

## What's it all about?

Professor Popcorn is a curriculum that will help young people develop into healthy adults by gaining an interest in eating healthy foods, using safe food-handling techniques, and making physical activity part of their lifestyles.

Its specific goals are to provide nutrition and health information and an opportunity to practice new skills so young people will understand that good health is, in part, about the food and physical activity choices they make daily.



## How to get Professor Popcorn for your classroom


- Contact Kim Ragland, Boyle County 4-H Agent, at [kragland@uky.edu](mailto:kragland@uky.edu) or call 236-4484
- Find 5 one-hour class periods in your classroom schedule
- Professor Popcorn is available in: October, November, December, and January, February, March, April

*To see how Boyle County and Danville students and teachers responded to Professor Popcorn in their classrooms last year, please request a copy of evaluations by calling 236-4484 or emailing [kragland@uky.edu](mailto:kragland@uky.edu).*

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 Disabilities accommodated with prior notification

**UK** COOPERATIVE EXTENSION SERVICE  
University of Kentucky – College of Agriculture

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## Exploring My Pyramid with Professor Popcorn



## Nutrition Core Content Information for Students in Grades 1-6



**Boyle County 4-H**

Educational programs of the Kentucky Cooperative Extension Service serve all people regardless of race, color, age, sex, religion, disability, or national origin.  
UNIVERSITY OF KENTUCKY, KENTUCKY STATE UNIVERSITY, U.S. DEPARTMENT OF AGRICULTURE, AND KENTUCKY COUNTIES, COOPERATING

# Exploring My Pyramid with Professor Popcorn

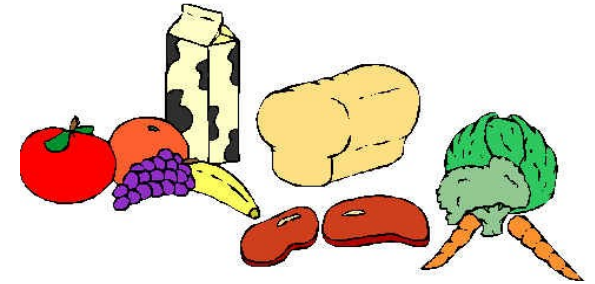
Exploring My Pyramid with Professor Popcorn is a nationally recognized nutrition education curriculum created at Purdue University. The UK Cooperative Extension Service began using Professor Popcorn in 2008 with students in grades 1-6.

The curriculum provides five lessons for each grade from 1st to 6th. Each lesson includes a pre- and post-test, content on My Pyramid, a physical activity, a food safety segment, and a tasting party to introduce youth to healthy foods and snacks. Each lesson is 1 hour long. The five lessons in a unit may be taught consecutively or spread out over 2 or 3 weeks. Youth receive their own copies of My Pyramid, recipes can be provided, and youth receive a certificate of completion and a gift on the last day. Units become more complex with each grade and lessons are age-appropriate.

## Professor Popcorn

### focuses on four parts:

1. Choosing and using foods for good health consistent with My Pyramid.
2. Choosing and using foods for good health consistent with the 2005 Dietary Guidelines for Americans.
3. Improving food safety and preparation practices by following the Fight BAC! Rule (clean, separate, cook, & chill).
4. Enjoying being physically active.



Professor Popcorn provides unique activities for each grade, although the concepts are basically the same, therefore a student could begin the series in first grade and be taught annually through sixth grade.

- 1st Grade: Experiencing Food
- 2nd Grade: Enjoying Food
- 3rd Grade: Exploring Food
- 4th Grade: Energized by Food
- 5th Grade: Examining Food
- 6th Grade: Experimenting with Food