

**Adult Program Curriculum to be used by UC CalFresh Nutrition Education Program in FFY2016 - 2017**

Curriculum Title	Source	Description	Language	Tier	Evaluation Tool
Eat Healthy, Be Active Community Workshops	Department of Health and Human Services	Workshops are based on the <i>Dietary Guidelines for Americans and Physical Activity Guidelines for Americans</i> and are designed to teach to adults, seniors and those with disabilities in community settings.	English/Spanish	Practice tested	Food Behavior Checklist; Intent to Change
Eat Smart, Live Strong	USDA	Lessons are designed to improve fruit and vegetable intake and physical activity in 60-74 year olds eligible or participating in nutrition assistance programs.	English w/ Spanish supplements	Practice tested	Food Behavior Checklist
Eating Smart, Being Active	UCCE, UC Davis and Colorado State University	An eight lesson curriculum, designed to be used with limited resource families with young children. Lessons focus on nutrition, physical activity, food safety and food resource management. Lessons build upon each other and should be taught as a series.	English w/ Spanish supplements	Research tested	Food Behavior Checklist; Adult Taste Test Tool; Intent to Change
Fresh from the Garden	UC ANR	Lessons target limited resource home gardeners and their families. Lessons are designed to increase gardeners' knowledge of healthful eating, while emphasizing the health benefits of a vegetable-rich diet. Lessons can be presented as single workshops or in a series.	English w/ Spanish supplements	Emerging	Adult Taste Test Tool; Intent to Change Tool
Healthy, Happy Families	UC ANR	The Healthy, Happy Families curriculum contains eight mini-lessons that encourage parents promote healthy eating habits in their preschool-aged children. Curriculum may also be used with pregnant and parenting teens. The lessons can be taught as a series or as individual workshops.	English	Emerging	Healthy Happy Families Evaluation Tool (under IRB review)
MyPlate for My Family	USDA, FNS	<i>MyPlate for My Family: SNAP Nutrition Education</i> supports SNAP-Ed nutrition education and obesity prevention effort and is based on the Dietary Guidelines for Americans. It targets parents and caregivers who are SNAP participants or eligible, and play a key role in planning, purchasing and preparing food for their families.	English w/ Spanish supplements	Practice tested	Food Behavior Checklist; Intent to Change
Making Every Dollar Count	UC ANR	A curriculum which teaches families food buying/budgeting skills and food and resource management techniques.	English/Spanish	Practice tested	MEDC Retrospective tool
Plan, Shop, Save and Cook	UC CalFresh	An interactive four lesson curriculum that promotes MyPlate and the Dietary Guidelines messaging to limited resource families. Lessons emphasize meal planning, food budgeting and healthy cooking so families can eat healthfully during pressing economic times.	English w/ Spanish supplements	Practice tested	Plan, Shop, Save, Cook Pre/Post Survey; Intent to Change
UCCE Connects to You (Learn at Home)	UCCE	This curriculum offers an alternative means of providing nutrition education. Materials have been updated to reflect the MyPlate recommendations and revised based on educator feedback.	English/Spanish	Emerging	Food Behavior Checklist

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**Youth Program Curriculum to be used by the UC CalFresh Nutrition Education Program Counties in FFY16**

Title	Source	Description	Common Core Standards Addressed	Language	Tier	Evaluation Tool
<b>Preschool</b>						
Go, Glow, Grow	UC ANR	A nutrition curriculum which helps children establish healthy eating and physical activity habits. The nutrition objectives include recognizing MyPlate, identifying <i>Go, Glow, and Grow</i> foods, knowing that children need physical activity every day, and how to appropriately wash their hands. Curriculum can be used in schools and early child care settings.	N/A	English/Spanish	Emerging	Teacher observation tool; teacher tasting tool
Grow it, Try it, Like it	USDA	A garden-themed nutrition education curriculum which introduces children to new fruits and vegetables and encourages them to smell, touch and taste new fruits and vegetables. Curriculum can be used in schools and early child care settings.	N/A	English	Practice Tested	Teacher Observation Tool; Teacher Tasting Tool
Happy Healthy Me.....Moving, Munching and Reading Around MyPlate	UC ANR	A nutrition and literacy curriculum that helps children become aware of food and nutrition by reading storybooks with food-related themes and participating in hands-on nutrition education and physical activities. Curriculum can be used in schools and early child care settings.	N/A	English/Spanish	Emerging	Teacher Observation Tool; Teacher Tasting Tool
<b>Elementary School</b>						
A Yummy Curriculum: Serving Up MyPlate (grades K-3)	USDA Team Nutrition	A USDA Curriculum that teaches the importance of eating from all five food groups through inquiry-driven lessons. Classroom materials integrate nutrition into science, math, language arts and health. Curriculum can be used during school, after school and with 4-H programs.	Common Core Standards – Math and English Language Arts; and Next Generation Science Standards; American Cancer Society Health Standards	English/Spanish parent materials	Practice tested	Contact the State Office Evaluation Team

