



## Supplemental List of Instructional Materials 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	Kids Cook Farm Fresh	English only	X	X	X	X	X	X	X	X	X	
California Department of Public Health	<i>Children's Power Play!</i> – School Idea & Resource Kit	English instructional, student, and parent materials with additional Spanish: student activity sheets and parent letters						X	X			
California Department of Public Health	<i>Children's Power Play!</i> – Community Youth Organization Idea & Resource Kit <sup>(5)</sup>	English instructional, student, and parent materials with additional Spanish: student activity sheets and parent letters	X	X	X	X	X	X	X	X		
California Department of Public Health	Do More Watch Less <sup>(5)</sup>	English version and complete version in Spanish							X	X	X	X
California Department of Public Health	Harvest of the Month <a href="http://www.harvestofthemonth.com">www.harvestofthemonth.com</a>	English instructional, student, and parent materials with additional Chinese, Hmong, Russian, Spanish, Vietnamese: family newsletters	X	X	X	X	X	X	X	X	X	X
California Project LEAN	Jump Start Teens	English instructional and student materials with additional Spanish: student materials										X
Channing Bete Company	Healthy Weight for Teens	English only										X
Comprehensive Health Education Foundation (CHEF)	F.U.E.L.	English only							X	X	X	X
Dairy Council of California	Deal Me In! <sup>(5)</sup>	English instructional, student, and parent materials with additional Spanish: student and parent materials	X	X	X	X	X	X	X	X		
Iowa State University, Cooperative Extension	Project R.E.A.D. Together	English instructional, student, and parent materials with additional Spanish: student and parent materials	X									

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National Gardening Association	Growing Classroom, The	English instructional and student materials with additional Spanish: student materials			X	X	X	X	X			
National Institute of Child Health and Human Development/National Institutes of Health	Media-Smart Youth <sup>(5)</sup>	English only								X	X	
North Carolina State University	Color Me Healthy	English instructional, student, and parent materials with additional Spanish: parent newsletters	X									
Santa Fe Partners in Education	Cooking with Kids	English instructional, student, and parent materials with additional Spanish: recipes, student directions, parent letters	X	X	X	X	X	X	X			
University of California, Cooperative Extension – Agriculture and Natural Resources	Reading Across MyPyramid	English instructional, student, and parent materials with additional Spanish: parent letters	X	X	X	X						
USDA, Food and Nutrition Service	Eat Smart, Play Hard <sup>(5)</sup>	English instructional, student, and parent materials with additional Spanish: posters, brochures, student and parent materials	X	X	X	X	X	X	X			
USDA, Food and Nutrition Service	Empowering Youth <sup>(5)</sup>	English only									X	X
USDA, Food and Nutrition Service	MyPyramid for Kids	English instructional student, and parent materials with additional Spanish: parent materials		X	X	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*<sup>1</sup> 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 is 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*<sup>®</sup> 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 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.