

School Age Track Education Materials

The following tables include approved education materials. Table 1 lists abbreviated curricula titles according to the subgroup they were designed to reach. Evidence-based curricula are listed in Table 2; a brief description and summary of evidence base is provided for each curriculum. Supporting materials are presented in Table 3; a brief description is provided for each supporting material. All education materials are available at no cost, unless otherwise specified in the description.

Table 1. Curricula by Grade Ranges			
Elementary K-2	Elementary 3-5	Middle 6-8	High 9-12
	4 th Grade Core		
		ATOAH	ATOAH
Balance My Day*	Balance My Day*		
BASICS-Iowa*	BASICS-Iowa*		
	CA Power Play*		
CATCH*	CATCH*	CATCH*	
CATCH Kids Club*~	CATCH Kids Club*~	CATCH Kids Club*~	
		C3 (LiFE)	
Cooking with Kids~	Cooking with Kids~	Cooking with Kids~	
CM for Chefs & Kids	CM for Chefs & Kids	CM for Chefs & Kids	CM for Chefs & Kids
ERN-SDP	ERN-SDP		
		ERN-Drexel*	ERN-Drexel*
ERN-Einstein*	ERN-Einstein*	ERN-Einstein*	
	Growing Food	Growing Food	
Growing Healthy Habits	Growing Healthy Habits		
		Media Smart Youth*	
		NEEDs for Bones	
	Nutrition to Grow On	Nutrition to Grow On	
Power Panther Pals*	Power Panther Pals*		
Sesame St-Thought*			
Show Me Nutrition*	Show Me Nutrition*	Show Me Nutrition*	
			SuperTracker Lessons
	TN: Dig In!*	TN: Dig In!*	
	TN: Garden Detective		
		TN: Nutrition Voyage	
TN: Serving Up MyPlate*	TN: Serving Up MyPlate*	TN: Serving Up MyPlate*	
TN: Discover MyPlate*			
Heat Club*~	Heat Club*~		

*Includes Caregiver Materials; Also Listed on Adult/Senior Track Curricula or Supporting Materials

~Designed for Afterschool or Summer Programs

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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Practice-based evidence: is based upon published or unpublished evaluation reports and case studies by practitioners working in the field that have shown positive effects on individual behaviors, food/physical activity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 2. Evidence-based Curricula

Curriculum	Outcomes	Evidence Base
4th Grade Vegetable Core 4 lessons, Fourth Grade Students, Food Tastings, Vegetables, English.	MT1d, MT1m	Research TRACKS established a core intervention for 4 th grade students in FY 2009 informed by results from previous TRACKS evaluation (1). The intervention consists of 4 lessons about vegetables; 3 lessons are from USDA’s Team Nutrition <i>MyPyramid for Kids</i> curriculum with an additional lesson that reinforces vegetable subgroups. Food tastings accompany all lessons. Lessons align with the Pennsylvania Department of Education (PDE) standards. Primary objectives are to increase knowledge and consumption of vegetables. Effectiveness of this intervention in changing students’ vegetable-related attitudes, self-efficacy, food preference, and knowledge was evidenced in a two year impact evaluation study conducted in FY 2009 and 2010 (2).
A Taste of African Heritage (ATOAH) 6 lessons, Six through twelve grade students, cooking lessons, food tastings. English. Cost: contact sarahm@oldwayspt.org	ST1f, ST1k, ST1m, ST1o, MT1c, MT1d, MT1j, MT1l, MT1m, MT2a, MT2b, MT2c, MT2f, MT2m, MT3a	Practice The curriculum has a pre-post survey that is administered at every lesson through the series. The initial round (2013-2014) of evaluation shows positive changes in participants’ nutrition knowledge and behavior (adults purchasing and consuming more fruits and vegetables) as a result of participating in ATOAH lessons. 80% of participants cook more, 41% eat more leafy greens, fruits and whole grains, and 70% of participants eat vegetables daily as a result of the program.