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Title	Source	Description	Common Core Standards Addressed	Language	Tier	Evaluation Tool
Building a Healthy Me (grade K)	Dairy Council	A curriculum where students identify foods from all five food groups, match specific colors and classify foods into the appropriate food groups, select healthy snacks that are made up of food-group foods, and understand the importance of breakfast as a healthy start to each day. Curriculum can be used during school, after school and with 4-H programs.	Common Core Standards – Math and English	English	Practice Tested	Contact the State Office Evaluation Team
Discover MyPlate (grade K)	USDA	<i>Discover MyPlate</i> is fun and inquiry-based nutrition education that fosters the development of healthy food choices and physically active lifestyles during a critical developmental and learning period for children — kindergarten. Curriculum can be used during school.	Education standards	English/Spanish parent materials		Contact the State Office Evaluation Team
Happy Healthy Me.....Moving, Munching and Reading Around MyPlate (grades K-1)	UC ANR	A nutrition and literacy curriculum that helps children become aware of food and nutrition by reading storybooks with food-related themes and participating in hands-on nutrition education and physical activities. Curriculum can be used during and after school.	Education standards	English/Spanish parent materials	Emerging	Teacher Observation Tool; Teacher Tasting Tool
Eating Healthy from Farm to Fork (grades K-6)	UC ANR	Nutrition curriculum that connects local food systems, garden-based learning, school food service to establishing healthy habits. The lessons actively engage children in learning about healthy choices for food and fitness. Curriculum can be used during school.	California Common Core Standards for English Language Arts and Health Education Content Standards	English	Practice tested	Farm to Fork pre/post survey; Teacher Observation Tool; Teacher Tasting Tool
My Amazing Body (grades K-1)	UC ANR	A nutrition curriculum that teaches students to learn about the amazing things their body can do and explore how they can keep their bodies healthy through eating nutrient-rich foods, getting plenty of exercise and sleep, and practicing good hygiene. Curriculum can be used during school, after school and with 4-H programs.	California Common Core Standards for English Language Arts	English/Spanish parent materials	Emerging	Teacher Observation Tool; Teacher Tasting Tool

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TWIGs (grades K-8)	UCANR	This curriculum includes lessons that connect gardening with nutrition for children in K-6 <sup>th</sup> grade. The focus is to positively influence participants' food choices through the development and harvesting of a vegetable garden. Curriculum can be used during school, after school and with 4-H programs.	N/A	English	Practice tested	Teacher Observation Tool; Teacher Tasting Tool
Healthy Choices, Healthy Me (grades 1-2)	Dairy Council	This curriculum teaches children how to eat a variety of foods from each food group, the importance of eating a balanced breakfast, how to plan healthy snacks and meals and participate in active play for at least 60 minutes a day. Curriculum can be used during school, after school and with 4-H programs.	California Common Core Content Standards, California Health Standards and Nutrition Competencies	English	Practice tested	Contact the State Office Evaluation Team
Good for Me and You (grade 2)	UC ANR	In this curriculum, students explore a healthy body and lifestyle, study MyPlate, and learn about nutrients and what they do for their bodies. Students also learn that eating breakfast, drinking healthy beverages, exercising and keeping food safe are good for their body. This curriculum can be used during school, after school and with 4-H programs.	California Common Core Standards for English Language Arts	English	Emerging	Teacher Observation Tool; Teacher Tasting Tool
Great Garden Detective Adventure (grades 2-3)	USDA Team Nutrition	This curriculum has students discover what fruits and vegetables are sweetest, crunchiest, and juiciest through a series of investigations and fun experiences connecting the school garden to the classroom, school cafeteria, and home. Curriculum can be used during and after school.	California and National Common Core Standards	English	Practice tested	Contact the State Office Evaluation Team
Learn, Grow, Eat, & Go! (grades 2-5)	Junior Master Gardener/ Texas A&M AgriLife Extension	An interdisciplinary program combining academic achievement, gardening, nutrition experiences, physical activity, and school and family engagement. Curriculum can be used during and after school.	Under development – see more at <a href="http://imgkids.us/lgeg/teacher-resources/correlations/">http://imgkids.us/lgeg/teacher-resources/correlations/</a>	English	Practice tested	Contact the State Office Evaluation Team

