

Direct Education

Curricula and Resources



Direct Education

Strategy 16: Provide evidence-based healthy eating and active living education in support of policy, system, and environmental change strategies to eligible audiences in eligible community sites to promote consumption of healthy foods and beverages and active lifestyles.

Knowledge is one of the key components to inspire change. Incorporate healthy eating and active living education and promotion in your efforts to empower people, eliminate health disparities, support clinical and community prevention services, and shape healthy and safe community environments.

Curricula

Activity and Eating Curriculum Description

High School: Help your high school students understand the essential connection between being physically active, making healthful food choices and maintaining long term good health. A PowerPoint presentation and accompanying script will help you walk high school students through the eight-page Activity + Eating workbook. This program may be taught in one or two sessions.

Audience: High School (Grades 9-12)
Number of Lessons: 1 - 2
Lesson Length: 50 minutes
College and Career Rediness Standards: Yes
Language: English (Spanish Handouts)
Price: Free
Link: <http://www.dairycouncilofaz.org/education/teacher-curriculum/>
Embedded Evaluation: NA

Curriculum Implementation Guidelines

Curriculum is single lesson; lesson can be split into two sessions if needed.

Building a Healthy Me! Curriculum Description

Completely revised and new this year, this kindergarten nutrition education program gives teachers the flexibility they need by offering fun activities that span from 5 to 15 minutes and fit into a variety of classroom themes. Plus, extension activities provide even more options so that teachers can teach what they want, when they want. Building a Healthy Me! nutrition program aligns with education standards, uses a proven behavior-change model and gives transitional kindergarten and kindergarten students the foundation they need to make healthy food choices.

Audience: Kindergarten
Number of Lessons: 32
Lesson Length: 5-15 minutes
College and Career Rediness Standards: Yes
Language: English (Spanish Handouts)
Price: Free
Link: <http://www.dairycouncilofaz.org/catalog/>
Embedded Evaluation: NA

Curriculum Implementation Guidelines

Unit 1 must be taught first, Units 2-5 can be taught in any order following Unit 1. Lessons in the curriculum are a series and not stand-alone lessons.

CATCH Early Childhood (Pre-K)

Curriculum Description

CATCH Early Childhood (CEC) is designed to nurture a love of physical activity, provide an introduction to classroom-based gardening and nutrition, and encourage healthy eating in children ages 3-5. Modeled after the nationally recognized CATCH Program, CEC provides an environment where physical activity, health education, gardening and healthy eating behaviors are valued and taught. Little ones are motivated to walk, run, jump, dance and move their whole bodies while playing and having fun!

Audience: Pre-K (Ages 3-5)
Number of Lessons: 9 nutrition, 10 gardening (Separate Components)
Lesson Length: 20 minutes
College and Career Rediness Standards: No
Language: English
Price: \$275.00
Link: <http://catchinfo.org/programs/pre-k/>
Embedded Evaluation: NA

Curriculum Implementation Guidelines

The lessons within each program are designed to be implemented in sequence. These lessons are not stand alone.

CATCH Kids Club (K-5, 5-8)

Curriculum Description

Designed for the teacher and non-professional instructor, these health education lessons are organized into seven themes related to physical activity, nutrition, and screen time reduction. The lessons incorporate a variety of teaching strategies, including physical activity-based activities, individual practice, cooperative learning groups, large-group discussions, educational games, goal setting, and hands on snack preparation. In each manual seven family tip sheets, available in English and Spanish, reinforce parental participation, which contributes to the effectiveness of positive changes in eating and physical activity behaviors.

Audience: Grades K-5 and 5-8
Number of Lessons: 36
Lesson Length: 30-60 minutes
College and Career Rediness Standards: No
Language: English
Price: \$247.50
Link: <http://catchusa.org/ckc.htm>
Embedded Evaluation: NA

Curriculum Implementation Guidelines

Basic Concept Theme must be taught first. Other themes may be taught in any order, but the lessons within those themes must be taught in the order as it appears in the table of contents. Activity Box activities may be taught as stand-alone activities.

Color Me Healthy

Curriculum Description

Color Me Healthy is a program developed to reach children ages four and five with fun, interactive learning opportunities on physical activity and healthy eating. It is designed to stimulate all of the senses of young children: touch, smell, sight, sound, and, of course, taste. Through the use of color, music, and exploration of the senses, Color Me Healthy teaches children that healthy food and physical activity are fun.

Audience: Pre-School (Ages 4-5 years old)
Number of Lessons: 12 (circle time)
Lesson Length: N/A
College and Career Rediness Standards: No
Language: English (Spanish Add-Ons)
Price: \$88
Link: <http://colormehealthy.com/>
Embedded Evaluation: NA

Curriculum Implementation Guidelines

Lessons can be taught as stand-alone lessons. Color Me Healthy is designed to be used in family daycare homes, Head Start classrooms, and childcare centers serving 4 and 5 year olds.

Cooking Matters for Chefs and Kids

Curriculum Description

Cooking Matters for Chefs and Kids is an easy-to-use guide that helps chefs, nutrition educators, and food service professionals provide hands-on instruction that will help kids develop a love of cooking and the skills to make healthy food choices wherever they go. Within the guide you will find a variety of resources to help you engage kids, including tips and advice for planning fun activities, materials lists and activity instructions, appealing and interactive recipes for kids, and fun handouts that supplement the lessons of each activity.

