

Action for Healthy Kids/New Hampshire Healthy Schools Coalition Nutrition Education Curriculum Guide

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Introduction

New Hampshire Healthy Schools Coalition

In October of 2002 the National Action for Healthy Kids (AFHK) Initiative was launched in Washington, DC to address the current childhood obesity epidemic. The NH affiliate of this program is entitled the New Hampshire Healthy Schools Coalition. The Nutrition Education Curriculum Guide was developed to meet Action for Healthy Kids Commitment to Change Goal:

Provide students, pre-K through 12 with behavior focused nutrition education integrated into the curriculum that is interactive and teaches the skills they need to adopt healthy eating habits.

The NH Healthy Schools Coalition has updated the New Hampshire Nutrition Education Curriculum Guide they originally created in 2004. The May 20, 2008 revision added new and updated assessments of curricula conducted by representatives from the New Hampshire Department of Education, Keene State College faculty and dietetic interns, Health Education teachers, Family and Consumer Science teachers, School nurses, School Food Service directors, Registered Dietitians and Community health educators.

New Hampshire Nutrition Education Laws

This goal is supported by the state RSA 189: 11 a, III

189:11-a Food and Nutrition Programs. –

III. The state board shall prepare and distribute a curriculum for nutrition education and such curriculum shall be integrated into the regular courses of instruction for kindergarten and grades 1 through 12 during the school year.

Nutrition Education Assessment Tool

Nutrition Education Assessment Tool Development

In February 2002 the National Center Education Statistics published a report of a study requested by the Nutrition and Food Service of the USDA to gain a national picture of the quantity and quality of nutrition education in public elementary school classrooms. This study was informed by the research reported in the Journal of Nutrition Education (“Nutrition Education for School-Aged Children”, Contento et al., Nov. – Dec. 1995). The elements of an effective nutrition education program in public elementary school, according to the authors of the JNE report, are listed below. A literature search conducted in April 2008 showed very little additional information except for increased emphasis on evaluation.

- Instruction with a behavioral focus, or a focus on changing specific behaviors rather than on learning general facts about nutrition. This would include activities to address:**
 - Personal factors such as beliefs, values, self-efficacy and affective meaning of food

- Environmental factors such as parental or peer influence, cultural norms and expectations, opportunities and barriers, and role models
- Behavioral change process where students monitor what they are eating to identify problem eating behaviors, set a goal for changing the eating pattern, learn cognitive affective and behavior skills, monitor progress toward goal, and provide self-reinforcement for attaining the goal.

Employment of active learning strategies instead of relying exclusively on information dissemination and didactic teaching methods.

- Research indicates that students learn faster and retain more when teaching is done contextually and applied to real life experiences

Devotion of adequate time and intensity to nutrition education

- Authors of the Journal of Nutrition Education article found in their research that 50 hours per year was needed to impact attitudes and behaviors
The authors reinforced their findings by citing the *School Health Education Evaluation* study which found that 15 hours could be expected to bring about only changes in knowledge and that 50 hours were required for changes in attitudes and behaviors. The authors also noted that “programs with longer duration, more contact hours and more components results in more positive results than do shorter programs”.
- The 2008 Nutrition Curriculum Guide Committee determined that the 50 hours could be cumulative over more than one year to build knowledge to effect behavior change. No health curriculum devoted 50 hours to nutrition in one year

A family involvement component

- It is important to provide opportunities for the family to also develop the skills being presented.
- Making use of community resources helps the students and families identify where to go for assistance to be successful.

A meals program and food-related policies that reinforce classroom nutrition education

- It is important to modify the school environment, especially changes in school meals, and contact with parents

Teachers with adequate training in nutrition education

- Training appears to have positive effect on the quality of nutrition education, but less so on the quantity

Information provided by: Lytle LA, Achterberg CL. Changing the diet of America's Children: What works and why? *Journal of Nutrition Education* 1995; 27(5):250-260

Assessment tool organized by Joan Fossum, MA, New Hampshire Department of Education

Nutrition Education Assessment Tool Description

One area that can guide the incorporation of the elements mentioned above is the curriculum. A survey in the spring of 2002 identified the curricula currently being used in New Hampshire. In 2008 additional curricula were assessed and new editions were re-assessed. The following review and assessment tool will help identify the quality when compared against the elements of a successful behavior based nutrition education program as defined above.