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Curriculum	Outcomes	Evidence Base
<p>Balance My Day 30 lessons (divided into 15-25 minute sessions) per curriculum. English; Cost: \$79.00.</p> <p>Omit the following: K-2, lesson 3 on page 155-snack attack; 3-5, lesson 1 on pages 149, 155, 156-snack attack and eating disorders; entire lessons on physical activity from SPARK manual in the last sections of both curricula.</p>		<p>Practice Developed in collaboration with nationwide team of educators: teachers, after-school program directors and community youth based programs, such as YMCA and Boys and Girls Clubs. This was an ongoing process with content being developed and tested in their educational settings then providing feedback and recommendations for slight changes to improve delivery of the series of educational lessons to provide best outcomes. Development included different socioeconomic groups, multi-cultural student populations, and varied geographic locations. Data was collected in 1 intervention that does show improvement in students eating breakfast as well as increase in fruits and vegetables in self-reported food logs (3). To assess a sustained effect on food choices, students on the post questionnaire were asked about their intent to change their behavior knowing this measure is a strong indicator of not only current but future behavior. 78% of the students identified that they did plan to continue to eat breakfast daily and also will continue to try more fruits and vegetables at school (4).</p>
<p>BASICS curriculum Iowa Nutrition & Physical Activity program includes Pick a Better Snack – fruit & vegetable bingo cards, 20 Teacher lessons and 48 Educator lessons for K-3. Each lesson promotes a fruit or vegetable; 24 low-fat milk lessons are designed for Kindergarten to 5th grade, family newsletters & factsheets; English.</p>		<p>Research, SNAP-Ed Toolkit Wave 2 Demonstration Project evaluated three interventions including The Iowa Nutrition Network’s Building and Strengthening Iowa Community Support for Nutrition and Physical Activity Program (BASICS), designed to increase fruit and vegetable consumption. The program targets low-income children in elementary school settings with the goal of increasing children’s consumption of fruits and vegetables. The BASICS program had significant impacts on fruit and vegetable consumption and positive impacts on attitudes toward fruits and vegetables (5).</p>
<p>California Children’s Power Play! 10 lessons, 4th and 5th grade students, Parent tip sheets and teacher resource kits that promote fruit and vegetable consumption, English & Spanish.</p>		<p>Practice, SNAP-Ed Toolkit The <i>Network for a Healthy California — Children’s Power Play! Campaign</i> was developed through careful formative research. In 2002 focus groups with 9- to 11-year-old boys and girls were conducted, primarily to assess motivators and barriers to increased fruit and vegetable consumption (6). The Children’s Power Play! Campaign will be conducting an impact evaluation study during the 2011/12 school year, with a total of over 4,000 students in the intervention and control groups to examine children’s fruit and vegetable intake, physical activity, and related factors like perceived modeling, dietary intentions, norms, liking and preferences for fruits and vegetables as well as intention, preferences, and perceived barriers for physical activity.</p>

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Table 2. Evidence-based Curricula

