

### Curriculum or lessons

Source	Title	Description	Language	Ages	Venue	Type	Main topics
USDA TEAM Nutrition	Build a Healthy Plate with Less Added Sugars	Contains nutrition and wellness tips for young children. Approved for use with RYD.	English	4, 5, 6, 7, 8	pre, s	curr	MyPlate, sugar, RYD
sph.uth.tmc.edu/catch/	CATCH Coordinated Approach to Child Health	Program aimed at improving school nutrition, PA and food service. For preschool through 8th and afterschool. Guide or Kit contains 6 six period interventions.	English/ Spanish	3,4,5,6,7,8,9,10,11,12,13	pre, s, as	lessons, guide, toolkit, coloring	PA, eat healthy, ethnic, garden
Teacher's College, Columbia University <a href="http://blogs.tc.columbia.edu/cfe/education/nutrition-curriculum/c3/c3-supplemental-resources/">http://blogs.tc.columbia.edu/cfe/education/nutrition-curriculum/c3/c3-supplemental-resources/</a>	Choice, Control and Change	Science based curriculum inquiry based investigations of food: 5 units with 3 - 5 lessons each. Students learn science through studying diet and activity choices. They learn about how the human body works, and how food and activity play a role. Students engage in hands-on investigations. For ages 11 - 14 (middle school).	English	11, 12, 13, 14	s, as	curr, lessons, activity sheets	PA, eat healthy, science, digestion
Center TRT <a href="http://centertrt.org/?p=intervention&amp;id=1095">http://centertrt.org/?p=intervention&amp;id=1095</a>	Color Me Healthy	Program designed to improve fruit & veg intake and PA for preschool. Do not use RYD lessons or recipes. Please use <i>Network</i> approved RYD material and recipes listed in the Materials list	English	4,5	pre	lessons	PA, eat healthy, fruit, veg,
Share our Strength <a href="http://cookingmatters.org/">http://cookingmatters.org/</a>	Cooking Matters	Program that empowers families with skills, knowledge to prepare healthy meals. Several components to the program. Shopping at store uses brand names and promotes Walmart. Must provide disclaimer before showing.	English	adults (parents)	com	lessons	eat health, shopping, labels, fruit, veg,

USDA TEAM Nutrition	Dig In!	Curriculum of 10 lessons for 5 & 6th grades. Each lesson has 3 Activities (20 -45 mins). Includes teacher's guide, parent booklets, posters, handouts. Some of the material may not be allowable. Optional class experiments, Extensions and Dig Deeper areas may not be usable. Check with PM prior to using these sections. Recipe portions are not taste test size.	English	10, 11, 12, adult	s, as, com	curr	eat healthy, frt, veg, carbs, MyPlate, garden, label
<a href="http://www.health.gov/dietaryguidelines/workshops/">http://www.health.gov/dietaryguidelines/workshops/</a>	Eat Healthy, Be Active Community Workshops	Six one-hour workshops based on the DG for Americans, 2010 and 2008 PA Guidelines for Americans. Each workshop includes a lesson plan, learning objective, talking points, hands-on activities, videos, and handouts. Workshops are for community educators, health promoters, dietitians/nutritionists, cooperative extension agents, and others to teach to adults in a wide variety of community settings.	English	staff, adult	com	lessons (workshop)	eat healthy, PA, report
<a href="http://www.uwex.edu/ces/wnep/teach/mff/index.cfm">http://www.uwex.edu/ces/wnep/teach/mff/index.cfm</a>	Eat Right When Money's Tight / Money For Food	2010 updated curriculum with short interactive lessons (12) to teach meal planning and budgeting. 20 minutes or less per lesson, for small groups or adapted to individual. Substitute MyPlate lesson for MyPyramid. (From SNAP Ed Resource Library)	English/ Spanish	adult	com	curr, lessons	menu planning, preparation, budget, label
USDA: Food & Nutrition Services	Eat Smart. Play Hard -Power Up with Breakfast	Emphasizes the importance of eating the first meals of the day to help you be productive for the day and to feel good.	English	6, 7, 8, 9, 10, 11, 12, 13, 14	s, as	lessons	breakfast, eat healthy

