

Preschool Track Education Materials

The following tables include current approved education materials. Evidence-based curricula are listed in Table 1; a brief description and summary of evidence base is provided for each curriculum. Supporting materials are presented in Table 2; a brief description is provided for each supporting material. Education materials are available at no cost, unless otherwise specified in the description.

Evidence Base Definitions

Research-based evidence: is based upon relevant rigorous nutrition and public health nutrition research including systematically reviewed scientific evidence, and other published studies and evaluation reports that demonstrate significant effects on individual behaviors, food/physical activity environments, or policies across multiple populations, settings, or locales.

Practice-based evidence: is based upon published or unpublished evaluation reports and case studies by practitioners working in the field that have shown positive effects on individual behaviors, food/physical activity environments, or policies.

Emerging: includes community- or practitioner-driven activities that have the potential for obesity prevention, but have not yet been formally evaluated for obesity prevention outcomes.

SNAP-Ed Toolkit: Curriculum is recommended in the [SNAP-Ed Strategies and Interventions: An Obesity Prevention Toolkit for States](#).

Table 1. Evidence-based Curricula

Curriculum	Evidence Base
<p>CATCH Early Childhood 9 nutrition based lessons and 10 gardening-based lessons with games, hands-on gardening experiments, snacks preparation and taste-testing; Parent Tip Sheets (in English and Spanish), 4 hand puppets (one for each character), activity box and two music CD's. English. Cost: \$275.</p>	<p>Research SNAP-Ed Toolkit CATCH is based on the Centers for Disease Control and Prevention's Coordinated School Health model. Recent studies indicate that CATCH Early Childhood (CEC) positively affects student's nutrition and physical activity behaviors (1).</p>
<p>Color Me Healthy Designed to improve fruit and vegetable intake and increase physical activity among children ages 4-5 years in child care and preschool settings. 12 lessons, CD with songs, and parent newsletter. English and Spanish. \$88/kit for orders under 100 kits. Spanish add on materials \$34/kit for orders under 100 kits.</p>	<p>Research SNAP-Ed Toolkit Children significantly increased their consumption of fruit snacks by approximately 20.8% and vegetable snacks by approximately 33.1% between baseline assessment and assessment conducted 3 months after the completion of the program. Hierarchical linear modeling determined that group assignment (intervention vs. control) was the only significant predictor of fruit and vegetable consumption. Click here for more information. Recent research demonstrated effectiveness of this curriculum in increasing fruit and vegetable consumption by preschoolers (2).</p>

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Table 1. Evidence-based Curricula

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<p>Eat Well, Play Hard 10-module curriculum for 3 & 4 year olds and their parents. Activities, handouts, references, additional resources, and a handout disc. English.</p> <p>Approved supporting materials include Monkey Business audio CD by Eric Herman for the physical activity lesson and 100 Sing Along Songs for Kids (Cedarmont Kids) audio CD for the <i>Head, Shoulder, Knees, and Toes</i> song.</p>	<p>Practice SNAP-Ed Toolkit The program had significant impact on children’s daily at-home consumption of vegetables and their at-home use of 1% or fat-free milk based on parental reports. There was also a significant increase in the rate of child-initiated vegetable snacking and a trend toward increased parental offerings of vegetables as a snack, which may have led to the increase in vegetable consumption. Because the effect of the program on fruit consumption was smaller than the effect on vegetable consumption and because the inclusion of fruit increased the variability of the consumption estimates, the effect of the program on the combined measure of fruits and vegetables was not statistically significant (3).</p>
<p><i>Families Understanding Nutrition (F.U.N.)</i> 28 lesson series for ages 3-5; uses the alphabet to teach about fruits and vegetables; lessons include taste testing, song, movement, games, crafts. Includes caregiver materials. English.</p>	<p>Research Video and survey data support the following conclusions from impact assessment of F.U.N.:</p> <ul style="list-style-type: none"> • Child – teacher classroom interactions track to child weight status and obesity prevention feeding practices • Prior participation in the F.U.N. program is associated with a higher quality classroom environment that is more conducive to development and learning than found in the comparison classrooms • Compared to classrooms without a formal nutrition education program, F.U.N. classrooms significantly increased classroom productivity • More obesity preventive feeding practices were observed in F.U.N. classrooms compared to comparison classes. Impact assessment of the F.U.N. program provides evidence that the F.U.N. program supports childhood obesity prevention efforts that are congruent with practices fostering child development and learning.
<p>Grow It, Try It, Like It 6 garden themed nutrition lessons and an educator’s introduction/resource materials book. Includes hands-on activities, planting activities, activities introducing MyPlate, parent/child activities, handouts, and recipes. English.</p>	<p>Research Food and Nutrition Service (FNS) FY 2016 SNAP-Ed Guidance categorizes all <i>Team Nutrition</i> materials as evidence-based (page 12) and explains that they undergo formative evaluation and pilot testing during the development process (pages 138-139).</p>