Audience: Adults and Kids
Number of Lessons: 11
Lesson Length: 30 minutes
College and Career Rediness Standards: No
Language: English
Price: Free
Link: <http://cookingmatters.org/educational-tools>
Embedded Evaluation: Optional

Curriculum Implementation Guidelines

Lessons can be taught as stand-alone lessons and can be implemented by anyone with culinary training in any community.

Dig In!

Curriculum Description

Dig In is a standards-based educational journey through the world of gardening and nutrition. Developed under the United States Department of Agriculture's (USDA) Team Nutrition initiative, this supplemental unit is designed to encourage 5th and 6th graders to eat more fruits and vegetables and develop an awareness of how these foods are grown. You can use Dig In! to add fun and interactive activities to Math, Science, and English Language Arts lessons, while also helping your students learn healthy eating habits.

Audience: 5th and 6th Grade
Number of Lessons: 10 (3 sessions within each lesson)
Lesson Length: 30-60 minute sessions
College and Career Readiness Standards: Yes
Language: English (Spanish Hand-Outs)
Price: Free
Link: http://snap.nal.usda.gov/foodstamp/resource_finder_details.php?id=643
Embedded Evaluation: NA

Curriculum Implementation Guidelines

Lessons can be taught in any order and may be taught individually. Lessons must be taught in their entirety (all sessions within each lesson must be taught). Sessions within each lesson must be taught in order.

Discover MyPlate

Curriculum Description

Discover MyPlate is fun and inquiry-based nutrition education that fosters the development of healthy food choices and physically active lifestyles for children. Kindergarten teachers can meet education standards for Math, Science, English Language Arts, and Health using the 6 ready-to-go and interactive lessons. Children become food-smart as they practice counting, reading, writing, and more.

Audience: Kindergarten
Number of Lessons: 6
Lesson Length: Varies
College and Career Readiness Standards: Yes
Language: English
Price: Free
Link: <http://www.fns.usda.gov/tn/discover-myplate>
Embedded Evaluation: Required

Curriculum Implementation Guidelines

Lessons are part of a series (not stand-alone lessons). Intended to be taught in 6 weeks or it can be taught over a course several months. Lesson may be extended based on supplemental activities from this curriculum.

Eat Healthy, Be Active

Curriculum Description

Six one-hour workshops were developed, based on the Dietary Guidelines for Americans, 2008 and 2010 Physical Activity Guidelines for Americans. Each workshop includes a lesson plan, learning objectives, talking points, hands-on activities, videos, and handouts. The workshops are designed for community educators, health promoters, dietitians/nutritionists, cooperative extension agents, and others to teach adults in a wide variety of community settings.

Audience: Adults and Seniors
Number of Lessons: 6
Lesson Length: 60 minutes
College and Career Rediness Standards: N/A
Language: English and Spanish
Price: Free
Link: <http://www.health.gov/dietaryguidelines/workshops/>
Embedded Evaluation: Optional

Curriculum Implementation Guidelines

Curriculum can be taught in a series or as stand-alone lessons. Optimally, the workshops can be offered in full as a series of six, or you can select the particular workshop(s) that would best fit the needs of your audience.

Eat Play Grow

Curriculum Description

EatPlayGrow™ is a new early childhood health curriculum developed in partnership with the National Institutes of Health (NIH). The Children’s Museum of Manhattan (CMOM) adapted the We Can!® obesity prevention program (originally for ages 8-13) creating EatPlayGrow™ to teach children ages 6 and younger and their adult caregivers how to make healthy nutrition and physical activity choices. This curriculum combines the latest science and research from the NIH with CMOM’s holistic arts and literacy-based pedagogy to engage families and adults who work with young children. The curriculum uses creative programs and consistent health messages in formal and informal learning environments.

Audience: Ages 6 and younger
Number of Lessons: 11
Lesson Length: 70 minutes
College and Career Rediness Standards: No
Language: English (Spanish Handouts)
Price: Free
Link: <https://www.nhlbi.nih.gov/health/educational/wecan/tools-resources/eatplaygrow-guide.htm>
Embedded Evaluation: NA

Curriculum Implementation Guidelines

Curriculum can be taught as a series or stand-alone lessons. Each lesson clearly defines the appropriate National Pre-K Health Performance Standards and Preschool Readiness Skills they meet. Keeping in mind that children learn at their own pace, teachers and parents can feel free to adjust the length of activities accordingly. All lesson plans have visual aids that can be used to support and reinforce the lesson themes.

Eat Smart, Live Strong

Curriculum Description

Eat Smart, Live Strong is an intervention designed to improve fruit and vegetable consumption and physical activity among 60-74 year olds participating in or eligible for FNS nutrition assistance programs. The intervention can support the efforts of program providers and communities in delivering nutrition education to low-income older adults. Each session in Eat Smart, Live Strong focuses on changing behavior by guiding participants in learning and practicing new skills.

