



BE BOLD. Shape the Future.
**College of Agricultural, Consumer
and Environmental Sciences**
Cooperative Extension Service

ICAN Video Lessons

Curriculum: *Eating Smart, Being Active (ESBA)* • Available in English & Spanish

ENGLISH:

- 3: Plan, Shop, \$ave – youtu.be/5Vgzit5VH-s
- 4: Fruits & Veggies: Half Your Plate – youtu.be/7Qz4YoMay2c
- 5: Make Half Your Grains Whole – youtu.be/GiWXdNBV19Q
- 6: Go Lean With Protein – youtu.be/0TX-L4O6dAs
- 7: Build Strong Bones – youtu.be/wPLJMvud_1s

SPANISH:

- 3: Plan, Shop, \$ave – youtu.be/0BAfLeU6sSw
- 4: Fruits & Veggies: Half Your Plate – youtu.be/WQtfeECEvZs
- 5: Make Half Your Grains Whole – youtu.be/1sQXWf-khLo
- 6: Go Lean With Protein – youtu.be/OodifBA4SPg
- 7: Build Strong Bones – youtu.be/YQnGw6JfFKM

For quick lesson access on mobile devices, visit:

ican.nmsu.edu/remote