

## Recommended Curricula for Nutrition and Physical Activity Instruction Kindergarten through Grade Twelve

Title of Curriculum and Publisher <sup>(1,2,4)</sup>	CHKRC ID <sup>(3)</sup>	Languages	Grade Levels											
			K	1	2	3	4	5	6	MS	HS			
<b>Building a Healthy Me!</b> Dairy Council of California	#5537	English instructional, student, and parent materials with additional Spanish: student workbooks and parent materials	X											
<b>CATCH: Coordinated Approach to Child Health Series</b> <sup>(5)</sup> Regents of the University of California and Flaghouse, Inc.	K - #7652 Gr. 1 - #7650 Gr. 2 - #7651 Gr. 3 - #6601	Gr. 4 - #6603 Gr. 5 - #6604 After School - #7430	English instructional, student, and parent materials with additional Spanish: after school home/parent letters	X	X	X	X	X	X	X				
<b>Decisions for Health</b> <sup>(CA)</sup> Holt, Rinehart, and Winston	Gr. 6 - #4313 Gr. 7 - #4314 Gr. 8 - #4315	English instructional, student, and parent materials with additional Spanish: student and home/parent materials										X	X	
<b>EatFit</b> University of California Cooperative Extension, Agriculture and Natural Resources	#1506	English only												X
<b>Eat Well &amp; Keep Moving</b> Harvard School of Public Health/ Human Kinetics	#6957	English only						X	X					
<b>Exercise Your Options</b> Dairy Council of California	#5331	English only									X	X		
<b>Eating Healthy From Farm to Fork</b> University of California Cooperative Extension, Agriculture and Natural Resources	K - #8321 Gr. 1 - #8331 Gr. 2 - #8332	English instructional, student, and parent materials with additional Spanish: parent letters	X	X	X									
<b>Fit Bits</b> Michigan Fitness Foundation	K - #8242 Gr. 1 - #8243 Gr. 2 - #8244 Gr. 3 - #8245	Gr. 4 - #8246 Gr. 5 - #8247	English only	X	X	X	X	X	X	X				
<b>Health &amp; Fitness Series</b> <sup>(CA)</sup> Harcourt School Publishers	K - #7263 Gr. 1 - #7264 Gr. 2 - #7265 Gr. 3 - #7266	Gr. 4 - #7267 Gr. 5 - #7268 Gr. 6 - #7269	English instructional, student, and parent materials with additional Spanish: student, teacher, and home/parent materials	X	X	X	X	X	X	X	X			
<b>Health &amp; Wellness Series</b> <sup>(CA)</sup> Macmillan/McGraw Hill	K - #7240 Gr. 1 - #7242 Gr. 2 - #7244 Gr. 3 - #7246 Gr. 4 - #7248	Gr. 5 - #7250 Gr. 6 - #7252 Gr. 7 - #7254 Gr. 8 - #7256	English instructional, student, and parent materials with additional Spanish: student and home/parent materials	X	X	X	X	X	X	X	X	X		

**Notes:**

- 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.
  - Some curricula encompass a broader scope. To ensure SNAP-Ed allowability, *Network for a Healthy California*-funded agencies should review these resources to ensure compliance with Section 402 Educational/Promotional Materials Guidelines in the Guidelines Manual.
  - 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).
  - To obtain more information or to purchase any of these materials, use the publishers' contact information found on the CHKRC Web site.
  - 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/>

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<b>Healthy Choices, Healthy Me!</b> Dairy Council of California	#4091	English instructional and student materials with additional Spanish: student workbooks		X	X								
<b>Healthy Classrooms, Healthy Schools</b> Michigan Fitness Foundation	Gr. K - 2 - #8336 Gr. 3 - 5 - #8337	English only	X	X	X	X	X	X					
<b>Linking Food and the Environment (LiFE) – Choice, Control, Change</b> Teachers College, Columbia University	#8522	English only								X	X		
<b>Nutrition Essentials</b> United States Department of Agriculture Team Nutrition	#7977	English only									X	X	
<b>Nutrition Pathfinders</b> Dairy Council of California	#5020	English instructional and student materials with additional Spanish: student work books				X	X	X					
<b>Nutrition to Grow On</b> California Department of Education	#2342	English only					X	X					
<b>Planet Health</b> Harvard School of Public Health/ Human Kinetics	#1048	English only								X	X		
<b>Power of Choice, The</b> <sup>(5)</sup> United States Department of Agriculture, Team Nutrition	#1571	English only									X	X	
<b>Teen Health Course Series</b> <sup>(CA)</sup> Glencoe/McGraw Hill	Gr. 6 - #7260 Gr. 7 - #7261 Gr. 8 - #7262	English instructional, student, and parent materials with additional Spanish: student and home/parent materials								X	X		

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### 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 standards in the *Health Education Content Standards for California Public Schools*.
- Appropriately addresses the knowledge and skill standards for nutrition and physical activity.
- States those 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 research-based criteria set forth by the CHKRC and are included in the CHKRC collection.
- Aligned with the Dietary Guidelines for Americans, MyPyramid, and current Nutrition Facts Label

### Using the Recommended Curricula list to plan 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 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.

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