Audience: Seniors (60-74 years old)

Number of Lessons: 4

Lesson Length: 45 minutes

College and Career Rediness Standards: N/A

Language: English (Spanish Handouts)

Price: Free

Link: <http://snap.nal.usda.gov/resource-library/eat-smart-live-strong-nutrition-education-older-adults/eat-smart-live-strong>

Embedded Evaluation: Required

Curriculum Implementation Guidelines

Can be taught as a series or as single, stand-alone lessons.

Eat Together, Eat Better

Curriculum Description

The Eat Together, Eat Better lessons support nutrition, parent, and youth educators in teaching the importance of family meals. The lessons use a mix of interactive learning formats, including small-and large-group discussions, brainstorming, planning, and cooking activities. All of these activities create discussion, encourage problem solving, and develop skills to support family meals.

Audience: Adults and Children

Number of Lessons: 3 (adult, child and family sessions per lesson)

Lesson Length: 45-60 minutes

College and Career Rediness Standards: No

Language: English (Spanish Handouts)

Price: Free

Link: <http://nutrition.wsu.edu/ETEB/>

Embedded Evaluation: Required

Curriculum Implementation Guidelines

Lessons can be taught as stand-alone lessons, but each session of the lesson must be taught (child, parent and family sessions).

Eat Well Play Hard in Childcare Settings

Curriculum Description

Multi-component intervention that focuses on improving the nutrition and physical activity behaviors of pre-school age children and their parents/caregivers and influencing food and activity practices in child care settings.

Audience: Pre-School
Number of Lessons: 9
Lesson Length: 15-30 minutes
College and Career Rediness Standards: N/A
Language: English
Price: Free
Link: <https://www.health.ny.gov/prevention/nutrition/cacfp/ewphccs.htm>
Embedded Evaluation: NA

Curriculum Implementation Guidelines

Curriculum can be taught as stand-alone lessons. Time may be varied according to class size, age etc. Parent Pages for parents to take home and do activities with their children after each lesson.

Eating Smart Being Active

Curriculum Description

Eating Smart Being Active is designed for paraprofessional nutrition educators to use when teaching low-income families with young children to learn healthy lifestyle choices. The teaching techniques in the lesson plans are based on the adult learning principle, dialogue-based learning or learner-centered education.

Audience: Adults with young children
Number of Lessons: 8
Lesson Length: 60-90 minutes
College and Career Rediness Standards: N/A
Language: English and Spanish
Price: \$54+
Link: <http://www.ext.colostate.edu/esba/>
Embedded Evaluation: NA

Curriculum Implementation Guidelines

The curriculum consists of eight core lessons, each 60 to 90 minutes long, are designed to be taught in order.

Exercise Your Options

Curriculum Description

Comprehensive curriculum package with lesson plans for eight consecutive class sessions. Exercise Your Options is designed to help middle school students make healthier food and physical activity choices on a daily basis. Identifying problems, considering options, and developing plans to solve the problems are important skills. Exercise Your Options allows students to practice these skills on an important issue – the choices they make that affect their health.

Audience: Middle School (6th - 8th Grades)
Number of Lessons: 6
Lesson Length: 40-50 minutes
College and Career Readiness Standards: Yes
Language: English (Spanish Handouts)
Price: Free
Link: <http://www.dairycouncilofaz.org/education/teacher-curriculum/>
Embedded Evaluation: Required

Curriculum Implementation Guidelines

Curriculum lessons must be taught in their entirety and in the order they appear.

The Great Garden Detective

Curriculum Description

Discover what fruits and vegetables are sweetest, crunchiest, and juiciest through a series of investigations and fun experiences connecting the school garden to the classroom, school cafeteria, and home. This eleven-lesson curriculum for 3rd and 4th grades includes bulletin board materials, veggie dice, fruit and vegetable flash cards, and ten issues of Garden Detective News for parents/caregivers.

Audience: 3rd-4th Grade
Number of Lessons: 11
Lesson Length: 90-100 minutes
College and Career Readiness Standards: No
Language: English
Price: Free
Link: <http://www.fns.usda.gov/tn/great-garden-detective>
Embedded Evaluation: NA

Curriculum Implementation Guidelines

Lessons are part of a series and must be taught in order. Curriculum flexibility based on garden type and size of garden.

Grow It, Try It, Like It!

Curriculum Description

Grow It, Try, Like It! is a nutrition education kit. Featuring MyPlate is a garden-themed nutrition education kit for child care center staff that introduces children to: three fruits - peaches, strawberries, and cantaloupe; and three vegetables - spinach, sweet potatoes, and crookneck squash. The kit includes seven booklets featuring fruits and vegetables with fun activities through the imaginary garden at Tasty Acres Farm! It also has a CD-ROM with Supplemental Information and a DVD with Cool Puppy Pup's Picnic and Lunch Parties. Each set of lessons contains: hands-on activities, planting activities, and nutrition education activities that introduce MyPlate. Use the kit to promote learning at home with fun parent/child activities and family-sized recipes that give tips for cooking with children.

Audience: Pre-School
Number of Lessons: 7 Booklets (5 lessons per booklet)
Lesson Length: 15-30 minutes
College and Career Readiness Standards: N/A
Language: English
Price: Free
Link: <http://www.fns.usda.gov/tn/grow-it-try-it-it>
Embedded Evaluation: NA

Curriculum Implementation Guidelines

The booklets are taught in sequential order and follow a Day 1 to Day 5 Planning Chart (lessons are taught in sequential order, not stand-alone lessons).