<a href="http://www.health.state.ny.us/prevention/nutrition/cacfp/ewphccs_curriculum/index.htm">http://www.health.state.ny.us/prevention/nutrition/cacfp/ewphccs_curriculum/index.htm</a>	Eat Well, Play Hard in Child Care Settings	Curriculum from 2008 for parents of/and for children 3-4. Includes 10 lessons each with 3 activities, parent letter and handout masters. 9 of 10 lessons have food demo. Time for activity varies significantly. (From SNAP Ed Resource Library)	English	adult	com	curr	cooking, snacks, veg, PA
UC Cooperative Extension (avail at CHKRC)	EatFit	Nine week curriculum focus on behavioral strategies, online analysis tools for diet so analysis and change can occur. Can be for after school. No cost. For ages 10 - 14	English	10, 11, 12, 13, 14	s, as	curr, web, lessons	eat healthy
<a href="http://www.eatingsmartbeingactive.com/">http://www.eatingsmartbeingactive.com/</a>	Eating Smart-Being Active	Evidence based curriculum from 2012 for adults/parents. 8 lessons to be used in order. 60 -90 mins. Designed for class < 12 people. Covers PA, shopping, planning, veg, whole grains, salt/sugar/fat. May be cost. (From SNAP Ed Resource Finder)	English	adult	com	curr	PA, shopping, planning, veg, whole grains, salt/sugar/fat
<a href="http://www.sdcoe.net/eatingwell">http://www.sdcoe.net/eatingwell</a>	Eating Well, Living Well	2008 curriculum. For <b>ESL</b> audience: 4 competency levels of 6 lessons each. Written at 2-4th grade reading level. Includes lesson plans, worksheets, quiz, activities. Lessons last 2 - 2.5 hrs. (From SNAP Ed Resource Finder)	English, Spanish, Asian	adult	com	curr	meal planning, f/v. snack, eat healthy, safety
USDA Team Nutrition (avail at CHKRC)	Empowering Youth with Nutrition & Physical Activity	Ten one hour lessons for use in after school programs and classrooms with youth 11-18 years old. It contains current nutrition and physical activity information to enhance leader knowledge and fun, hands-on activities that teach nutrition concepts. Teacher's guide and student worksheets included.	English	11, 12, 13, 14, 15, 16, 17, 18	s, as	lessons	eat healthy, PA

<a href="https://extension.usu.edu/fsne/html/menu/lessonsadults/food-sense/">https://extension.usu.edu/fsne/html/menu/lessonsadults/food-sense/</a>	Food Sense Basics	Series of 8 lessons and handouts 2012 for parents. Topics include nutrition, safety, menu planning, shopping and MyPlate groups. (From SNAP Ed Resource Library)	English	adult	com	lessons	safety, menu planning, shopping, MyPlate, f/v, dairy, grains
UC Cooperative Extension, ANR	From Farm to Fork (a.k.a. Eating Healthy From Farm to Fork)	Curriculum that makes the connection between local food systems, garden-based learning, school food service and the establishment of healthy habits. For age 5 - 7	English, Spanish	5, 6, 7	s, as	curr, lessons	garden, eat healthy, foodservice, process, ethnic
<i>Network for a Healthy California</i>	Fruit, Vegetable and Physical Activity toolkit for Community Educators	To educate African American and Latino adults about how to increase fruit and vegetable consumption and PA. Music and dance are incorporated.	English, Spanish	adult	com	toolkit	eat healthy, PA, ethnic
TEAM Nutrition USDA <a href="http://teammnutrition.usda.gov/Resources/growit.html">http://teammnutrition.usda.gov/Resources/growit.html</a>	Grow it, Try it, Like it Preschool Fun with Fruits and Vegetables	Nutrition Ed kit with garden themes for 4 fruits and 3 veg. Hands on activities, nut ed and planting activities. Prior to use update to MyPlate where needed.	English	3, 4, 5	pre	lessons	garden, eat healthy, fruit, veg,
<a href="http://md.nutrition-ed.org/">http://md.nutrition-ed.org/</a>	Growing Healthy Habits	2010 curriculum that is garden and nut. ed (fruit,veg,whole grain, non fat milk,PA and balancing calories) based focusing on integrating nutrition in classroom via gardening. Lessons meet science, lang. arts,soc.studies, health and math objectives. (From SNAP Ed Resource Finder)	English	6,7,8,9, 10	s,as,ss	curr	f/v, grains, dairy, calories
<i>Network for a Healthy California</i>	Harvest of the Month Educator Newsletter Training Guide	Training tool staff can use for training teachers on the content and use of the Educator Newsletter.	English	staff	s, as	res, guide	HOTM, f/vet healthy
<i>Network for a Healthy California</i>	Harvest of the Month: Quick Start Guide	Training tool staff can use for training others.	English	adult, staff	s, as, com	res, training	F/V, HOTM
<i>Network for a Healthy California</i>	Harvest of the Month: Tasting Kit Training Manual	Background and information on what to do to introduce our SNAP-Ed population to produce via taste testing. Contact PM if more information is needed. <a href="http://harvestofthemonth.com/TrainingCorner/">http://harvestofthemonth.com/TrainingCorner/</a>	English	staff	s, as, com	lesson, res	taste testing, f/v, HOTM