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Table 1. Evidence-based Curricula

Curriculum	Evidence Base
<p>NEEDs For Tots Based on the Division of Responsibility in Feeding, 6 lessons for preschool children ages 2–5. English. Includes caregiver materials. Contact the NEEDs Center for more information.</p>	<p>Emerging Between December 2013 and February 2014, NEEDs for Tots (NFT) was tested in 12 preschool classrooms in Centre and Clearfield counties and 3 MFHS TRACKS-partner preschool classrooms in Wilkes-Barre area (Luzerne county). Findings revealed some practice-based evidence. Fourteen teachers and teaching assistants completed the online or paper follow-up survey about the materials and teaching experience. Preliminary results show teachers reported the children had more positive than negative reactions to NFT. Positive comments centered on family time and food enjoyment. In general, the teachers and teaching assistants liked the Prologue (Mealtime is Family Time photo frame) and the 5 lessons (content, layout, ease of use, in-class activities, and take home handouts for parents). On average, it took two classroom sessions to teach a lesson. The activity with the best parental response was the lesson Conversation Starters. Parent response increased with the last two lessons. When teachers were asked what would be helpful in teaching NFT, six teachers indicated training on the concept of division of feeding responsibility. Research continued in FY 2014 with 4 classrooms that focus on parent evaluation which will contribute to the evidence base of NFT.</p>
<p>Sesame St – Food for Thought, Eating on a Budget Videos and downloadable curriculum for 2 to 8 year old children and their families include caregiver guide, stories, recipe cards, online games, lessons for workshops, and other ideas to make healthier food choices. English and Spanish.</p>	<p>Research SNAP-Ed Toolkit Key findings from a randomized control evaluation indicated that after four weeks of exposure to the kit there was a positive impact on participants’ knowledge, behaviors and attitudes regarding how to cope with food insecurity and maintain healthy habits(4). The evaluation found clear evidence of positive effects among study participants in motivating many of the behaviors that it promoted, including: seeking information/assistance on how to cope with food insecurity; taking steps to save money on food; and taking steps to promote healthier eating in the family (such as offering whole grains, involving child in shopping and food preparation, and eating with a caregiver). The caregivers who used the <i>Food for Thought</i> kit also reported having less difficulty coping with their food insecurity and communicating with children about food security worries.</p>

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<p>Sesame St – Healthy Habits for Life Teaches pre-school children about eating right and being active. Videos and downloadable curriculum (lessons, activities, and caregiver handouts) encourage students to explore and enjoy healthy foods. English and Spanish.</p>	<p>Research SNAP-Ed Toolkit Coordinated statewide nutrition education was associated with consistent increases in respondent recognition of key education messages, improved intention to change behavior, and reported increases in family consumption of fruits, whole grains, and lower-fat milk. These changes were observed for both Spanish- and English-speaking respondents. This study provides evidence that nutrition education in WIC is influential in changing participant knowledge, attitudes, and behaviors supporting the consumption of a more healthful diet (5).</p>
<p>Show Me Nutrition (Pre-K) 11 lessons featuring children's books with healthy eating messages. Includes family newsletters. English. Cost: \$25.00</p>	<p>Practice Yearly results of student behavior changes are found in Family Nutrition Program annual program reports (6). Students in all grade levels consistently make behavior changes that include: More aware of nutrition; Make healthier meal and/or snack choices; Eat breakfast more often; More willing to try new foods; Improved hand washing; Improved food safety other than hand washing; Increased physical activity.</p>

Table 2. Supporting Materials

<p>CATCH Early Childhood (CEC) Physical Activity Box CEC Physical Activity box includes over 500 activity/picture cards with detailed instructions for age-appropriate games that get kids moving and two music CDs. Cost: \$225</p>
<p>Dark Green Vegetables, Preschool SNAP-Ed Lesson Plan A single lesson to increase knowledge and awareness of the importance of eating green vegetables every day and to show children that green vegetables can be delicious. Includes recipe for “The Great Smoothie Taste Test” and a handout for caregivers with the smoothie recipe and taste testing feedback from the child.</p>
<p>Keystone Color Me Healthy Adapted from original Color Me Healthy Curriculum; includes supplemental activities and resources for the Color Me Healthy curriculum. English. Workbook and CD. Cost: \$5.</p>
<p>Lunchbox Chatter 5 newsletters; addresses the topic of packing healthy lunches for preschoolers & includes suggestions for ways to incorporate fruits, vegetables, grains, protein, and dairy foods; contains a worksheet for child to complete. English.</p>
<p>Learning Zone Express (School Nutrition and MyPlate products only) Materials appropriate for PreK with key messages about healthy eating, physical activity, and MyPlate products include color worksheets, games, posters, table tents, banners, and nutrition education reinforcement items. In English & some in Spanish. Cost: Varies based on product.</p>
<p>Maximizing the Message Audience-tested core nutrition messages. 15 target mothers of preschool-age children. English.</p>

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Table 2. Supporting Materials

[MyPlate](#)

MyPlate is part of a larger communications initiative based on *2010 Dietary Guidelines for Americans* to help consumers make better food choices. It illustrates the five food groups using a familiar mealtime visual, a place setting.