Growing Healthy Habits

Curriculum Description

Growing Healthy Habits is a gardening and nutrition education curriculum for elementary aged kids. This resource focuses on integrating nutrition into the classroom through gardening and scripted lessons that meet science, language arts, social studies, health, and math objectives. Growing Healthy Habits uses gardening as a tool for encouraging students to consume more fruits and vegetables and whole grains, and increase physical activity.

Audience: Kindergarten, 1st, 2nd, 3rd, 4th, 5th grades
Number of Lessons: 9 Units (3 lessons per unit)
Lesson Length: 25-50 minutes
College and Career Readiness Standards: Yes
Language: English
Price: Free
Link: <http://md.nutrition-ed.org/>
Embedded Evaluation: NA

Curriculum Implementation Guidelines

Units are to be taught in sequential order. Each unit has lessons that are taught in sequential order.

Healthy Choices Healthy Me (1st Grade)

Curriculum Description

Healthy Choices Healthy Me (1st Grade) is a nutrition program containing eight sequential lessons that align with education standards. These lessons can be integrated into units on math, social science, health, language arts and physical education. The lessons were created using a behavior-change model that teaches about healthy eating and physical activity, and encourages change in behaviors and attitudes in students.

Audience: 1st Grade
Number of Lessons: 8
Lesson Length: 30-50 minutes
College and Career Rediness Standards: Yes
Language: English
Price: Free
Link: <http://www.dairycouncilofaz.org/education/teacher-curriculum/>
Embedded Evaluation: Optional

Curriculum Implementation Guidelines

Teach lessons in their entirety and order they appear.

Healthy Choices Healthy Me (2nd Grade)

Curriculum Description

Healthy Choices Healthy Me (2nd Grade) is nutrition program containing nine lessons built on the information taught in Healthy Choices Healthy Me (1st grade). The lessons cover eating a variety of foods from each food group every day, eating a balanced breakfast most days, eating healthy snacks and meals whenever they can, and participating in active play for at least 60 minutes a day.

Audience: 2nd Grade
Number of Lessons: 9
Lesson Length: 30-50 minutes
College and Career Rediness Standards: Yes
Language: English
Price: Free
Link: <http://www.dairycouncilofaz.org/education/teacher-curriculum/>
Embedded Evaluation: Optional

Curriculum Implementation Guidelines

Teach lessons in their entirety and order they appear.

Healthy Classrooms Healthy Schools

Curriculum Description

Healthy Classrooms, Healthy Schools helps teachers transform their classroom and school into environments promoting healthy eating and physical activity. This curriculum includes two sets of supplemental lessons, one for grades K-2 and one for grades 3-5. Healthy Classrooms, Healthy schools can also be ordered with companion books that have nutrition and physical activity themes tailored to individual grades, K-5. The curriculum includes eight lessons incorporating 27 activities

Audience: K-2, 3-5
Number of Lessons: 8
Lesson Length: Varies
Common Core: No
College and Career Readiness Standards: English
Price: \$85
Link: <http://www.michiganfitness.org/healthy-classrooms-healthy-schools>
Embedded Evaluation: NA

Curriculum Implementation Guidelines

It is highly encouraged to follow implementation guidelines as written in the books, not a requirement.

Junior Master Gardener (Level 1, Level 2)

Curriculum Description

The Junior Master Gardener (JMG) program is modeled after the Master Gardener program, and offers horticulture and environmental science education through gardening and other activities. It engages children in group and individual learning experiences that promote a love of gardening, and develop an appreciation for the environment. JMG encourages youth to be of service to others through service learning and leadership development projects, and rewards them with certification.

Audience: Level 1 (Grades 3-5), Level 2 (Grades 6-8)
Number of Lessons: 12 Chapters (multiple activities per chapter)
Lesson Length: 30-45 minutes
College and Career Readiness Standards: No
Language: English
Price: \$42 (Teacher guide), \$15 (Student Handbook)
Link: <http://www.jmgkids.us/>
Embedded Evaluation: NA

Curriculum Implementation Guidelines

Lessons may be used individually as stand-alone lessons. Program can be implemented in schools, after-school programs, or other groups interested in young gardeners.

KidQuest

Curriculum Description

KidQuest is a school based nutrition and physical activity program designed specifically for pre-adolescents in the 5th and 6th grade. Each nutrition lesson includes a brief instructional slideshow followed by hands on group activities. Since the program's inception in 2004, the development of this curriculum has been supported by pilot testing in South Dakota schools and guided by the results of research efforts.

Audience: 5th and 6th Grades

Number of Lessons: 8

Lesson Length: 30 minutes

College and Career Rediness Standards: No

Language: English

Price: \$30

Link: <http://igrow.org/product/kidquest-electronic-version/#sthash.wqs9mBBp.dpuf>

Embedded Evaluation: Optional

Curriculum Implementation Guidelines

Lessons are to be taught in sequential order and it is recommended that lessons are taught within a week of each other because lesson concepts build upon one another. Physical activity lessons, within the curriculum (10 min.), can be provided after each nutrition lesson.