Curriculum	Outcomes	Evidence Base
<p>CATCH K-5 & CATCH Middle School (6-8) Large school-based field trial aimed at improving school food service, nutrition and physical education. K-2 includes ten 25-minute lessons per grade; 3-5 includes 12-14 40-minute lessons per grade; and 6-8 includes 7-9 40-minute lessons per grade.</p>	<p>ST1a, ST1b, ST1.f, ST1g, ST1h, ST3b, ST3a</p>	<p>Research, SNAP-Ed Toolkit The controlled clinical CATCH trial was evaluated from 1991–1994 in 96 schools (56 intervention, 40 control) in four states (California, Louisiana, Minnesota, and Texas) and included over 5,100 students with diverse cultural and ethnic backgrounds (7). The evidence indicated that CATCH decreased student fat consumption and increased physical activity among children and adolescents. Studies indicate that CATCH succeeded in producing lasting changes in dietary and physical activity behaviors. In 1999, the CATCH students were studied again three years following the intervention, while they were in eighth grade (8). Without any continued CATCH intervention, the students who had participated in CATCH maintained lower fat intakes and higher levels of physical activity compared to students who had not participated in CATCH.</p>
<p>CATCH Kids Club A physical activity and nutrition education program designed for elementary and middle school aged children (grades K-8) in after-school and summer settings. Lessons are organized by themes related to nutrition, physical activity, and screen-time reduction and a variety of teaching strategies are used (movement, activities, educational games, goal setting, etc.)</p>		<p>Research, SNAP-Ed Toolkit A recent replication study of CATCH in El Paso reporting significant effects of the program on preventing the onset of overweight and obesity among children (7). In Travis County Texas, implementation of CATCH led to significant reductions of 4th grade overweight and obesity (7). The Pass and CATCH study demonstrated that incorporation 10 minutes per day of movement activities within a classroom setting led to significant positive academic improvements (7).</p>
<p>Choice, Control, & Change (C3) A module from Linking Food and the Environment curriculum (an inquiry-based approach to teaching science and health concepts), 6-8th grade students, English, Cost: \$32.95 teacher guide.</p>	<p>MT1f, MT1h, MT2b, MT2e, MT2e1, MT2e2, MT3a, MT3b, MT3f</p>	<p>Research Choice, Control, and Change (C3) is a module from Linking Food and the Environment (LiFE) curriculum series, an inquiry-based approach to teaching science and health concepts. C3 is targeted to 6-8th grade students. Impact assessment of C3 has demonstrated positive outcomes related to obesity risk behaviors (9). C3 is used as a core intervention for a TRACKS Partner (SDP) that serves 65% of TRACKS middle and high school students. Self-regulation/self-control involves goal setting, problem solving, and goal review (10). C3 includes guided goal-setting activities where students analyze data from personal food logs to choose one of the C3 food goals. Students create concrete action plans and collect data so they can track and analyze progress.</p>

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Table 2. Evidence-based Curricula

Curriculum	Outcomes	Evidence Base
<p>Cooking Matters for Chefs and Kids A guide to hand-on instruction, which can be implemented by chefs or others. As part of the <i>Cooking Matters</i> series, it is intended to empower children to develop skills so they can make healthy food choice and was created to target children of limited-resource families.</p>	<p>MT1c, MT1d, MT1h, MT1f, MT2b, MT2e1, MT2e2, MT2e3</p>	<p>Practice, SNAP-Ed Toolkit Cooking Matters for Chefs and Kids was adapted from Cooking Matters for Kids and Cooking Matters for Teens. Evaluation results for Cooking Matters For Kids based on 3,635 surveys show 49% of graduates increased their confidence in making snacks with fruits or vegetables, 41% of graduates increased their confidence in talking to their parents about healthy cooking or eating, and 41% of graduates increased their confidence in making healthy choices at the grocery store or when eating out. Evaluation results for Cooking Matters for Teens based on 2,748 graduate surveys show 36 % average increase in how often graduates choose healthy foods for snacks, 17% average increase in how often graduates eat breakfast within two hours of waking up, 38% increase in how often graduates make meals or snacks with at least 3 food groups, and 67% of graduates are eating more fruit.</p>
<p>Cooking With Kids 3 spiral-bound curriculum guides with classroom activities masters and classroom recipes masters (grades K-1, grades 2-3, and grades 4-6), Hands-on learning with foods from diverse cultures, English & Spanish, Cost: \$175 for full set or \$60 for one grade.</p>	<p>ST1a, ST1b, ST1g, ST1l, ST2m, ST4a, ST4c, MT1f, MT1g,</p>	<p>Practice Fruit and vegetable surveys showed internal consistency and test-retest reliability. Focus groups revealed student perspectives to strengthen content and implementation of experiential foods programs. This study provides an example of how qualitative methods can add “student voice” to evaluation of school-based programs. Results suggest programs that create or adapt nutrition education curricula for use in schools should emphasize experiential methods and ease of use to increase adoption and implementation (11).</p>
<p><i>EAT.RIGHT. NOW. (SDP)</i> Intervention includes lessons and activities on a variety of topics for elementary students. Some components were authored by the School District of Philadelphia; some components are included from other curricula on the School-Age Track (e.g. Eat the Alphabet). English.</p>		<p>Practice As part of an approved evaluation study (3rd-5th grade Impact Evaluation Study), the SDP Office of Research & Evaluation conducted an evaluation, in which several of the SDP Eat Right Now lessons were used. The impact evaluation study revealed interventions were effective in increasing students’ knowledge surrounding nutrition and physical activity concepts.</p>

