

Nutrition and Wellness

Equipment List

(Updated 2008)

Description of Activity: A semester course designed to emphasize the interaction of nutrition, foods, sports and exercise for lifelong fitness and wellbeing of individuals and families.

Curriculum Component: The Nutrition and Wellness Curriculum developed by Arkansas FACS teachers will be the approved curriculum. The school must have an approved program of study in FACS, CCGM, or FPMS. The course must be taught for a total of 5 years after the addition of this activity.

Inservice Component: Teachers must attend the training before this activity can be implemented. One inservice training will be provided during the summer by the FACS State Office. Registration is approximately \$400 plus travel, meals, and lodging.

Equipment Component: Estimated cost should not exceed \$3,000.

Approved Equipment:

Item	Description	Estimated Cost
1. Kitchen Calculators (Classroom set = up to 30.)	Volume, temperature, and weight conversions; adjust portion sizes; recipe scaling; large LCD display; timer with alarm; adds, subtracts, multiplies, divides; clear soft plastic cover	\$600 per set
2. Digital Camera	Auto focus, zoom, LCD color monitor, compatible with computer and software, and include strap, storage case, and AC adapter/charger	\$400
3. Rotisserie	Indoor, electric with accessories and variable settings to cook a variety of foods including meats and vegetables.	\$175
4. Grill	Indoor, large, electric, slanted griddle style grill with accessories.	\$100
5. Body Fat Analyzer	Digital with auto calculations and multi-functions.	\$100
6. Juicer	Electric, multiple settings and accessories for a variety of foods.	\$100
7. Blender/Smoothie Maker	Electric, multiple settings and accessories for a variety of beverages.	\$200
8. Additional Supplies	Ethnic Cookbooks	\$50
	Large World Map with Stick Pins	\$60
	Electric Wok and Accessories	\$50
	Crepe Maker	\$50
	Quesadilla Maker	\$50
	Food Portion Scale	\$15
	Digital Body Weight Scale	\$50
	Professional Subscriptions to Nutritional Publications (ex.: Cooking Light, Vegetarian Times, Bon Appetite)	\$50
	Nutrition Based Health and Fitness Videos	\$150
	Electric Food Dehydrator and Mandoline Food Slicer	\$100
	Visual Aids Package that include posters for: myPyramid, Nutritional Recommendations, Healthy Habits, Exercise & Fitness, Portion Sizes.	\$200
	Visual Models Package that include: Fat Models, Artery and Bone Models, Food Models, Dietary Fat Salt and Sugar Displays, Portion Size Models.	\$700
	Pedometers (Classroom set can be up to 30 pedometers.)	\$150 per set