Media Smart Youth

Curriculum Description

Media Smarty Youth is an interactive after-school education program for young people ages 11–13. It is designed to help teach children about the complex media world around them and how it can affect their health-especially in the areas of nutrition and physical activity.

Audience: 6th-8th Grades

Number of Lessons: 10

Lesson Length: 90 minutes

College and Career Rediness Standards: No

Language: English

Price: Free

Link: <http://www.nichd.nih.gov/msy/Pages/index.aspx>

Embedded Evaluation: Optional

Curriculum Implementation Guidelines

Curriculum offers structured lessons and a suggested time length, but can be flexible with time and audience. This program allows you to choose how often your group wants to meet to do the lessons.

Note: This curriculum uses brand names, contractors must follow the brand name guidelines outlined in the AzNN Policies and Procedures Manual.while using this curriculum.

MyPlate for My Family

Curriculum Description

MyPlate for My Family: SNAP Nutrition Education is a MyPlate resource that supports SNAP-Ed nutrition education and obesity prevention efforts, and is based on recommendations from the Dietary Guidelines for Americans. It is targeted to parents and caregivers who are SNAP participants or eligible for SNAP, and play a key role in planning, purchasing, and preparing food for their families.

Audience: Adults with Children
Number of Lessons: 4
Lesson Length: 45 minutes
College and Career Rediness Standards: No
Language: English and Spanish
Price: Free

Link: <http://snap.nal.usda.gov/resource-library/nutrition-education-materials-fns/myplate-my-family#educators>

Embedded Evaluation: NA

Curriculum Implementation Guidelines

Lesson can be taught as stand-alone sessions. This curriculum is designed to be taught to parents with children ages 2-18 years old.

Nutrition Pathfinders (4th Grade)

Curriculum Description

Nutrition Pathfinders (4th grade) is a seven-lesson nutrition program that aligns with Education Standards, and it can easily integrate into units on Science, Social Studies, Health, Language Arts, Math and Physical Education. Students will analyze their own food and activity records to make goals for improvement.

Audience: 4th Grade
Number of Lessons: 7
Lesson Length: 30-50 minutes
College and Career Rediness Standards: Yes
Language: English and Spanish
Price: Free

Link: <http://www.dairycouncilofaz.org/education/teacher-curriculum/>

Embedded Evaluation: Optional

Curriculum Implementation Guidelines

Lessons should be taught in their entirety and in the order as they appear.

Nutrition Pathfinders (5th Grade)

Curriculum Description

Nutrition Pathfinders (5th Grade) is a seven lesson curriculum built on the concepts taught in the Nutrition Pathfinders (4th grade). The curriculum emphasizes serving sizes and how to choose healthy options when eating out. Online teacher materials supplement this program. Pre-and post-assessments are included to provide insight into student learning.

Audience: 5th Grade
Number of Lessons: 7
Lesson Length: 30-50 minutes
College and Career Rediness Standards: Yes
Language: English and Spanish
Price: Free
Link: <http://www.dairycouncilofaz.org/education/teacher-curriculum/>
Embedded Evaluation: Optional

Curriculum Implementation Guidelines

Lessons should be taught in their entirety and in the order as they appear.

Nutrition To Grow On

Curriculum Description

Nutrition to Grow On is nine lessons designed to teach children and their families about nutrition by relating each lesson to a garden activity. The curriculum uses the garden to integrate disciplines in science, mathematics, language arts, history, environmental studies, nutrition, and health, while reinforcing some of the California academic content standards. School gardens are wonderful sources of food, beauty, and outlets for physical activity; they can also help students discover fresh food and learn to make healthier food choices. The curriculum taps into instructional gardens to cultivate the students' talents and skills while enriching their capacities for observation and thinking.

Audience: 3rd-5th Grade
Number of Lessons: 9
Lesson Length: 90 minutes
College and Career Rediness Standards: No
Language: English (Spanish Handouts)
Price: Free
Link: <http://www.cde.ca.gov/ls/nu/he/nrttogrow.asp>
Embedded Evaluation: Required

Curriculum Implementation Guidelines

The curriculum is divided into nine lessons on topics related to a healthy lifestyle. Although the lessons were developed to build on one another, they may also be taught independently.

Nutrition Voyage: The Quest To Be Our Best Curriculum Description

Nutrition Voyage: The Quest To Be Our Best takes 7th and 8th grade classes on an exploratory journey into school wellness. Opportunities for students to investigate, participate in a challenge, evaluate, and reflect.

Audience: 7th and 8th Grade
Number of Lessons: 3 Lessons (3 Sessions per Lesson)
Lesson Length: 40 minutes
College and Career Rediness Standards: Yes
Language: English
Price: Free
Link: <http://www.fns.usda.gov/tn/nutrition-voyage-quest-be-our-best>
Embedded Evaluation: NA

Curriculum Implementation Guidelines

Lessons may be taught as stand-alone lessons, but the sessions within each lesson must be taught in order.

Serving Up MyPlate a Yummy Curriculum Curriculum Description

Serving up MyPlate a Yummy Curriculum is collection of classroom materials that help elementary school teachers integrate nutrition education into Math, Science, English Language Arts, and Health. This curriculum introduces the importance of eating from all five food groups using the MyPlate icon and a variety of hands-on activities. Students also learn the importance of physical activity to staying healthy.