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Table 2. Evidence-based Curricula		
Curriculum	Outcomes	Evidence Base
<p><u>EAT.RIGHT. NOW. (Drexel)</u> Intervention includes lessons and activities on a variety of topics for middle and high school students. Some components were authored by Drexel University; some components are included from other curricula on the School-Age Track. English. Components are: (1) Middle School: Classroom-based, Girls Club, Boys Club, Cooking Club, (2) High School: Classroom-based, Workbook, Gardening, (3) Special Needs: Classroom-based, (4) Caregivers.</p>	<p>ST1a, ST1b, ST1c, St1d, St1e, ST1f, ST1g, ST1l, ST1m, ST1n, ST2b, ST3a, Mt1g, MT1h, MT3a, MT4a, MT4b, MT4c, MT4d</p>	<p>Practice A three year (FY 2013 to FY 2015) evaluation study of the high school curriculum revealed the following: students receiving the intervention showed improvement in consumption of 100% fruit juice, vegetables, and dairy; decreased their intake of soda; showed improvement in overall nutrition knowledge and attitudes toward healthy behavior. The DU ERN high school curriculum positively impacts the behavior, knowledge and attitudes of high school students. In FY 17, DRX plans to evaluate a larger subset of DRX ERN high school lessons and Cooking Club lessons.</p>
<p><u>EAT.RIGHT. NOW. (Einstein)</u> Includes interactive lessons and activities on a variety of topics for students in grades Kindergarten-8. Components are as follows: Eat the Alphabet and MyPlate topics. English.</p>		<p>Emerging</p>
<p><u>Growing Food</u> An inquiry-based curriculum for grades 4-6; Growing Food includes teacher lesson plans, background information, teaching tips, and tools for assessment as well as student activity sheets and readings. English. Cost: \$34.95</p>	<p>MT4a</p>	<p>Research The <i>Growing Food and Farm to Table & Beyond</i> modules of <i>LIFE</i> were field-tested by more than 4,000 students in New York, Pennsylvania, Missouri, Texas, and California. In 1999-2000 the Center for Food & Environment worked in partnership with the New York City Department of Education to conduct a controlled research study of the <i>Growing Food and Farm to Table & Beyond</i> modules in three schools and 24 classrooms (12 intervention classrooms that received the <i>LIFE</i> modules and 12 comparison classrooms that received the standard science curriculum used in the school) (12).</p>
<p><u>Growing Healthy Habits</u> The curriculum consists of nine units. Each unit contains introductory materials for the teacher, four lessons, and associated handouts. One lesson per unit includes a healthy recipe demonstration, making use of garden produce when available. English only.</p>	<p>MT1c, MT1d, MT1g, MT1l, MT1m, MT3a</p>	<p>Practice Pilot testing was completed with Serena Harris and Emily Maunz, Baltimore City School Teachers (13). Growing Healthy Habits has been piloted with over 400 youth in Maryland. Maryland FSNE is currently testing a pilot evaluation tool. University of Maryland Extension FSNE program conducted a pilot curriculum evaluation to examine the impacts that using the curriculum had on teacher and student practices during the 2010-2011 school year (13). The curriculum reached 1440 school-aged youth during the year.</p>