[National Nutrition Month](#)

National Nutrition Month is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. Resources include a toolkit, handout/tip sheets, interactive quizzes and games. When materials are released each year, interested partners must contact the ME for review/approval of materials.

[National School Breakfast Week](#)

National School Breakfast Week is a weeklong celebration of the school breakfast program organized by School Nutrition Association (SNA). Members celebrate with decorations, special menu items, events, etc. Downloadable tools including toolkit & activity sheets. When materials are released each year, interested partners must contact the ME for review/approval of materials.

[National School Lunch Week](#)

National School Lunch Week is a weeklong celebration of the school lunch program organized by School Nutrition Association (SNA). Members celebrate in their cafeterias every year with decorations, special menus, events and more. Downloadable tools include toolkit, activity sheets, handouts, and logo. When materials are released each year, interested partners must contact the ME for review/approval of materials.

[ne/Frames](#)

Meal Time is Family Time (English/Spanish); Eating Together as a Family is Worth it (English/Spanish)

[Nibbles for Health: Nutrition Newsletters](#)

30 reproducible newsletters on healthy eating along with a CD that offers child care center staff guidance on conducting discussions with parents in 4 sharing sessions.

[Nourish Interactive](#)

A website for teaching children the importance of nutrition and exercise. Allowable materials include only handouts and worksheets for PreK. (Select a link for the nutrition topic of choice. From the list of free printables that match your criteria, use only those labeled for PreK.) English/Spanish.

[SNAP Recipe Finder](#)

The SNAP Recipe Finder helps you create cookbooks and shopping lists. Use it to search for recipes based on ingredients you have on hand, total cost, cost per serving, and even find recipes based on the cooking equipment available.

Story Books

The ME has a list of previously approved children's books. Books not on the list are subject to review per TRACKS Policy NE-06.

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Table 2. Supporting Materials

Websites

The following websites may be used as resources. Content and materials that are (1) within the scope of SNAP-Education and (2) appropriate for the SNAP-Education target audience may be used according to the supporting materials definition. Cite content used to compile partner-specific supporting materials. Cite the original source if content or materials are not authored by the website author. Curricula posted on these websites are not permitted for use as supporting materials. Curricula must be submitted for review, according to Policy NE-06, and if approved, will be added to the curricula list.

- [SNAP-Education Connection](#)
- [Centers for Disease Control and Prevention](#)
- [The Academy of Nutrition and Dietetics](#)
- Caring for our Children: [Our Child Care Center Supports Breastfeeding](#)
- Let's Move! [Child Care/Nemours](#)
- National Center for Physical Development and Outdoor Play: [Head Start Body Start](#)
- National Resource Center for Health and Safety in Child Care: [Preventing Child Obesity in Early Care and Education Programs](#)
- Sesame Street Healthy Habits for Life [Resource Kit](#)
- Sesame Street Healthy Habits for Life: [We have the moves!](#)
- State Efforts to Address Child Obesity Prevention in Child Care [Quality Rating and Improvement Systems](#)
- Yale Rudd Center's [Wellness Child Care Assessment Tool](#) (WellCCAT)
- USDA: [Nutrition and Wellness Tips for Young Children](#)
- USDA: [Farm to Child Care](#)
- USDA: [Team Nutrition](#)

1. CATCH Research [Internet]. [cited 2014 May 16]. Available from: <http://catchusa.org/catchresearch.htm>
2. Witt KE, Dunn C. Increasing Fruit and Vegetable Consumption among Preschoolers: Evaluation of Color Me Healthy. *J Nutr Educ Behav*. 2012 Mar;44(2):107–13.
3. USDA Office of Research and Analysis. SNAP Education and Evaluation Case Study Report: New York State Department of Health's Eat Well Play Hard in Child Care Settings Program Volume I: Report [Internet]. 2012 Jan. Available from: http://www.fns.usda.gov/sites/default/files/SNAP-EducationWave1EatWell_Vol1_0.pdf
4. Coping With Food Insecurity: new research reveals Sesame Street's Food For Thought initiative is helping families eat healthy on a budget : sesame workshop [Internet]. [cited 2012 Nov 16]. Available from: <http://www.sesameworkshop.org/news/coping-with-food-insecurity-new-63-detail.html?print=1>
5. Ritchie LD, Whaley SE, Spector P, Gomez J, Crawford PB. Favorable Impact of Nutrition Education on California WIC Families. *J Nutr Educ Behav*. 2010 May;42(3):S2–10.
6. Show Me Nutrition Evidence Base - University of Missouri Extension [Internet]. yumpu.com. [cited 2014 May 2]. Available from: <https://www.yumpu.com/en/document/view/18090244/show-me-nutrition-evidence-base-university-of-missouri-extension>