricula.

The following objectives and intervention topics are autopopulated in the **Objectives** and the **Intervention topics** fields in the Direct Education module in PEARS.

Autopopulated Objectives	Autopopulated Intervention Topics for the Entire Curriculum
<ul style="list-style-type: none"> <li>• Increase physical activity and reduce sedentary behaviors</li> </ul>	<ul style="list-style-type: none"> <li>• Active commuting</li> <li>• Other engagement in physical activity topic, please specify                             <ul style="list-style-type: none"> <li>○ Increase physical activities</li> </ul> </li> <li>• Participation in sports and recreational activities</li> </ul>

Add the following additional intervention topics when entering individual lessons to PEARS:

Individual Lessons	Additional Intervention Topics
Session 1: Introducing Walk With Ease	<ul style="list-style-type: none"> <li>• Prevention of obesity, diabetes, and other chronic diseases</li> <li>• Promoting and maintaining a healthy weight</li> <li>• Reducing sedentary activities and screen time</li> </ul>
Session 2: Know the Basic Facts About Arthritis and Exercise	<ul style="list-style-type: none"> <li>• Reducing sedentary activities and screen time</li> </ul>
Session 3: Preparing to Walk with Ease	<ul style="list-style-type: none"> <li>• Reducing sedentary activities and screen time</li> </ul>
Session 4: Anticipating and Overcoming Barriers	<ul style="list-style-type: none"> <li>• Reducing sedentary activities and screen time</li> </ul>
Session 5: Walking with Ease	<ul style="list-style-type: none"> <li>• Reducing sedentary activities and screen time</li> </ul>
Session 6: Walking with Ease	<ul style="list-style-type: none"> <li>• Reducing sedentary activities and screen time</li> </ul>
Session 7: Arthritis Basics	<ul style="list-style-type: none"> <li>• Promoting and maintaining a healthy weight</li> <li>• Reducing sedentary activities and screen time</li> </ul>
Session 8: Exercise and Arthritis	<ul style="list-style-type: none"> <li>• Promoting and maintaining a healthy weight</li> <li>• Reducing sedentary activities and screen time</li> </ul>
Session 9: Resources to Keep You Walking	<ul style="list-style-type: none"> <li>• Reducing sedentary activities and screen time</li> </ul>
Session 10: Strengthening and Stretching	<ul style="list-style-type: none"> <li>• Reducing sedentary activities and screen time</li> </ul>
Session 11: Conducting the Midcourse assessment: Measuring your Fitness Level	No additional topics
Session 12: Midcourse Assessment: Reviewing your Walking Contract and Thinking about your Future Goals	No additional topics
Session 13: Walking With Ease	<ul style="list-style-type: none"> <li>• Reducing sedentary activities and screen time</li> </ul>
Session 14: Walking With Ease	<ul style="list-style-type: none"> <li>• Reducing sedentary activities and screen time</li> </ul>
Session 15: Resources to Keep You Walking and Active	<ul style="list-style-type: none"> <li>• Reducing sedentary activities and screen time</li> </ul>
Session 16: Resources to Keep You Walking and Active	<ul style="list-style-type: none"> <li>• Reducing sedentary activities and screen time</li> </ul>
Session 17: End of Program Fitness Assessment	<ul style="list-style-type: none"> <li>• Reducing sedentary activities and screen time</li> </ul>
Session 18: Wrapping up the 6-week Walk With Ease program and planning to continue walking	<ul style="list-style-type: none"> <li>• Reducing sedentary activities and screen time</li> </ul>

## Supplement: FFY 2022 Direct Education Autopopulated Fields

### Growing Healthy Habits (GHH)

Select the link to find for more information about the [Growing Healthy Habits \(GHH\) Curriculum](#).

The following objectives and intervention topics are autopopulated in the **Objectives** and the **Intervention topics** fields in the Direct Education module in PEARS.