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<p>Media Smart Youth: Eat, Think and Be Active! 7 chapters [chapters 1, 2 (only activity B), 4, 5, 6, 8, and 9] for students ages 11 to 13 that discuss the connection between media and health using nutrition and physical activity examples. Includes classroom materials, student and caregiver handouts, recipes, food tasting ideas, and group activities. English only.</p>		<p>Research, SNAP-Ed Toolkit The National Institute of Child Health and Human Development (NICHD) conducted a 10-site pilot test with more than 275 youth (14). This pilot phase was very valuable in developing and refining the curriculum. The NICHD also conducted an evaluation of the <i>Media-Smart Youth: Eat, Think, and Be Active!</i> curriculum to determine the impact of the program on adolescent knowledge, skills, and behavioral intent in the areas of media analysis, nutrition, and physical activity (15).</p>
<p>NEEDs For Bones 4 lessons, Middle School Students, Calcium, all lesson materials and foods for student taste testing included, English only. Contact the NEEDs Center at 814-880-9977.</p>		<p>Practice NEEDs for Bones, by demonstrating face and content validity in its use with 1650 4th -8th graders in 85 Pennsylvania SNAP-Ed eligible classrooms, established practice-based evidence of usefulness and acceptance by the target audience. Analyses conducted to determine association between enjoyment of food tastings and lesson interest revealed a predictive relationship. An outcomes study to evaluate impact on student calcium intake is in progress during FY 2014.</p>
<p>Nutrition To Grow On Nine lessons designed to teach children and their families about nutrition by relating each lesson to a garden activity. English only. Notes for TRACKS use:</p> <ul style="list-style-type: none"> • Substitute handout 4-4, “Common Weeds in Pennsylvania” for “Common Weeds in California” on page 72 and referenced on pages 59, 60 & 63. (<i>Contact ME for PA handout</i>) • All recipes and food items served to students must be sample sized or tastings • Omit the last review question on page 78 • Omit activity in lesson 9, making healthful snacks, pages 141 & 142 • Omit lesson activity “lesson 4: food math” on page 143 	<p>MT1f, MT2b, MT3a</p>	<p>Research The Nutrition to Grow On curriculum has been extensively tested. Drafted lessons were taught to 4th grade students to assess clarity of the content and feasibility of delivery. The lessons were revised based on student and teacher comments. Revised lessons were taught to different classrooms to evaluate all revisions made and reevaluate. This review process continued with third, fourth, fifth and sixth grade classrooms (including some special education and language immersion classrooms) until the authors felt confident about the final content of each lesson. Once the final version of each lesson was completed, nutrition and gardening professionals reviewed for accuracy. The next step in the testing process was to evaluate whether the curriculum was effective in improving upper elementary school children’s nutrition knowledge and preferences for vegetables using pre-and post-quizzes aligned with the objectives of each lesson administered at each lesson delivery. In addition, a six month follow-up quiz was given to assess retention. Results among the group of students receiving this garden-based nutrition education showed an increase in knowledge of various nutrition topics after the lesson delivery and at the six-month follow up.</p>

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Table 2. Evidence-based Curricula

Curriculum	Outcomes	Evidence Base
<p>Power Panther Pals 8-week health education program for elementary school students to increase their fruit and vegetable consumption and physical activity; includes lesson plans, tastings, games and materials for caregivers. English only.</p>	<p>MT1a, MT1c, MT1d, MT1f, MT1g, MT1i, MT1j, MT1m, MT2a, MT2b, MT2c, MT2f, MT3a</p>	<p>Practice The Power Panther Pals program lessons were created and are continually updated using evidence-based resources specifically the <i>Dietary Guidelines</i> and <i>MyPlate</i> information. The goals of Power Panther Pals are based on the USDA’s Team Nutrition program goals. Teachers give students a pre and post-test when utilizing program materials. This test does not evaluate behavioral based changes in the students but does look at nutrition and physical activity knowledge that they will learn about in the program. Looking back at the results from the 2001-2012 school year, reports showed that the number of students correctly answering the questions improved for all questions after completing the Power Panther Pals – Primary Level program. For Intermediate level, program results showed that for all but one question the number of students answering the questions correctly increased on the post-test (16).</p>
<p>Sesame St – Food for Thought, Eating on a Budget Provides 2 - 8 year old children and their caregivers practical strategies for making healthy food choices on a limited budget. The videos and downloadable curriculum include a caregiver guide, a story for children, recipe cards, online games, lessons for workshops, etc. English and Spanish.</p>	<p>MT2a</p>	<p>Research 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 (17). 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>
<p>Show Me Nutrition Curriculum for grades K-8 emphasizing nutrition, physical activity, and related decision-making skills. English only. Cost: \$20 for printed copies, \$30 for CDs.</p>	<p>ST1a, ST1b, ST1c, ST1d, ST1e, ST1g, ST1h, ST1i, ST1j, ST1k, ST1l, ST1m, ST1n, ST1o, ST3a, ST3b, ST3c, ST3d, ST3e, ST4a, ST4b, ST4c, ST4d, MT2b, MT3d, MT3e, MT3j, MT4a, MT4b, MT4c, MT4d</p>	<p>Practice Show Me Nutrition is a pre-kindergarten through eighth grade experientially based and developmentally appropriate nutrition curriculum that uses behaviorally focused activities in each grade level (18). The curriculum focuses on healthy eating and an active lifestyle. Multiple channels convey behaviorally focused nutrition education messages; a component of Show Me Nutrition is a family newsletter targeted to parents or caregivers in grade levels pre-k through fifth. Theoretical constructs from social learning theory were used in Show Me Nutrition’s development.</p>

