

NUTRITION SUPPLY KIT



Utilize the cost estimate list below for purchasing of cookware, supplies and ingredients needed for recipes within the LGEG curricula.

Ziploc Sandwich Bags	\$1.97	1 Set of Pot Holders (kitchen set)	\$5.96
1 Box of Food Handling Gloves	\$1.78	1 Set of Glass Mixing Bowls	\$19.97
Disinfecting Wipes	\$3.48	1 Set of Glass Serving Bowls	\$8.77
1 Bottle of Hand Sanitizer	\$3.97	1 Strainer	\$4.64
1 Roll of Paper Towels (2 rolls)	\$3.64	Salad Tongs	\$0.97
1 Package of Napkins	\$2.24	1 Set of Measuring Spoons (8 pieces)	\$0.88
1 Sponge (3 pack)	\$1.97	1 Set of Measuring Cups	\$0
1 Bottle of Dawn Soap	\$2.63	1 Liquid Measuring Cup	\$3.77
1 Cutting Board	\$5.97	Sporks (forks and spoons)	\$5.68
1 Spatula	\$0.97	Food Trays (styrofoam bowls)	\$2.42
2 Wooden Spoons (5 set)	\$4.97	Griddle (used only once)	
1 Peeler	\$0.97	Electric Skillet	\$15.00
1 Grater (square)	\$7.97	Total of above items:	\$130.00
1 Chef's Knife (3 set)	\$8.97		
		Estimated Total Cost of Kit:	\$200.00
		(including veggies and needed recipe ingredients)	



ACTIVITY SUPPLY KIT

By utilizing many items that may already be in your classroom, you can create a kit that has most of the materials necessary to integrate the WAT Lesson Plans.

1 Durable plastic container	1 Pack construction paper
1 Hula hoop	1 Bag of balloons (20 pieces)
1 Box of chalk	2 Full size sheets
2 Lightweight foam balls	24 Flying Disks / Mini Frisbees
12 Bean bags	8 Jump Ropes
2 Playground balls	4 Beach Balls
	8 Traffic Cones



LEARN, GROW, EAT & GO!

TEXAS A&M
AGRILIFE
EXTENSION

Classroom Supply Kit

Week One

Know & Show Sombrero, 5 Senses Food

Items: 3 rolls clear packing tape, misc. craft supplies, baby carrot per student, 1 packet of sunflower seeds per student, 2 full sheets of newspaper per student

Week Two

Plant Parts We Eat, Nutrients to Grow

Items: 1 roll of packing tape for every 3 students, poster boards or bulletin board paper, *Tops & Bottoms* children's book

Week Three

Don't Crowd Me, Paper Towel Gardening

Items: 1 packet of carrot seeds, rolls of paper towels, 4 packets of carrot seeds, 1 packet of vegetables seeds for each crop being planted by the seed

Week Four

Home Sweet Home, Balloon Hot Potato

Items: 1 poster board, 5 balloons (orange, green, red, blue, purple), *A Place to Grow* children's book

Week Five

Rules Are Rules & Schedule It, MyPlate

Items: 2 poster boards, calendar, 9 inch paper plate per student, 4 inch paper plate per student

Week Six

Veggie Research, Garden Graffiti, GO SLOW

WHOA Classification

Items: acrylic paints; paint brushes, 1 poster board, 1 clean and dry stone or brick per student, magazines

Week Seven

10 in 2 Color Box, 1-Week Dinner Tracker

Items: nothing other than the classroom activity sheets included in LGEG manual and online

Week Eight

Fruity Beauty and Blind Taste Test, The Tasty Unknown, Paper Chains

Items: 3 varieties of apples for tasting, toothpicks, 6 index cards, *The Ugly Vegetables* children's book, kitchen knife, cutting board, manual, online sources

Week Nine

Growing New from Old, Greasy Grid Evaluation

Items: 2 fresh white potato (one with sprouts and one without), individual size baked and regular lays for every 3 students, 2 gallon baggie for every 3 students, *Two Old Potatoes & Me* children's book, world map

Week Ten

Kitchen Cotton Quantity Conversion, Menu Mind Makeover

Items: 100 cotton balls per group, measuring cups per group, 1 dry erase/chalkboard eraser, 9 inch paper plate per group, 8 oz. paper cup per group, 1 paper-back gbook, 1 deck of cards, 1 sheet of poster board for 3 students, *I Will Never Not Ever Eat a Tomato* children's book

Additional items (markers, paper, clipboards, assorted size paint brushes, post it notes) may be useful