Audience: Level 1: 1st-2nd, Level 2: 3rd-4th, Level 3: 5th-6th Grade
Number of Lessons: 3 Lessons (3 Sessions per Lesson) per Level
Lesson Length: 30-50 minutes
College and Career Rediness Standards: Yes
Language: English (Spanish Handouts)
Price: Free
Link: <http://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum>
Embedded Evaluation: NA

Curriculum Implementation Guidelines

The curriculum is sequential (not stand-alone lessons) and must be taught in order, including sessions within each lesson.

Shaping Up My Choices

Curriculum Description

Shaping Up My Choices is a 10-lesson nutrition program that aligns with education standards, and can easily integrate into units on language arts, math, science, social studies, health and physical education. As with all of these curriculum kits, it includes a pre-assessment and post-assessment to gauge changes in student knowledge and achievement.

Audience: 3rd Grade
Number of Lessons: 10
Lesson Length: 30-50 minutes
College and Career Readiness Standards: Yes
Language: English (Spanish Handouts)
Price: Free
Link: <http://www.dairycouncilofaz.org/education/teacher-curriculum/>
Embedded Evaluation: Optional

Curriculum Implementation Guidelines

Lessons should be taught in their entirety and in order as they appear.

Super Tracker

Curriculum Description

The USDA Center for Nutrition Policy and Promotion, in conjunction with Team Nutrition, developed lesson plans for high school students using the engaging, interactive SuperTracker tool to help students think critically about their food and physical activity choices. SuperTracker is a visually appealing, comprehensive, state-of-the-art diet and physical activity tracking tool. Based on the Dietary Guidelines for Americans, this tool is designed to assist individuals as they make lifestyle changes to reduce the risk of chronic disease and maintain a healthy weight. Using this free, online tool, students can choose a variety of features to support nutrition and physical activity goals.

Audience: High School (9th-12th Grades)
Number of Lessons: 4
Lesson Length: 40 minutes
College and Career Readiness Standards: No
Language: English
Price: Free
Link: <http://www.choosemyplate.gov/information-educators.html>
Embedded Evaluation: NA

Curriculum Implementation Guidelines

Lessons can be taught as stand-alone lessons. These lesson plans are designed for high school Health, Physical Education, and Family and Consumer Science teachers; however, the resources provided allow any teacher to promote health and wellness in their classrooms, with or without experience in nutrition education.

We Can! Energize Our Families

Curriculum Description

The We Can! Energize Our Families: Parent Program is a four session program with activities for parents to encourage a healthy weight in their family. The core concept explored is “energy balance” or the long-term balance between energy in (calories from food) and energy out (calories burned through physical activity). In a fun and hands-on way, the sessions focus on helping participants learn essential skills that can help their families make healthy food choices, become more physically active, and reduce recreational screen time.

Audience: Adults

Number of Lessons: 4

Lesson Length: 90 minutes

College and Career Rediness Standards: No

Language: English

Price: Free

Link: <http://www.nhlbi.nih.gov/health/educational/wecan/tools-resources/curricula-toolkits.htm#parent-program>

Embedded Evaluation: Required

Curriculum Implementation Guidelines

Lessons are part of a 4 session program and must be taught in order.

Resources

2008 Physical Activity Guidelines for Americans At-A-Glance: A Fact Sheet for Adults

A quick and easy to read fact sheet that summarizes the basic information of the 2008 Physical Activity Guidelines for Americans, and provides examples of physical activity to help get adults started.

2008 Physical Activity Guidelines for Americans At-A-Glance: A Fact Sheet for Professionals

Here is a quick and easy desk-side reference to the 2008 Physical Activity Guidelines for Americans published by the U.S. Department of Health and Human Services.

2008 Physical Activity Guidelines for Americans Fact Sheet Series

This fact sheet is for health professionals on physical activity guidelines for adults.

Academy of Nutrition and Dietetics (AND): Food Storage Savvy: Your Guide to What Goes Where Infographic

First comes shopping, then comes putting food away — but where? You may be surprised to learn the best places to store your groceries! Here's a helpful guide from the Academy of Nutrition and Dietetics.

Academy of Nutrition and Dietetics (AND): Healthy Schools Raise Healthy Kids Infographic

The Healthy, Hunger-Free Kids Act establishes strong nutrition policies for child nutrition programs. Many of these policies foster healthier school environments for kids, provide a variety of nutritious foods to millions of children nationwide, and prepare them to be productive students.

Academy of Nutrition and Dietetics (AND): Nourish to Flourish Infographic

Food insecurity and being overweight are two of the biggest crises facing America's kids today. But they don't need to be. The solution lies in understanding the facts.

Be Active Your Way – A Guide for Adults: Based on the 2008 Physical Activity Guidelines for Americans

Fit physical activity into your life – your way. This guide is for users, between the ages of 18 to 64. Helps users keep track of the number of days, types of activities, and times that fit their schedule to keep active.

Be Active Your Way Posters Series

This poster shows Americans doing physical activity. Display these posters in high-visibility areas of your organization or event.

Be Active Your Way Event Flyer Series

This event flyer shows Americans doing physical activity. Promote your physical activity event using these flyers.