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Table 2. Evidence-based Curricula

Curriculum	Outcomes	Evidence Base
Super Tracker High School Lessons Four lessons for high school students grades 9-12 to encourage them to build a healthier diet and increase physical activity using the SuperTracker interactive tool. English.	MT1c, MT1d, MT1e, MT1f	Emerging Drexel will initiate an evaluation study in FY 2016 to establish evidence base for this curriculum.
Team Nutrition: Dig In Ten (10) lessons for 5 th & 6 th grades include activities in growing, harvesting, tasting, and learning about fruits and vegetables with information on how to start and maintain a garden to grow the fruits and vegetables featured in the lessons. English	MT1c, MT1d, MT1l, MT1m, MT2a, MT2e1, MT2e2, MT2e3, MT4a	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).
TN: Discover MyPlate Six (6) standards-based, inquiry-led, student-centered and teacher approved lessons for kindergarten.	MT1c, MT1d, MT1f, MT3a, MT4a	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).
Team Nutrition: Great Garden Detective Adventure Eleven (11) lessons for grades 3 & 4 focused on discovering 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; includes caregiver materials; English	MT1c, MT1d, MT1f	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).
Team Nutrition: Nutrition Voyage Nine (9) lessons for 7 th and 8 th grade students using the theme of exploration. The curriculum is focused on making healthy food and physical activity choices. English.		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).

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Table 2. Evidence-based Curricula

Curriculum	Outcomes	Evidence Base
Team Nutrition: Serving Up My Plate Nine (9) lessons for K-6 introduce importance of eating from all 5 food groups using MyPlate icon and importance of physical activity to stay healthy. English	MT1f, MT2e1, MT2e2, MT2e3, MT3a	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).
The Heat Club (Healthy Eating, Active Time) Includes 26 hands-on activities for elementary school children in after school programs to improve eating habits and increase physical activity levels; also includes family tip sheets matched with specific activities; available in English, Haitian Creole, Portuguese & Spanish; Cost: \$42.00		Practice HEAT Club After-school Curriculum is one aspect of a multi-component, 3-year environmental change intervention targeted to 1 st -3 rd grade students and funded by CDC called Shape Up Somerville. Results from the first year (2003) showed, on average, a one pound weight gain reduction over eight months for an 8 year old child (19).

Table 3. Supporting Materials

[All 4 Kids: Happy, Healthy, Active Fit Videos](#)

Four music videos – youth demonstrating a variety of ways to be physically active. English except Ven Conmigo which includes both English and Spanish. Cost: Free to download, \$5 for DVD/CD package.

[CATCH Kids Club Activity Box for Grades K – 8](#)

Grades K-5 box includes over 400 activity cards and Grades 5-8 includes over 600 activity cards both with detailed instructions for age-appropriate games that get children moving.

