



## Recommended Curricula for Kindergarten through Grade Twelve



Source <sup>(4)</sup>	Title <sup>(1,2)</sup>	Language <sup>(3)</sup>	Grade Levels									
			K	1	2	3	4	5	6	MS	HS	
California Department of Education	Nutrition to Grow On	English only					X	X				
Dairy Council of California	Building a Healthy Me	English instructional, student, and parent materials with additional Spanish: student workbooks and parent materials	X									
Dairy Council of California	Exercise Your Options	English only								X	X	
Dairy Council of California	Healthy Choices, Healthy Me	English instructional and student materials with additional Spanish: student workbooks		X	X							
Dairy Council of California	Nutrition Pathfinders	English instructional and student materials with additional Spanish: student workbooks				X	X	X				
Glencoe/McGraw Hill	Teen Health Course Series <sup>(CA)</sup>	English instructional, student, and parent materials with additional Spanish: student and home/parent materials								X	X	
Harcourt School Publishers	Health and Fitness Series <sup>(CA)</sup>	English instructional, student, and parent materials with additional Spanish: student, teacher, and home/parent materials	X	X	X	X	X	X	X	X		
Harvard School of Public Health/Human Kinetics	Eat Well & Keep Moving	English only					X	X				
Harvard School of Public Health/Human Kinetics	Planet Health	English only								X	X	
Holt, Rinehart, and Winston	Decisions for Health <sup>(CA)</sup>	English instructional, student, and parent materials with additional Spanish: student and home/parent materials								X	X	



## Recommended Curricula for Kindergarten through Grade Twelve



Source <sup>(4)</sup>	Title <sup>(1,2)</sup>	Language <sup>(3)</sup>	Grade Levels									
			K	1	2	3	4	5	6	MS	HS	
MacMillan/McGraw Hill	Health and Wellness Series <sup>(CA)</sup>	English instructional, student, and parent materials with additional Spanish: student and home/parent materials	X	X	X	X	X	X	X	X	X	
Regents of the University of California and FlagHouse, Inc.	CATCH: Coordinated Approach to Child Health Series <sup>(5)</sup>	English only: classroom materials Spanish: afterschool home/parent letters				X	X	X				
Teachers College Columbia University	Linking Food and the Environment (LiFE) Food and Health	English only						X	X			
Teachers College Columbia University	Linking Food and the Environment (LiFE) Choice, Control, and Change	English only							X	X		
University of California Cooperative Extension, Agriculture and Natural Resources	Eat Fit	English only									X	
University of California Cooperative Extension, Agriculture and Natural Resources	Farm to Fork	English instructional, student, and parent materials with additional Spanish: parent letters	X									
USDA, Food and Nutrition Service	Nutrition Essentials	English only									X	X
USDA, Food and Nutrition Service	Power of Choice <sup>(5)</sup>	English only									X	X



## Recommended Curricula for Kindergarten through Grade Twelve



### What is nutrition instruction?

Effective nutrition instruction in classrooms or after school settings includes planned, sequential instruction to set the foundation for a quality nutrition education. As one component of a comprehensive nutrition education plan, it supports and enhances additional strategies such as parent involvement and cafeteria connections. Nutrition instruction within the context of comprehensive nutrition education is an integral part of a district's overall health education program; they mutually support positive student nutrition and health behaviors.

### Criteria for inclusion of nutrition and physical activity curricula listed in this document:

- Supports grade-level nutrition and physical activity Health Education Content Standards for California Public Schools.
- Appropriately addresses the knowledge and skill standards for nutrition and physical activity.
- States that lessons are organized for planned, sequential instruction.
- Provides lessons for specific grade levels.
- Integrates or provides connections with other content standards (e.g., science, math, language arts).
- Meets the standards set forth by the California Healthy Kids Resource Center (CHKRC) and is included in the CHKRC collection.

### Using the Recommended Curricula for planning nutrition and physical activity instruction:

Effective instruction provides a continuum of learning experiences to develop fundamental grade-level knowledge and skills as outlined in the Health Education Content Standards. To support high-quality nutrition instruction and physical activity programs to develop and maintain active, healthy lifestyles, use this list to:

- Select core resources to serve as the foundation for the district's nutrition instruction plan.
- Explore existing, high-quality nutrition and physical activity curricula to complement the district's existing nutrition education program.
- Assist with incorporating strategies that meet the needs of teachers and students.
- Select the most appropriate nutrition and physical activity curricula to address areas of need identified by California Healthy Kids Survey (CHKS) reports, *FITNESSGRAM*<sup>®</sup> results, and other health-related student data.
- Identify gaps in the district's overall nutrition education and physical activity program and teacher training opportunities.

### Notes:

1. In this document, curriculum is defined as a coherent set of lessons, with clearly defined objectives, and stated planned sequential instruction. For resources to supplement these curricula, please refer to the *Recommended Supplemental Instructional Materials for Nutrition and Physical Activity* list.
2. Some curricula encompass a broader scope. To ensure FSNE allowability, *Network for a Healthy California*-funded agencies should review these resources to ensure compliance with Section 402 Educational/Promotional Materials Guidelines in the LIA Guidelines Manual.
3. These materials can be ordered by ID# and shipped throughout California for free, four-week loan. To order, call the California Healthy Kids Resource Center (CHKRC) at 888-318-8188 or order online at [www.californiahealthykids.org](http://www.californiahealthykids.org).
4. To obtain more information or to purchase any of these materials, use the publishers' contact information found on the CHKRC Web site.
5. This resource includes activities designed for after school settings.

(CA) Indicates comprehensive health education instructional materials adopted by the State Board of Education in 2004. For more information, visit:

<http://www.cde.ca.gov/ci/>