

NUTRITION EDUCATION CURRICULA

| Curriculum Resources (alphabetical by group) | Comments |
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| SEARCHABLE curriculum databases | Comments |
| <p><i>Agriculture in the Classroom (ALL)</i> Everything about agriculture, including awards and science fair projects, plus a National Resource Directory (online database with hundreds of educational materials about agriculture for different settings). http://www.agclassroom.org/teacher/index.htm</p> | <p>Easy-to-use site with links to lessons from many states and a wide variety of resources.</p> |
| <p><i>Discovery Education unitedstreaming (ALL)</i> A digital video-based learning resource “scientifically proven to increase academic achievement,” featuring more than 5,000 full-length videos segmented into 50,000 content-specific video segments, including health videos. More than half of US schools are already licensed to use the site. http://streaming.discoveryeducation.com/</p> | <p>Access to database requires password – as an individual subscription or from state department of education.</p> |
| <p><i>KidsHealth in the Classroom (ALL)</i> Web site offers free health (and some nutrition) curriculum materials for all subject areas, with discussion questions, activities, and reproducible handouts and quizzes (all aligned to national health education standards). Plus tips from teachers, info about childhood health problems, health-related news, and resources to improve the health of students/schools. http://classroom.kidshealth.org/classroom/</p> | <p>Concise science-based materials from nonprofit Nemours Foundation, which also has health Web sites for children, teens, and parents.</p> |
| <p><i>PBS Teacher Source: Health and Fitness (ALL)</i> Lesson plans and online activities with original activities and professional development opportunities tied to PBS programming. http://www.pbs.org/teachers/healthfitness/</p> | <p>Many interesting ideas from PBS programs such as <i>Sesame Street</i>.</p> |
| <p><i>Nutrition Education for Texas (ALL)</i> This site updates Texas's previous nutrition education manual, <i>Education for Self-Responsibility IV</i>, to align with the Texas Essential Knowledge and Skills (TEKS) and the latest nutrition information, and make the lesson plans available to teachers online. http://netx.squaremeals.org</p> | <p>Excellent quick links to several lessons for each subject and grade level. Simple and easy-to-use.</p> |
| <p><i>USDA-FNS Child Nutrition Materials Database (ALL)</i> This is a large comprehensive site with links to free and other materials from a huge variety of sources. Search function possible using a number of parameters, target audience, format of material, and publication dates. http://healthymeals.nal.usda.gov/schoolmeals/Resource_Cafe/Resource_Search.php</p> | <p>Almost too many options to choose from, may take a bit of digging to find specific items.</p> |

| <p style="text-align: center;">K-12 curriculum sources</p> | <p style="text-align: center;">Comments</p> |
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| <p><i>CO School Nutrition and Physical Education Marketing (K-12)</i> Comprehensive 2005 resource with lesson plans, newsletter articles, posters, references, and PowerPoint slides on nutrition guidelines, plus a plan for measuring implementation of a local wellness policy from the CO Dept. of Education and CO Nutrition Association. http://healthymeals.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=1&tax_subject=411</p> | <p>Many ideas, all available for free download, integrated with school wellness policies.</p> |
| <p><i>Family Nutrition Nights: Nutrition through Core Content (K-8)</i> Louisiana Dept. of Education resource for Family Nutrition Nights. Lessons (grades K-4 and 5-8) form an intergenerational educational program composed of nutrition-related mathematics, science, and health activities to involve parents and children in “hands-on” learning. http://www.doe.state.la.us/lde/nutrition/2398.html</p> | <p>Free downloads include lesson plans and PowerPoint presentations.</p> |
| <p><i>The Beef Checkoff through the National Cattlemen’s Beef Association (K-12)</i> Variety of curriculum tool kits, all-updated to <i>MyPyramid</i>, available on at no charge at http://teachfree.com.</p> <p><i>Choose Well Math Nutrition Kit (Grades 4-5)</i> Teaches math concepts with food labels and ALL food groups – with emphasis on eating “power foods first” and balancing food and activity. http://teachfree.org/onliChooseWellMathNutritionKit1780.aspx</p> | <p>Free kits from NCBA, with award-winning <i>Choose Well</i> -- the most recent kit, well received by 5th graders in pilot testing.</p> |
| <p><i>National Dairy Council (K-12)</i> Variety of kits, all-updated to <i>MyPyramid</i>, available on at no charge. The newest kits, <i>Little D's Nutrition Expedition</i>[™] for 2nd grade and <i>Arianna's Nutrition Expedition</i>[™] for 4th grade, have online connections, updates, and are integrated into curriculum standards. http://www.nutritionexplorations.org/educators/lessons-main.asp</p> | <p>Free kits with lots of Web support.</p> |
| <p style="text-align: center;">Pre-school curriculum sources</p> | <p style="text-align: center;">Comments</p> |
| <p><i>Iowa Nutrition and Physical Activity Resources (Preschool)</i> Designed to be an early intervention to address childhood obesity, the resources provide hands-on suggestions to help childcare providers implement the <i>Dietary Guidelines for Americans</i>. The resources were developed to make it easy to include health-enhancing components in childcare. There are three sets – each downloadable as a PDF: (1) nearly 50 physical activities and healthy snacks; (2) nutrition and activity lesson plans; (3) policies and best practices for childcare. An informal easy-to-use format that communicates, “<i>This is easy, fun ... and I can do it.</i>” http://www.iowa.gov/educate/content/view/431/446/</p> | <p>Originally designed as 3 sets of pocket sized cards, held together by a ring. While the online version will not match the original format, the content is the same.</p> |