Autopopulated Objectives	Autopopulated Intervention Topics for the Entire Curriculum
<ul style="list-style-type: none"> <li>• Increase consumption of healthy foods and beverages and decrease consumption of unhealthy foods and beverages</li> <li>• Increase physical activity and reduce sedentary behaviors</li> </ul>	<ul style="list-style-type: none"> <li>• Dairy</li> <li>• Fiber-rich foods</li> <li>• Food shopping and resource management</li> <li>• Fruits and vegetables</li> <li>• Limiting saturated fats</li> <li>• Other engagement in physical activity topic, please specify                             <ul style="list-style-type: none"> <li>○ Increase physical activity</li> </ul> </li> <li>• Other individual knowledge and skills topic, please specify                             <ul style="list-style-type: none"> <li>○ Food labels</li> <li>○ Gardening</li> </ul> </li> <li>• Promoting and maintaining a healthy weight</li> <li>• Protein foods</li> <li>• Water</li> <li>• Whole grains</li> </ul>

Add the following additional intervention topics when entering individual lessons to PEARS:

Individual Lessons	Additional Intervention Topics
<b>Unit 1: What's so Great About Gardening</b>	
Lesson 1: My Plate	<ul style="list-style-type: none"> <li>• MyPlate food groups and portions for a healthy eating pattern</li> </ul>
Lesson 2: Not All Vegetables are Created Equal	<ul style="list-style-type: none"> <li>• Food preparation / cooking and food safety</li> </ul>
Lesson 3: Food System Sequencing	<ul style="list-style-type: none"> <li>• MyPlate food groups and portions for a healthy eating pattern</li> <li>• Other individual knowledge and skills topic, please specify                             <ul style="list-style-type: none"> <li>○ Food processing</li> </ul> </li> </ul>
<b>Unit 2: Parts of Plants we Eat</b>	
Lesson 1: Plant Diagrams	<ul style="list-style-type: none"> <li>• Other individual knowledge and skills topic, please specify                             <ul style="list-style-type: none"> <li>○ Plants</li> </ul> </li> </ul>
Lesson 2: Parts of the Plant Relay Race	<ul style="list-style-type: none"> <li>• Other individual knowledge and skills topic, please specify                             <ul style="list-style-type: none"> <li>○ Soil</li> </ul> </li> </ul>
Lesson 3: Parts of the Plant Salad	<ul style="list-style-type: none"> <li>• Food preparation / cooking and food safety</li> </ul>
<b>Unit 3: Feed the Soil and the Soil will Feed You</b>	
Lesson 1: What is Soil Made of?	<ul style="list-style-type: none"> <li>• Other individual knowledge and skills topic, please specify                             <ul style="list-style-type: none"> <li>○ Plant life</li> </ul> </li> </ul>
Lesson 2: How do different soils affect our plants	<ul style="list-style-type: none"> <li>• Other individual knowledge and skills topic, please specify                             <ul style="list-style-type: none"> <li>○ Soil</li> </ul> </li> </ul>

## Supplement: FFY 2022 Direct Education Autopopulated Fields

Lesson 3: Soil Salad	<ul style="list-style-type: none"> <li>• Food preparation / cooking and food safety</li> </ul>
<b>Unit 4: Variety: The Spice of Life</b>	
Lesson 1: Eat Your Colors	<ul style="list-style-type: none"> <li>• Food preparation / cooking and food safety</li> </ul>
Lesson 2: Garden Survivor	No additional topics
Lesson 3: Who's Who in the Garden?	No additional topics
<b>Unit 5: Plan Your Planting</b>	
Lesson 1: Gimme Some Space	No additional topics
Lesson 2: What's On the Menu?	No additional topics
Lesson 3: Garden on a Plate	<ul style="list-style-type: none"> <li>• Food preparation / cooking and food safety</li> </ul>
<b>Unit 6: Seed Magic</b>	
Lesson 1: Seed Dissection	No additional topics
Lesson 2: Energy Storage in Seeds	No additional topics
Lesson 3: After Germination: Photosynthesis	<ul style="list-style-type: none"> <li>• Food preparation / cooking and food safety</li> </ul>
<b>Unit 7: Keep it Growing</b>	
Lesson 1: Water, Water, Everywhere	No additional topics
Lesson 2: To Weed or Not to Weed	No additional topics
Lesson 3: Put a Lid on It!	<ul style="list-style-type: none"> <li>• Food preparation / cooking and food safety</li> </ul>
<b>Unit 8: Healthy Harvest</b>	
Lesson 1: Garden Inputs and Outputs	No additional topics
Lesson 2: What's It Worth?	<ul style="list-style-type: none"> <li>• Food preparation / cooking and food safety</li> </ul>
Lesson 3: Does Money Grow on Plants?	<ul style="list-style-type: none"> <li>• Food preparation / cooking and food safety</li> </ul>
<b>Unit 9: Garden Fitness</b>	
Lesson 1: Almond Energy Burn	<ul style="list-style-type: none"> <li>• Other individual knowledge and skills topic, please specify                             <ul style="list-style-type: none"> <li>○ Energy</li> </ul> </li> </ul>
Lesson 2: Energy in Food: Quality vs Quantity	<ul style="list-style-type: none"> <li>• Other individual knowledge and skills topic, please specify                             <ul style="list-style-type: none"> <li>○ Energy</li> <li>○ Nutrients</li> </ul> </li> </ul>
Lesson 3: Frozen Energy	<ul style="list-style-type: none"> <li>• Other individual knowledge and skills topic, please specify                             <ul style="list-style-type: none"> <li>○ Healthy eating</li> </ul> </li> </ul>