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It's My Choice....Eat Right! Be Active! (grade 3)	UC ANR	A nutrition curriculum where students examine the key nutrients from the MyPlate five food groups and learn how to make healthy choices. They identify how vitamins, minerals, carbohydrates, and proteins provide the building blocks needed for good health. Curriculum can be used during school, after school and with 4-H programs.	California Common Core Standards for English Language Arts	English/Spanish parent materials	Emerging	Teacher Observation Tool; Teacher Tasting Tool
Shaping Up My Choices (grade 3)	Dairy Council	A curriculum where students learn all five food groups, their main nutrients and roles in the body, the importance of eating balanced breakfast and lunch, how to read a food label, how to measure healthy portion sizes, what healthy beverage choices look like and how to get active for 60 minutes a day. Curriculum can be used during school.	California Common Core Content Standards, National Education Standards, California Health Standards and Nutrition Competencies	English	Practice tested	Contact the State Office Evaluation Team
Jr Master Gardeners (grades 3-5)	National Jr Master Gardener Program	Curriculum that focuses on teaching the world of gardening with eight chapters of "hands-on" activities, worksheets, rhythms, and reading passages formatted for standardized tests. The program includes a study of life skills and career exploration then culminates the JMG experience with service learning projects and recognizes children's efforts with a certification as a Junior Master Gardener. Curriculum can be used after school and with 4-H programs.	California Common Core Content Standards Grades 3-5	English	Practice tested	Contact the State Office Evaluation Team
CATCH (any age range)	The University of Texas-School of Public Health	CATCH is based on the CDC Whole School, Whole Community, and Whole Child model in which health education, school environment, and family/community involvement work together to support youth in a healthy lifestyle. Curriculum can be used after school and with 4-H programs.	Common Core State Standards in English Language Arts and Literacy in Health and PE – see more at <a href="http://catchinfo.org/resources/resource-library/">http://catchinfo.org/resources/resource-library/</a>	English	Research tested	Catch Lesson Observation - for PA component only

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Cooking Up Healthy Choices (grades 4-6)	Center for Nutrition in Schools, UC Davis	A learner-centered, garden-enhanced nutrition curriculum developed for the Nutrition Education & Promotion component of the Shaping Healthy Choices Program. Includes five cooking demos from cultures around the world, with activities, recipes, handouts. Curriculum can be used during and after school.	Common Core State Standards in Math and English Language-Arts, Next Generation Science Standards, and California Nutrition Education Competencies.	English/Spanish	Research tested	See Evaluation Tool for SHCP
Children's Power Play! (grades 4-6)	CALIFORNIA DEPT. OF PUBLIC HEALTH	This curriculum encourages students to eat fruits and vegetables every day and gives creative ways for the students to successfully do so. Children at this age are assuming more responsibility for their own health and well-being. Power Play uses integrative activities and taste-testing into the lessons. Curriculum can be used during and after school.	California Content Standards	English	Practice tested	Teacher Observation Tool; Teacher Tasting Tool
Choose Health: Food, Fun and Fitness Curriculum (grades 4-6)	Cornell	Hands on, interactive lessons for 8-12 year olds using food and games to learn about healthy eating and active living. Curriculum can be used after school and with 4-H programs.	National Health Education Standards	English	Practice tested	Contact the State Office Evaluation Team
Dig In (grades 4-6)	USDA Team Nutrition	A USDA developed curriculum that makes connections between the garden, nutrition and health. Learning activities can be done with or without a large garden in place. Curriculum can be used during school.	National Education Standards	English	Practice tested	Contact the State Office Evaluation Team
Discovering Healthy Choices (grades 4-6)	Center for Nutrition in Schools, UC Davis	A learner-centered, garden-enhanced nutrition curriculum that was developed for the Nutrition Education & Promotion component of the Shaping Healthy Choices Program. Curriculum can be used during school, after school and with 4-H programs.	Common Core State Standards in Mathematics and English Language-Arts, Next Generation Science Standards, and California Nutrition Education Competencies.	English/Spanish parent materials	Research tested	SHCP Nutrition Knowledge Survey; Teacher Observation Tool; Teacher Tasting Tool