<p>Head Start  <a href="http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/health/Health/nutrition/nutrition%20program%20staff/iammoving.htm">http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/health/Health/nutrition/nutrition%20program%20staff/iammoving.htm</a></p>	<p>I am moving, I am learning: A proactive approach for addressing child obesity in Head Start</p>	<p>Program designed to increase MVPA and promote healthy food choices among preschool children</p>	<p>English</p>	<p>3,4,5</p>	<p>pre</p>	<p>PA, lesson</p>	<p>PA, eat healthy</p>
<p><a href="https://mdc.itap.purdue.edu/item.asp?itemID=19744">https://mdc.itap.purdue.edu/item.asp?itemID=19744</a></p>	<p>Making Your Food Dollars Work</p>	<p>2009: Curriculum for low-income adults consists of four lessons that are most suited for one-on-one presentation, can be adapted for groups of up to 10. Each lesson stands on its own and should take about 10 or 15 mins . concepts relate to tracking income and expenses, comparison-shopping and impulse buying, meal planning. All handouts and recipes are provided on a CD in both English and Spanish. Grocery store photos that accompany Lesson 2 are available as PDF files on the CD, and also are provided on a DVD. This is a companion curriculum to CFS-749, Small Steps to Health, a nine-lesson curriculum designed to help low-income adults improve their diet quality, food security, and family food safety. Cost \$60 + (From SNAP Ed Resource Library)</p>	<p>English, Spanish</p>	<p>adult</p>	<p>com</p>	<p>curr</p>	<p>shopping, budget,</p>
<p>National Institute of Child Health and Human Development (avail at CHKRC)</p>	<p>Media Smart Youth</p>	<p>Interactive after-school education program for young people ages 11-13 designed to help teach them about media and how it can affect their health--especially in the areas of nutrition and physical activity. Consists of 10 lessons and a major project, DVD. From 2005, may need to be revised . Discuss with PM.</p>	<p>English, Spanish</p>	<p>11, 12, 13</p>	<p>as</p>	<p>DVD, lessons</p>	<p>adv., PA, disease, eat healthy, ethnic</p>

Center for Ecoliteracy	Nourish: Food + Community	The story of our food, how to help create sustainable communities. Only lessons 1-4 are approved by USDA. WRO does not want organic / heirloom promoted. The DVD has not been approved.	English	11, 12, 13	s, as	lessons	adv., traditions, eat healthy
Orange Co. Health Care Agency	Nutrition 5 Class Series	Contractor developed, <i>Network</i> approved 5 lessons 30 - 60 mins each. Topics covered are: Healthy Plate, Planning Meals, Shopping/cooking on a budget, What's on a label, Rethink Your Drink	English, Spanish	adult (RYD is ok for teens)	com, s	lessons	MyPlate, eat healthy, RYD, shopping, planning, budget, portions, f/v
USDA Team Nutrition (avail at CHKRC)	Nutrition Essentials	This 2007 interactive curriculum CD addresses dietary quality, food safety, and the management of food resources. The 17 lessons include topics such as: smart snacking, saving money on meals, keeping food safe to eat, feeding infants, and eating for a healthy pregnancy. As of June 2013, still contains MyPyramid. Do not use any lesson or handout with MyPyramid reference unless MyPlate info is substituted.	English	10, 11, 12, 13, 14, 15, 16, 17, 18, adult	com,s, as	CD, lessons, curr	snack, budget, safety, eat healthy
<a href="http://snap.nal.usda.gov/foodstamp/resource_finder_details.php?id=440">http://snap.nal.usda.gov/foodstamp/resource_finder_details.php?id=440</a>	Nutrition Nuggets	2012: 12 mini lessons each with 2 activities. Includes food prep and tasting. Developed to encourage wider acceptance of foods. (from SNAP-Ed Resource Finder)	English	7,8,9,10,11,12,13, 14, possibly adult	as	lessons	food prep, MyPlate, breakfast, sugar, safety,
<a href="http://teammnutrition.usda.gov/Resources/nutritionvoyage.htm">http://teammnutrition.usda.gov/Resources/nutritionvoyage.htm</a>	Nutrition Voyage: The Quest to be Our Best	3 inquiry based lessons each for 7th and 8th grades, modified 2013. 1) Learn about making healthy food & PA choices 2) activities that align with standards 3) investigation, challenge, evaluate and reflect.	English	12,13	s, as	lesson	f/v, survey, snack, PA,