## Supplement: FFY 2022 Direct Education Autopopulated Fields

### Cooking Matters

Select the link to find for more information about the [Cooking Matters Curriculum](#).

The following objectives and intervention topics are autopopulated in the **Objectives** and the **Intervention topics** fields in the Direct Education module in PEARS.

Autopopulated Objectives	Autopopulated Intervention Topics for the Entire Curriculum
<ul style="list-style-type: none"> <li>• Improve food resource management</li> <li>• Increase consumption of healthy foods and beverages and decrease consumption of unhealthy foods and beverages</li> </ul>	<ul style="list-style-type: none"> <li>• Food preparation / cooking and food safety</li> <li>• Food shopping and resource management</li> <li>• Fruits and vegetables</li> <li>• Limiting added sugars</li> <li>• Limiting saturated fats</li> <li>• Limiting sodium</li> <li>• MyPlate food groups and portions for a healthy eating pattern</li> <li>• Protein foods</li> <li>• Whole grains</li> </ul>

Add the following additional intervention topics when entering individual lessons to PEARS:

Individual Lessons	Additional Intervention Topics
<b>Cooking Matters Families</b>	
Lesson 1	<ul style="list-style-type: none"> <li>• Other individual knowledge and skills topic, please specify                             <ul style="list-style-type: none"> <li>○ Family meals</li> </ul> </li> </ul>
Lesson 2	No additional topics
Lesson3	<ul style="list-style-type: none"> <li>• Healthy fats and oils</li> <li>• Other individual knowledge and skills topic, please specify                             <ul style="list-style-type: none"> <li>○ Food labels</li> </ul> </li> </ul>
Lesson 4	<ul style="list-style-type: none"> <li>• Other individual knowledge and skills topic, please specify                             <ul style="list-style-type: none"> <li>○ Breakfast</li> </ul> </li> </ul>
Lesson 5	<ul style="list-style-type: none"> <li>• Active commuting</li> <li>• Other engagement in physical activity topic, please specify                             <ul style="list-style-type: none"> <li>○ Increase physical activity</li> </ul> </li> <li>• Other individual knowledge and skills topic, please specify                             <ul style="list-style-type: none"> <li>○ Beverages</li> </ul> </li> </ul>
Lesson 6	No additional topics
<b>Cooking Matters Adult</b>	
Lesson 1	<ul style="list-style-type: none"> <li>• Other individual knowledge and skills topic, please specify                             <ul style="list-style-type: none"> <li>○ Food labels</li> </ul> </li> </ul>
Lesson 2	No additional topics
Lesson3	<ul style="list-style-type: none"> <li>• Healthy fats and oils</li> </ul>
Lesson 4	<ul style="list-style-type: none"> <li>• Other individual knowledge and skills topic, please specify                             <ul style="list-style-type: none"> <li>○ Breakfast</li> </ul> </li> </ul>
Lesson 5	No additional topics
Lesson 6	<ul style="list-style-type: none"> <li>• Other engagement in physical activity topic, please specify                             <ul style="list-style-type: none"> <li>○ Increase physical activity</li> </ul> </li> </ul>

## Supplement: FFY 2022 Direct Education Autopopulated Fields

	<ul style="list-style-type: none"><li>• Other individual knowledge and skills topic, please specify<ul style="list-style-type: none"><li>○ Beverages</li></ul></li><li>• Promoting and maintaining a healthy weight</li><li>• Reducing sedentary activities and screen time</li><li>• Water</li></ul>
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