Children’s Books

Contact the TRACKS Management Entity for a list of previously approved books. Children’s books not on this list are subject to review criteria per TRACKS Policy NE-06. Cost: Variable.

Chop Chop

A quarterly cooking magazine for families. Used as a reinforcement item and/or supporting material with elementary students and caregivers.

[The Dairy Spot](#)

Downloadable activity sheets, guides, handouts, posters, games and tip sheets available for all grades. Focus on Calcium. Also includes materials for parents. English only.

[Eat a Rainbow Coloring Book](#)

Downloadable coloring book featuring Spring fruits and vegetables.

EAT.RIGHT. NOW. (Drexel)

Constructed responses for high school students. English.

EAT.RIGHT. NOW. (SDP)

Constructed responses for elementary school students. Constructed responses and workbooks for middle and high school students. English.

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Table 3. Supporting Materials

Food Play Assembly Program

Food Play is a live theater and interactive production to turn kids on to healthy eating and active lifestyles for elementary students (K-5th grade). The show features amazing feats of juggling, captivating characters, motivating messages, music, magic, and audience participation. English only. Cost: For pricing, call 800-366-3752

Fruits and Veggies: More Matters

[CDC site](#)

[PBH site](#)

Previously 5-a-Day sites; promote fruit and vegetable consumption; feature nutrition information, daily need calculator, shopping/cooking tips, Q&A list, resources for professionals, and an “ask the expert” interactive feature. English only.

[Fruit and Vegetables Coloring Book](#)

18 page fruit and vegetable coloring book. English only. (Publication #UK083)

[Game On! The Ultimate Wellness Challenge](#)

[Fuel Up to Play toolkit](#)

- Year-long school-wide program that challenges schools, students, and families to increase healthy food choices and physical activity into their daily lives; English only.
- Wellness toolkit for that includes poster clings, banners, fact sheets, logos, newsletter drop-ins, and press releases. English only.

Healthier Ever After Assembly Program

Healthier Ever After is a series of vignettes about healthy eating and living an active lifestyle. The stories are all set in a folklore world and focus on a few different nursery rhymes and fables.

Cost: Contact Young Audiences of NJ & Eastern PA @ 609-243-9000

Jump with Jill Assembly Program

Jump with Jill is a live rock 'n roll concert about nutrition for elementary-age students (K-5th). The interactive experience not only makes eating breakfast and drinking water cool, but helps increase retention of these important health messages. Follow-up student activity workbook and teacher guidebook –both activity materials, not lessons. English only. Cost: Call 800-531-0760 or email jill@jumpwithjill.com

[Learning Zone Express](#)

(School Nutrition and *MyPlate* products only)

Materials appropriate for K-12th 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.

Magic of Nutrition Assembly Program

Healthy Body Strong Minds for K-12 (Magic of Nutrition) teaches children the importance of good nutrition and staying active with the use of magic and illusion to create an unforgettable experience. Follow-up student activity workbook; follow-up teacher guidebook contain lessons. Cost: Call 215-947-7383 or email Todd@themagicofnutrition.com

[Maximizing the Message](#)

16 audience-tested core nutrition messages, Mothers of elementary school-aged children, and 8-10 year old children, English.

[My Plate](#)

Official USDA food guidance system; includes interactive “Tracker” feature, nutrition education tips, coloring sheets, word scrambles, posters and other materials to print or order. In English & Spanish.

[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.

[National School Breakfast Week](#)

National School Breakfast Week is a weeklong celebration of the school breakfast program organized by School Nutrition

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Table 3. Supporting Materials

Association (SNA). Members celebrate with decorations, special menu items, events, etc. Downloadable tools including toolkit & activity sheets.

[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.

[ne/Frames](#)

A Guide to Whole Grain Foods (Eng/Sp); A Guide to Eating Well (Eng/Sp); A Guide to Healthy Foods and Herbs (Eng); Breakfast is Smart* (Eng); Shop for Folic Acid (Eng/Sp)*; Meal Time is Family Time (Eng); Eating Together as a Family is Worth it (Eng)

*Kansas State University programs

[Nourish Interactive](#)

Website uses interactive video game technology to teach children about the importance of nutrition and exercise. English & Spanish.