CDC BMI Calculator and Interpretation

Body Mass Index (BMI) is a number calculated from a person's weight and height. BMI provides a reliable indicator of body fatness for most people, and is used to screen for weight categories that may lead to health problems. Calculate adult, child, and teen BMI using the BMI calculator widget.

Chill: Refrigerate Promptly

This handout describes how to refrigerate food promptly and properly to reduce the risk of foodborne illness.

Clean: Wash Hands and Surfaces Often

This handout focuses on the importance of washing hands and surfaces often.

Cook: Cook to Proper Temperatures

This handout highlights the proper cooking temperatures for food.

Cook: Keep Your Family Safe from Food Poisoning

This handout reports the safe minimum internal temperatures for cooking food.

Cooking 101 Handout Series

This handout series provides basic cooking information to use with families.

Cooking Matters Presents: Sugar Shocker

This handout describes how to compare labels to choose foods lower in sugar.

Eating Healthy 7 day Menu

This sample weekly menu meets all nutritional needs at a cost below current average food costs.

Feeding America: Senior Health Infographic

Infographic depicting how senior's facing hunger have an increased risk of developing health issues.

Foods That Belong to MyPlate Food Groups

Colorful overview page of the foods that belong to each of the food groups on the USDA My Plate.

Fruits and Veggies More Matters™ – Activity Pages for Kids

Use these activity sheets to help you and your children visualize cup equivalents, and to help motivate them to increase the number of fruits and vegetables they eat each day.

Fruit and Veggies More Matters™ – Coloring Pages for Kids

Introduce children to the energetic Fruit and Veggie Color Champions and the basic principles behind Fruits and Veggies – More Matters (logo) with these beautifully illustrated coloring and activity pages. Eating fruits and vegetables in all forms – fresh frozen, canned, dried and 100% juice – can be a world of fun!

Fruits and Veggies More Matters™: Storing Fresh Fruits and Vegetables for Best Flavor

Great tasting fruits and vegetables begin with proper storage at home. This handout outlines storage requirements of fruits and vegetables.

Get Your Plate in Shape Writing Assignment

A creative writing assignment for school-age children that initiates thinking on how to choose foods to create a healthy meal.

Go Smart: Active Children Do Better

Bring movement back into the daily lives of young children with these fun and simple activities.

Go4Life

Go4Life from the National Institute on Aging at NIH is designed to help older adults fit exercise and physical activity into their daily life. This resource explores the kinds of exercises and physical activity that improve health and physical ability.

GoNoodle

Without leaving the classroom, students participate in a variety of purposeful movement designed to get the wiggles out and refocus the classroom — all in five minutes or less. GoNoodle involves movement activities that develop memory and fluency in math, spelling, and vocabulary.

Healthy Food Bank Hub: Eat Right's 3 Tips for a Healthy Family: Eat, Play, Rest

A nutrition and lifestyle handout that encourages family's to live healthier lives.

Healthy Food Bank Hub: Eat Right's Creative Ways to Use Healthy Foods from the Food Bank

Tips on the many ways you can use healthy foods from the food bank.

Healthy Food Bank Hub: Eat Right's Make the Most of Your Food Budget

Tips on how to stretch your food dollars while on a budget.

Healthy Food Bank Hub: Eat Right's Simple Cooking Tips for Stretching Meals

Tips to help save time, money, and food.

Healthy Food Bank Hub: Eat Right's the MyPlate One-Pot Meal

This handout teaches how one-pot meals make cooking easy, fun, and can be more affordable.

Healthy Habits for Life

This resource kit will give child care providers the tools they need to teach children about eating right and being physically active using familiar Sesame Street characters.

Hey Kids ...What's On Your Plate?

A MyPlate handout highlighting the USDA nutrition and physical activity messages.

HOPSports Brain Breaks

HOPSports Brain Breaks® Physical Activity Solutions are web-based 2-5 minute activity breaks designed for the individual classroom setting. Without any additional planning or preparation time teachers have an instant additional resource tool to revitalize the classroom environment and activate student learning. Classroom teachers are continually asked to do more with less, and HOPSports Brain Breaks® Physical Activity Solutions help increase test scores and fulfill mandates for increased physical activity and nutrition education without compromising valuable instructional time

Introducing MyPlate for Younger Children

Use this colorful MyPlate sheet to introduce the plate and the food groups.

JAM (Just-a-Minute) School Program

JAM resources offer simple, fun, energetic fitness routines and healthier living tips that people of all ages and abilities can confidently participate in and use.

Let's Move! Screen Time Log

Use this log to determine how much time you are spending in front of a screen.

Meeting Your MyPlate Goals On A Budget (Pages 1 to 14)

Use the tips in this guide to fill your plate with healthy foods without breaking the bank.

My Native Plate

This colorful handout developed by Indian Health Service shows balanced meals with reasonable portion sizes. This tool shows three easy steps to knowing what and how much to eat. The front features a dinner plate. The back shows youth, breakfast, lunch, and optional dinner plates. Based on the USDA MyPlate and designed for Native audiences.

MyPlate Colors of the Food Groups

This MyPlate page teaches children about the foods belonging to each colored section of the MyPlate.

MyPlate Food Group Servings and Amounts

This colorful handout highlights the healthy servings from each of the food groups on the MyPlate.

