



UNIVERSITY OF ILLINOIS
EXTENSION

investing in You

Digital Literacy Class

Nutrition & Health Program

Spring 2011



GREATER AUBURN-GRESHAM
DEVELOPMENT CORPORATION

Date: April 28, 2011

Topic: Introduction to My Pyramid

Presenter: Sonja Henson

The Food Groups

Link: <http://www.mypyramid.gov/pyramid/index.html>

Daily Food Plan

Link: <http://www.mypyramid.gov/mypyramid/index.aspx>

Foodapedia

Link: <http://www.myfoodapedia.gov/>

Date: May 3, 2011

Topic: My Pyramid Tracker & Build a Personal Profile

Presenter: Michele Crawford

Tracker Tutorial (Power point presentation, you might want to review)

Create your Profile

Link: <http://www.mypyramid.gov/tracker/trackertutorial.html>

Date: May 5, 2011

Topic: How To Understand & Use Nutrition Food Labels

Presenter: Michele Crawford

Nutrition Facts Overview

Link: <http://www.fda.gov/Food/LabelingNutrition/ConsumerInformation/ucm078889.htm>

Make Your Calories Count

Link: <http://www.fda.gov/Food/LabelingNutrition/ConsumerInformation/ucm114022.htm>

Food Label and You –Video (select your own segments)

Link: <http://www.fda.gov/Food/LabelingNutrition/ConsumerInformation/ucm246815.htm>

Date: May 10, 2011

Topic: *Analyze My Plate & Calculate Physical Activity Score*

Presenter: Michele Crawford

Link: http://www.fruitsandveggiesmatter.gov/activities/analyze_my_plate.html

Analyze Physical Activity

Link: <http://www.mypyramidtracker.gov/Default.aspx?Module=4>

Date: May 12, 2011

Topic: *Budget Tips*

Presenter: Sonja Henson

What You Should Spend?

Link: <http://www.extension.iastate.edu/foodsavings/plan/foodspendingplan/>

Other Resources:

Link: <http://urbanext.illinois.edu/thriftyliving/>

Date: May 17, 2011

Topic: *Food Safety*

Presenter: Sonja Henson

Subscribe for Food Recalls

Link: https://service.govdelivery.com/service/subscribe.html?code=USFDA_9

Surfing Food Safety Topic

Link: <http://www.foodsafety.gov/index.html>

Video, Podcasts & More

Link: <http://www.foodsafety.gov/multimedia/index.html>

Become a BAC Fighter-subscribe

Link: http://visitor.constantcontact.com/manage/optin/ea?v=001ZVNY5KsAnKwBt_aK0ec3ow%3D%3D

*Education is the ability to listen to almost anything
without losing your temper or your self-confidence. –*

Robert Frost