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Great Garden Detective Adventure (grades 4-6)	USDA Team Nutrition	This curriculum has students discover what fruits and vegetables are sweetest, crunchiest, and juiciest through a series of investigations and fun experiences connecting the school garden to the classroom, school cafeteria, and home. Curriculum can be used during and after school.	National Education Standards	English	Practice tested	Contact the State Office Evaluation Team
Nutrition Pathfinders (grades 4-5)	Dairy Council	Online tracker w/ kid, teacher & parent components. Resource can be used during school and at home.	California's Common Core Standards, Health Standards, Nutrition Competencies, National Education Standards	English	Practice tested	Contact the State Office Evaluation Team
Nutrition to Grow On (grades 4-6)	UC Davis Department of Nutrition and California Department of Education	An innovative curriculum that links the garden and nutrition education by teaching children and their families about nutrition through garden activities. In the lessons, science, mathematics, language arts, history, environmental studies, nutrition and health are reinforced. Curriculum can be used during school, after school and with 4-H programs.	California Content Education Standards	English/Spanish parent materials	Practice tested	Nutrition to grow on tool; Teacher Observation Tool, Teacher Tasting Tool
Team UP for Good Health (grades 4-6)	University of California	A curriculum which encourages healthy food and beverage choices and targets two behaviors that are most closely associated with the increase in childhood overweight and obesity—the overconsumption of sugary drinks and fast foods. Curriculum can be used during school, after school and with 4-H programs.	California content education standards in Mathematics and English Language-Arts, and California Health Education Competencies	English	Emerging	Contact the State Office Evaluation Team
Sports, Play & Active Recreation for Kids (K-2, 3-5 and 6-8)	SPARK	Physical activity and nutrition curriculum that strives to improve the health of children and adolescents. Lessons can be easily integrated into math, science and language arts. Curriculum can be used during and after school.	Common Core State Standards in English Language Arts and Literacy in Health and PE	English/Spanish	Research tested	Contact the State Office Evaluation Team

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<b>Middle School</b>						
EatFit (grades 6-8)	UC ANR	This curriculum teaches students to set goals which establish appropriate health habits for adolescence. Students explore and practice the skills needed for a physically active lifestyle and to make healthy food choices. Curriculum can be used during school, after school and with 4-H programs.	California Common Core Content Standards	English	Research tested	EatFit Pre/post survey; EatFit Retrospective evaluation tool
Exercise Your Options (grades 6-8)	Dairy Council	A nutrition curriculum that helps students apply decision-making skills to real-life issues that influence their health. Curriculum can be used during and after school.	California Common Core Content Standards, National Education Standards, California Health Standards and Nutrition Competencies	English	Practice tested	Contact the State Office Evaluation Team
Nutrition Voyage: The Quest To Be Our Best (grades 6-8)	USDA	A nutrition curriculum that invites students to explore ways to learn about making healthy food and physical activity choices. Curriculum can be used during and after school.	National Education Standards - Math, Science, and English Language Arts	English	Practice tested	Contact the State Office Evaluation Team
Up 4 It (Grades 6-8)	UCANR	This curriculum encourages youth to consume nutrient-rich foods and to achieve at least 60 minutes of physical activity every day. Curriculum can be used during school, after school and with 4-H programs.	California Common Core Content Standards	English	Emerging	Contact the State Office Evaluation Team
<b>High School</b>						
Choice, Control and Change (Grades 9-12)	Teachers College Columbia University	An inquiry-based science and nutrition program where students learn to use science to make food and activity decisions. Curriculum can be used during and after school.	Science Standards	English	Research tested	Contact the State Office Evaluation Team

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Hunger Attacks/Money Talks (grades 9-12)	UC ANR	A curriculum designed to teach teens that the food they buy not only affects the amount of money they spend, but can also affect their health. Curriculum can be used during and after school.	N/A	English/Spanish supplements	Practice tested	Hunger attacks Pre/post survey; Retrospective survey
<b>Family-Centered</b>						
Eat and Play Together!	UC ANR	A nutrition and physical activity curriculum for 6-8 year old children and their parents. Families learn how healthy snacks and fun physical activity contribute to health. The curriculum is designed for child-adult pairs to learn about nutrition and fitness while having fun together. Curriculum can be used after school and with 4-H programs.	N/A	English/Spanish	Practice tested	Teacher Tasting Tool; Teacher Observation Tool; Intent to Change
Healthalicious	UC ANR	This curriculum promotes a healthy lifestyle in students by encouraging intake of nutrient rich foods and physical activity. This curriculum is designed to give students a fun introduction to preparing and eating healthy meals. This family centered curriculum can be used after school for grades 4-6, with programs such as 4-H.	N/A	English	Practice tested	Healthalicious Pre/Post Evaluation Tool
Happy, Healthy Families	UC ANR	The Healthy, Happy Families curriculum is composed of eight mini-lessons that encourage parents promote healthy eating habits in their preschool-aged children. Curriculum may also be used with pregnant and parenting teens grades 9-12. The lessons can be taught as a series or as individual workshops.	N/A	English/Spanish	Practice tested	Healthy Happy Families Evaluation Tool (under IRB review)

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