MyPlate Learning Sheet Series

Teach children about foods from the food groups using the MyPlate learning sheets.

MyPlate Teaches Kids To Balance Healthy Foods With Exercise

This fun colorful page shows children the importance of balancing their food choices on My Plate with daily activity.

MyPlate Tip 1 Balance Foods and Activity

My Plate has 10 key messages to help children eat healthier foods and make healthy choices. Tip number one promotes balancing activity with daily exercise.

MyPlate Tip 2 Are You Full

MyPlate has 10 key messages to help children eat healthier foods and make healthy choices. Tip number two promotes eating nutrient rich foods to help feel fuller longer.

MyPlate Tip 3 Watch Portion Sizes

MyPlate has 10 key messages to help children eat healthier foods and make healthy choices. Tip number three emphasizes the importance of monitoring portion sizes of meals.

MyPlate Tip 4 Everyday Foods

MyPlate has 10 key messages to help children eat healthier foods and make healthy choices. Tip number four promotes portion control.

MyPlate Tip 5 More Fruits and Vegetables

MyPlate has 10 key messages to help children eat healthier foods and make healthy choices. Tip number five promotes the goodness of fruits and vegetables.

My Plate Tip 6 Go LowFat with Milk

My Plate has 10 key messages to help children eat healthier foods and make healthy choices. Tip number six teaches children about low fat dairy foods.

MyPlate Tip 7 More Whole Grains

My Plate has 10 key messages to help children eat healthier foods and make healthy choices. Tip number seven promotes eating healthy whole grains that are high in fiber.

MyPlate Tip 8 Eating Once In A While Foods and MyPlate

My Plate has 10 key messages to help children eat healthier foods and make healthy choices. Tip number eight promotes making healthy choices when eating out.

MyPlate Tip 9 Less Salt on MyPlate Please Lower Sodium

MyPlate has 10 key messages to help children eat healthier foods and make healthy choices. Tip number nine promotes lower sodium foods choices.

MyPlate Tip 10 Choose Water with MyPlate Healthy Beverages

MyPlate has 10 key messages to help children eat healthier foods and make healthy choices. Tip number ten promotes water as a healthy choice for children.

Parents Tips! Getting Kids in the Kitchen

Use this tip sheet to help parents get kids cooking in the kitchen.

Separate: Don't Cross Contaminate

This handout describes the proper way to handle raw meat, poultry and seafood to prevent cross contamination and prevent the spread of bacteria.

SNAP-Ed Works Infographic

SNAP-Ed infographic illustrates how critical SNAP-Ed is in supporting healthy eating; though it makes up just a fraction of SNAP funding, SNAP-Ed efforts are making a real difference.

Tummy Time: Five Moves for Baby's First Workout

Use these steps for your baby's tummy time workout.

Types of Physical Activity

Programmed, Lifestyle, and Work physical activity all build upon each other. They help meet physical activity goals, reduce boredom, and keep both mind and body challenged! These activities help weight management and benefit your health.

University of Nebraska-Lincoln Nutrition Education Program: Fact Sheets

Set of 30 fruit and vegetable fact sheets with information about: nutrition, uses, description, varieties, where first cultivated, and whether they are grown in Nebraska.

USDA ChooseMyPlate

ChooseMyPlate.gov provides practical information to individuals, health professionals, nutrition educators, and the food industry to help consumers build healthier diets with resources and tools for dietary assessment, nutrition education, and other user-friendly nutrition information.

USDA ChooseMyPlate: 10 Tips Nutrition Education Series

The Ten Tip Nutrition Education Series provide consumers and professionals with high quality, easy-to-follow tips in a convenient and printable format.

USDA ChooseMyPlate Activity Sheets

ChooseMyPlate.gov provides practical information to individuals, health professionals, nutrition educators, and the food industry to help consumers build healthier diets with resources and tools for dietary assessment, nutrition education, and other user-friendly nutrition information.

USDA ChooseMyPlate Community Toolkit

This toolkit is intended to provide guidance for you, your family, and your community to eat health-fully and be active to maintain a healthy weight, and to help you share that guidance with those around you.

USDA ChooseMyPlate Dietary Guidelines Brochure: Let's eat for the Health of it

This dietary guidelines brochure guides consumers to build a healthy plate.

USDA ChooseMyPlate: Eating healthier and feeling better using the Nutrition Facts Label

This handout describes in detail the sections of the Nutrition Facts Label.

USDA ChooseMyPlate: Eating on a Budget – 3 P's: Plan, Purchase, and Prepare

The 3 P's are reminders to help you stay within your food budget.

USDA ChooseMyPlate: Food Safety Advice

This tip sheet covers food safety information on how to clean, separate, cook, and chill food properly.

USDA ChooseMyPlate: Healthy Eating for Preschoolers

Use this daily food plan as a general guide for preschoolers.

USDA ChooseMyPlate: Healthy Eating on a Budget

Eating healthy doesn't have to be expensive. Use these tips and materials to make healthy choices while staying within your budget.

USDA ChooseMyPlate: Tips for Increasing Physical Activity

This tip sheet encourages daily physical activity at home, at work, or at play.

USDA ChooseMyPlate: What is Physical Activity?

This handout defines and highlights examples of various intensity levels of physical activity.