| <p>Elementary school curriculum sources</p> | <p>Comments</p> |
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| <p><i>Cooking with Kids New Mexico (K-6)</i> Hands-on curriculum from Santa Fe (NM) using fresh, affordable foods from diverse cultures. Students use all senses, with math, science, social studies, language arts, music and art lesson in Spanish and English. http://www.cookingwithkids.net/</p> | <p>Complete curriculum sold on site, download lessons free (with registration).</p> |
| <p><i>DOLE Company Teacher Resources (Mostly grades 3 and 4)</i> Nutrition Education Program offers free education materials to US elementary schools. Site provides lesson plans with cross-curricular activities in math, social studies, science, music and language arts. http://www.dole5aday.com/Teachers/T_Home.jsp</p> | <p>All materials are free, most can be downloaded. Focus is mostly fruits and veggies.</p> |
| <p><i>Kidnetic.com Leader's Guide: Healthy Eating & Active Living Ideas & Activities for Kids & Families (Ages 9-12)</i> International Food Information Council (IFIC) presents content from Kidnetic.com in a curriculum resource for classrooms, after-school programs, community programs, etc. This updated version features more hands-on activities and info about <i>MyPyramid for Kids</i>. http://ific.org/kidnetic/leadersguide.cfm</p> | <p>Entire guide available for free download. Seven lessons are mainly nutrition, others include physical activity.</p> |
| <p><i>MyPyramid Lessons from University of Missouri Extension (K-8)</i> Intro lesson plans on <i>MyPyramid</i> for grades PreK/K, 1-3, 4 -5 and 6-8. Also includes <i>MyPyramid</i> handouts for adults and youth. http://extension.missouri.edu/fnep/teaching.htm</p> | <p>Materials available for free download, links to other approved lessons.</p> |
| <p><i>Pick a Better Snack™ & Act (K-5)</i> Iowa Department of Public Health lessons (about 10 minutes each) include <i>MyPyramid</i>, seasonal fruits and vegetables, and physical activity. Lessons are based on the monthly Pick a Better Snack™ & Act BINGO cards and include reproducible classroom activities. http://www.idph.state.ia.us/pickabetersnack/teachers.asp</p> | <p>Most materials are free for download; BINGO cards are available for sale.</p> |
| <p><i>Power of 3: Get Healthy with Whole Grain Foods (Grades 3-6)</i> Curriculum to increase intake of whole grains by elementary students includes five-lessons, newsletters, and information for foodservice to increase the number of whole grain foods in school menus. http://www.extension.umn.edu/Nutrition/power3.pdf</p> | <p>All information is available for free download as a PDF or PowerPoint file.</p> |
| <p><i>Ready, Set, FIT! (Grades 3 and 4)</i> American Association of Family Physicians (AAFP) provides curriculum on balancing activity, healthy eating, and emotional well-being, with skills-based lessons and activities for the classroom, along with ways to involve family physicians, parents, and caregivers. http://www.readysetfit.org</p> | <p>Free program, tied to presentation by a local family physician in first lesson.</p> |

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| <p>USDA – Team Nutrition (Grades 1-6) USDA materials to help children learn the lessons of <i>MyPyramid</i>. Lesson plans and reproducible work sheets for Grades 1-2, Grades 3-4, and Grades 5-6. http://teamnutrition.usda.gov/Resources/mypyramidclassroom.html</p> | <p>All available in PDFs for free download, complete CD can be ordered.</p> |
| <p>What's Cookin' in the Classroom Curriculum (Elementary) Interdisciplinary from New Jersey Extension curriculum focusing on nutrition while encompassing language arts and heritage storytelling. It promotes literacy, creativity, and health and social skills. Designed for use by teachers and other health professionals or paraprofessionals. http://www.njfsnep.org/edu_materials/</p> | <p>Lessons free for download. Site requires free registration.</p> |
| <p>WIN the Rockies Kids Lessons (Ages 10-13) Nutrition, physical activity, and body image lessons (13 total) for classroom and other settings (aligned to national health education standards), includes pre/post assessment tool and many resources. http://www.uwyo.edu/wintherockies_edur/winkidslessons.asp</p> | <p>Well-designed, science –based lessons that also focus on <u>enjoying</u> healthy behaviors.</p> |
| <p style="text-align: center;">Middle/high school curriculum sources</p> | <p style="text-align: center;">Comments</p> |
| <p>Discovering the Food System: An Experiential Learning Program for Young and Inquiring Minds (Middle and High) An on-line curriculum from Cornell University designed for teachers and leaders of middle and high school students, designed primarily for youth ages 12 to 18 who are curious about food, how it gets from farm to fork, and how we, as eaters, are involved in that system. http://foodsys.cce.cornell.edu/</p> | <p>Entire program is available as a free download. More about food systems than nutrition specifically.</p> |
| <p>Jump Start Teens (High School) Complete, easy-to-follow lessons (8 total) and worksheets, with creative, stand-alone activities integrate nutrition and physical activity with language arts, math, science, and social studies. Most hands-on lessons are short, easily taught in one class period, with links to community service through optional extensions. http://www.californiaprojectlean.org/resourcelibrary/</p> | <p>Entire program is available as a free download. Fun, teen oriented topics, all updated to 2005 <i>Dietary Guidelines</i> and <i>MyPyramid</i>.</p> |
| <p>USDA Nutrition Essentials: Teaching Tools for Healthy Choices (Middle and High) This 2007 resource from USDA’s <i>Team Nutrition</i> contains lesson plans, student worksheets, and informational handouts to help students make food and physical activity choices that support healthy living. Six sequential lesson plans: each one based on a poster or other visual image that serves as the focus for class discussions and activities. http://teamnutrition.usda.gov/Resources/nutritionessentials.html</p> | <p>Downloads as a PDF. Hard copy, with posters and nutrition games on CD, can be ordered for free by <i>Team Nutrition</i> schools.</p> |