Project LEAN	Parent Lesson Plans: Advocating for healthier school environments	A companion to Parents in Action. Six lesson plans covering how parents and schools can work together, foods and beverages, PA, joint use and identifying problems and solutions.	English	adults (parents)	com	lesson	PA, eat healthy, RYD, community
<a href="http://www.idph.state.ia.us/pickabettersnack/teachers.asp">http://www.idph.state.ia.us/pickabettersnack/teachers.asp</a>	Pick a Better Snack & Act	2012: Monthly lessons(4/month) focus on seasonal fruits, vegetables. Includes PA/NE bingo cards, parent newsletters, social marketing components (radio,PSA, TV ads, posters etc.) Lesson length n/a. (From SNAP Ed Resource Finder)	English, Spanish	5,6,7,8,9,10, adults	s,as	lessons	f/v, PA, media
<i>Network for a Healthy California-Children's Power Play! Campaign</i>	Power Play! Community Youth Organization Kit	20 activities for youth leaders in after school, summer schools and clubs serving 5 - 11 yr. olds. Includes worksheets and parent materials.	English, Spanish	5, 6, 7, 8, 9, 10, 11, adult, staff	s, as, ss, com	toolkit	PA, eat healthy, ethnic
<i>Network for a Healthy California-Children's Power Play! Campaign</i>	Power Play! School idea and Resource Kit	Kits revised in 2009, Include 10 activities related to fruits, vegetables and PA and link to the 4th and 5th grade Calif. Content Standards for English/Language Arts & mathematics.	English, Spanish	9, 10, 11	s, as	toolkit	PA, f/v, language arts, math
<i>Network for a Healthy California</i>	Retail Food Demonstration Training Kit	Step by step process for conducting fruit and veg. demos in local grocery and supermarkets. Includes templates, checklists and how to do a food demo.	English	adult	com	toolkit, template	training, f/v
USDA TEAM Nutrition	Serving Up MyPlate: A Yummy Curriculum	Curriculum integrating nutrition into math, science, lang. arts, and health. Three courses, each with three sections ranging from 30 to 60 minutes per section. Ages 6 - 12. The level 3 curriculum is appropriate for use with adults. Only approved curriculum at this time for beverages (RYD).	English	6, 7, 8, 9, 10, 11, 12, adults	s, as	curr, lesson, CD, songs, poster, activities, game	sugar, fat, MyPlate, PA, meal planning, bev, RYD, f/v, recipe, label

California Project LEAN	Strong Bones Healthy Family (Huesos fuertes, Familia Saludable)	Encourages dairy consumption of low fat milks. Set of 4 lessons with handouts. For adult. \$20	English, Spanish	adult	com	lessons, h/o	dairy, minerals, ethnic
<i>Network for a Healthy California</i>	Take Action!	10 week web based program for worksite where teams compete against each other for points. 10 week PA challenge and a 10 week Fruit/Vegetable challenge.	English	adult	com, worksite	lessons, web, game	PA, eat healthy, fruit, veg,
USDA TEAM Nutrition	The Great Garden Detective Adventure	11 lesson curriculum for 3rd and 4th grades. Contains teacher guide, curriculum tools, parent newsletter, bulletin board materials and flash cards. Some lessons are an hour. Not all components are allowable.	English	8, 9, 10	s, as	curr	MyPlate, frt, veg, garden, eat healthy, science, math, language arts