

Nutra-Net, Inc. & Whiz, Zip, and Zap It!

www.nutra-net.org

Nutra-Net, Inc.

Nutra-Net's mission is: *Saving Lives Through Applied Nutrition Education*. Nutra-Net, Inc.'s vision is to empower children and families, from diverse backgrounds, with the knowledge and skills to plan and prepare healthy meals and snacks that promote lifelong wellness and reduce the risk of disease.



Nutra-Net has earned international, national, regional and Missouri State honors for excellence in nutrition education. These distinctions include the prestigious *Nutrition Action Award* from the (international) *Society for Nutrition Education* and designation as a Kansas City Area Program Site of *America's Promise*, a national youth leadership and community service initiative.

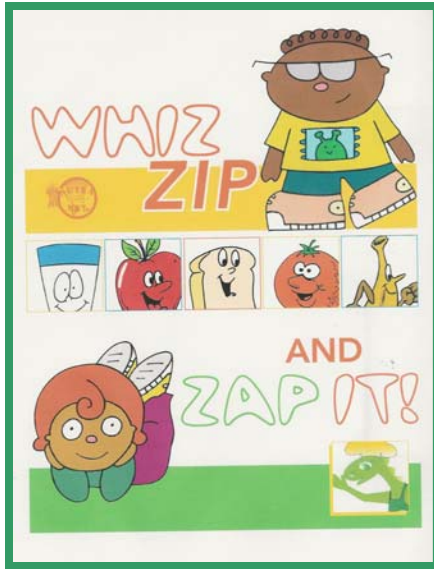
Nutra-Net's curriculum has recently been selected as the state of Missouri's *Action for Healthy Kids* initiative, for use in afterschool programs across Missouri. Nutra-Net is also approved for the *5-A-Day for Better Health Program*, a cooperative effort of the National Cancer Institute and the Produce for Better Health Foundation.

Nutra-Net programs for low-income preschool- and school-age children and their families are recognized as *Program Models for Effectiveness in Cardiovascular Risk Reduction Among Minority Populations* by the *Missouri Department of Health and Senior Services*. In addition, Nutra-Net is recognized for *Excellence in After-School Programming* by the *Missouri State Conference of After-School Educators*. During the 2004-05 school year, Nutra-Net was a *Missouri Department of Health and Senior Services* contractor, delivering its programs to 275 students in Kansas City Missouri schools through *USDA's Team Nutrition* program.

Nutra-Net, Inc. was established in 1985 as a Missouri 501(c)(3) non-profit organization under the Internal Revenue Code. Since its inception, Nutra-Net has been recognized as a *Business in Good Standing*, under the jurisdiction of the Missouri Secretary of State.

Whiz, Zip, & Zap It!

During the 2005-2006 school year, students in grades 3-6, attending afterschool programs at 20 sites across the state of Missouri will participate in a minimum of six nutrition education lessons from the *Whiz, Zip, and Zap It!* curriculum. In each 50 minute lesson, a different food group or nutrient represented in the Food Guide Pyramid is emphasized, and students participate in preparing a healthy food item that includes that particular food



group. Lessons begin with a short nutrition instruction component. Topics discussed are macro- and micronutrients, functions of nutrients in the body, recommended number of servings per day, and portion sizes. Then, the recipe of the day is introduced, which includes instruction on food safety and sanitation, and proper food preparation procedures. Students are also shown a full-color Food Guide Pyramid, indicating where each ingredient in the recipe fits into it. The recipes for the curricula, come from the *Whiz, Zip, and Zap* cookbook, and were created using simple and inexpensive ingredients, and can be prepared with common, 'mobile kitchen' equipment. After the nutrition instruction, students are divided into small groups, and participate in making the recipe. Students have an opportunity to taste the healthy food that they prepared and clean up their work stations.

At the end of each lesson, students complete a short evaluation, to reinforce the concepts and skills taught and practiced. To measure nutrition knowledge, students complete pre- and posttests.