



Supplemental List of Instructional Materials for Nutrition and Physical Activity Kindergarten through Grade Twelve



Title of Curriculum ^(1,2,4) and Publisher	CHKRC ID ⁽³⁾	Languages	Grade Levels										
			K	1	2	3	4	5	6	MS	HS		
Color Me Healthy North Carolina State University	#5293	English instructional, student, and parent materials with additional Spanish: parent newsletters	X										
Cooking with Kids Santa Fe Partners in Education	Gr. K-1 - #7194 Gr. 2-3 - #7195 Gr. 4-6 - #7196	English instructional, student, and parent materials with additional Spanish: recipes, student directions, parent letters	X	X	X	X	X	X	X				
Deal Me In! ⁽⁵⁾ Dairy Council of California	#7303	English instructional, student, and parent materials with additional Spanish: student and parent materials	X	X	X	X	X	X	X				
Do More Watch Less ⁽⁵⁾ California Department of Public Health	#1219	English version and complete version in Spanish						X	X	X	X		
Eat Smart, Play Hard ⁽⁵⁾ USDA, Food and Nutrition Service	#4124	English instructional, student, and parent materials with additional Spanish: posters, brochures, student and parent materials	X	X	X	X	X	X	X				
Empowering Youth ⁽⁵⁾ USDA, Food and Nutrition Service	#7978	English only										X	X
Children's Power Play! – School Idea & Resource Kit California Department of Public Health	Gr. 4 - #1364 Gr. 5 - #1365	English instructional, student, and parent materials with additional Spanish: student activity sheets and parent letters					X	X					
Children's Power Play! – Community Youth Organization Idea & Resource Kit ⁽⁵⁾ California Department of Public Health	Coming Soon	English instructional, student, and parent materials with additional Spanish: student activity sheets and parent letters	X	X	X	X	X	X	X				
F.U.E.L. Comprehensive Health Education Foundation (CHEF)	Skin Deep - #2824 Energy for Action - #2826 Taking on the World - #2829 The Perfect Machine - #2831	English only						X	X	X	X		
Growing Classroom, The National Gardening Association	#4923	English instructional and student materials with additional Spanish: student materials			X	X	X	X	X				
Harvest of the Month www.harvestofthemonth.com California Department of Public Health	#5798	English instructional, parent, and student materials with additional Chinese, Hmong, Russian, Spanish, Vietnamese: family newsletters	X	X	X	X	X	X	X	X	X	X	X
Healthy Weight for Teens Channing Bete Company	#7217	English only											X
Jump Start Teens California Project LEAN	#7045	English instructional and student materials with additional Spanish: student materials											X
Kids Cook Farm Fresh Food California Department of Education	#1439	English only	X	X	X	X	X	X	X	X	X		
Media-Smart Youth ⁽⁵⁾ National Institute of Child Health and Human Development/NIH	#7393	English only							X	X			
MyPyramid for Kids United States Department of Agriculture	#7599	English instructional, student, and parent materials with additional Spanish: parent materials		X	X	X	X	X	X				
Project R.E.A.D. Together Iowa State University, Cooperative Extension	#7228	English instructional, student, and parent materials with additional Spanish: student and parent materials	X										
Reading Across MyPyramid University of California, Cooperative Extension - ANR	#1453	English instructional, student, and parent materials with additional Spanish: parent letters	X	X	X	X							

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What are supplemental instructional materials?

Students need more than one lesson to achieve the nutrition and physical activity skills and concepts outlined in the Health Education Content Standards for California Public Schools. The supplemental resources listed here complement the *Recommended Nutrition and Physical Activity Curricula*¹ by offering additional opportunities for students to practice and apply nutrition and physical activity skills. Thoughtful sequential planning, adequate time to build and master skills, and positive reinforcement increases the likelihood that students will adopt healthy behaviors.

Criteria for inclusion of supplemental nutrition and physical activity instructional materials listed in this document:

- Aligns with MyPyramid, 2005 Dietary Guidelines, and current Nutrition Facts Label.
- Includes lessons and activities to support the 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.
- Meets the standards set forth by the California Healthy Kids Resource Center (CHKRC) and are included in the CHKRC collection.

Using *Recommended Supplemental Instructional Materials* for planning nutrition and physical activity instruction:

Effective instruction provides sequential learning experiences that build 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 activities to extend skills and concepts introduced by nutrition and physical activity curricula.
- Assist with incorporating skills and strategies not addressed in selected core curricula.
- Explore existing, research-based instructional materials to enhance the district's nutrition education and physical activity program.
- Add appropriate nutrition and physical activity lessons to address areas of need identified by California Healthy Kids Survey (CHKS) reports, *FITNESSGRAM*[®] results, and other health-related student data.

Notes:

1. The *Recommended Curricula for Nutrition and Physical Activity Instruction* list was designed to aid selection of core nutrition instruction curriculum. It includes resources with a coherent set of lessons, with clearly defined objectives, and stated planned sequential instruction. This *Recommended Supplemental* list includes resources to extend and build on the core curriculum.
2. Some instructional resources 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 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.
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.