[Nutrition Fun with Brocc and Roll](#)

A 64-page activity guide including 42 pages of ready-to-copy activity sheets. Topics include self-assessment of current eating habits, goal setting, healthy snacking, gardening, food labels, and recipes. English only. Cost: \$14.95

[Nutrition Nuggets](#)

Prepared nutrition newsletters targeting caregivers of elementary students; include nutrition tips, recipes, ideas for increasing physical activity. Schools/school districts purchase subscription allowing unlimited reproduction. In English & Spanish. Cost: \$198-\$618 (based on size of school district) \$99 extra for Spanish

[Organ Wise Guys Food of the Month Kit](#)

Includes 2 Sets of 25 posters, 24 buttons, 24 laminated cafeteria cards, Organ Wise Guys window clings, In Search of MyPlate Assembly Kit (CD with slides), and Website access to monthly parent/adult newsletters in English or Spanish, activity sheets, clip art for menus, and suggested companion USDA materials. Appropriate for K-5. Cost: \$295.00

RAP (Rapping About Prevention) Assembly Program

Sterlen Barr, a former National and Golden Glove Boxing Champion presents Fun, Food, and Fitness for grades 4-12. This interactive and educational assembly shows how physical activity and good nutrition produces champions. Follow-up student workbook and teacher guidebook, both activity materials, not lessons. English only. Cost: Call 267-809-1775 or email Sterlenbarr@aol.com

[Smarter Lunchrooms](#)

Initiative to equip school lunchrooms with evidence-based tools that improve child eating behaviors and improve the health of children.

[Pick A Better Snack Fruit & Vegetable Fact Sheets](#)

A part of Iowa Nutrition Network's social marketing campaign, the author informs that the fruit and vegetable fact sheets are (1) intended for use as a supporting material and (2) did not contribute to the evidence-base of the curriculum. The author indicates that fact sheets are primarily used to provide additional information to school teachers and nutrition educators about the featured fruit or vegetable.

[SNAP Recipe Finder](#)

An online tool that allows quick location of pre-analyzed and budget-friendly recipes to support Nutrition Education goals or lesson plans. A great resource for discovering creative ways to use leftovers, and for finding low-cost proteins, one-pot meals, and dishes that use a limited number of commonly-found ingredients.

[Spending Your Calorie Salary](#)

PowerPoint presentation designed to teach teens about portion sizes, physical activity, healthy eating, and making the best food choices. (University of Nebraska-Lincoln Extension)

School Age Track Education Materials

Table 3. Supporting Materials

[Team Nutrition: Empowering Youth](#)

Empowering Youth is a manual for use in after school programs and classrooms with youth 11-18 years old. It also includes an interactive online nutrition education and physical activity module

<http://healthymeals.nal.usda.gov/hsmrs/EY/index.htm> English only. Cost: None

Walnut Street Theatre Assembly Program

Nick Nutrition and his dog Fiber takes K-5th graders on an adventure about sometimes foods and snacks using MyPlate as a guide. English only. Follow-up student activity workbook; follow-up teacher guidebook contain lessons. Cost: Call 215-574-3550 X584 or email ap@walnutstreettheatre.org

Websites

The following websites may be used as resources. Content and materials that are (1) within the scope of SNAP-Ed and (2) appropriate for the SNAP-Ed 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-Ed Connection](#)
- [Centers for Disease Control and Prevention](#)
- [The Academy of Nutrition and Dietetics](#)
- [Fruit & Veggies More Matters](#)
- [Farm to School program](#)
- *Let's Move!*
 - [Healthy Schools](#)
 - [Salad Bars to Schools](#)
 - [Chefs Move to Schools](#)
- [Healthier US School Challenge](#)
- [National Food Service Management Institute](#)
- [PE-Nut™](#)
- USDA: [Farm to School](#)
- USDA: [Team Nutrition](#)

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