Action for Healthy Kids/New Hampshire Healthy Schools Coalition Behavior Focused Nutrition Education Curriculum Review and Assessment

Curriculum Contact Information

Name of Curriculum _____

Publisher _____

Contact/Sales Person _____

Address _____

Website Address _____

Phone _____ Fax _____

Email _____

General Curriculum Information

Circle the Grade Level(s) included in this curriculum.

Pre K K 1 2 3 4 5 6 7 8 9 10 11 12

Can individual grade levels be purchased separately? Yes No
 Can topic modules be purchased separately? Yes No
 Is there a curriculum chart that indicates scope and sequence? Yes No
 Does it include goals and objectives? Yes No
 Is this curriculum easy to use? Yes No
 Is there an evaluation of program effectiveness (i.e. pre/post test, journal?) Yes No
 What is the cost of this curriculum? _____
 Approximate cost per student _____

Assessment of Identified Characteristics

How well does the curriculum address each of the following characteristics?
 Please rate each element with 5 being Very Well and 1 being Very Poor.

Very Well	Well	Average	Poor	Very Poor
5	4	3	2	1

A. Instruction has a behavioral focus, or a focus on changing specific behaviors rather than on learning general facts about nutrition.

Research Based/Theory Driven (i.e.: Theory of Planned Behavior, Problem Based Model)	5	4	3	2	1
Provides accurate information based on most current research	5	4	3	2	1
Addresses social and/or media influences	5	4	3	2	1
Strengthens individual values and group norms	5	4	3	2	1
Is culturally sensitive/multicultural	5	4	3	2	1
Addresses special populations (disabled, limited	5	4	3	2	1

English, economically disadvantaged)					
Address Health Risks before age of onset	5	4	3	2	1

B. Employs active learning strategies instead of relying exclusively on information dissemination and didactic teaching methods.

Developmentally appropriate (age and skill)	5	4	3	2	1
Uses interactive teaching strategies (small group, role plays, discussion)	5	4	3	2	1
Provides opportunity to practice skills (hands on, role plays, student projects)	5	4	3	2	1
Appealing to students	5	4	3	2	1
Incorporates the use of Information/Education technology (computers, internet, multimedia)	5	4	3	2	1
Teacher Training in use of curriculum available	5	4	3	2	1

C. Devotes adequate time and intensity to nutrition education.

Can be integrated across the curriculum	5	4	3	2	1
Can be used to involve school food service/cafeteria in activities	5	4	3	2	1
Is of sufficient duration for increase in knowledge	5	4	3	2	1
Provides 50 hours per year to support changes in behavior	5	4	3	2	1

D. Incorporates family and community involvement components.

Incorporates activities for family involvement (family homework, special events, parent presenters)	5	4	3	2	1
Makes use of community resources (speakers, brochures, contacts)	5	4	3	2	1

Assess your current Nutrition Education Curriculum

Please feel free to use the **New Hampshire Healthy Schools Coalition Behavior Focused Nutrition Education Curriculum Review and Assessment** to evaluate the nutrition education curriculum in *your* classroom.

Curriculum Assessment Results

Key

How well does the curriculum address each of the following characteristics?

Each element was rated, with 5 being Very Well and 1 Very Poor.

Very Well	Well	Average	Poor	Very Poor
5	4	3	2	1

Results Summary Grid

Please keep in mind that this was a fair and balanced research initiative and that these results represent only the **opinions** of the assessors.

For information about the characteristic you are viewing please refer to the criteria above.

Curricula	Grade Level	A1	A2	A3	A4	A5	A6	A7	B1	B2	B3	B4	B5	B6	C1	C2	C3	C4	D1	D2
Food & Me	Pre K -K	3	5	2	4	5	3	n/a	5	5	5	5	n/a	4	5	2	4	3	5	5
Food is Elementary	Pre K – 5	5	5	5	5	5	3	5	5	5	5	5	n/a	n/a	5	5	5	5	5	5
Health Wave Promotion	Pre K-5	4	3	3	4	3	3	5	3	4	5	3	4	5	4	4	4	2	4	3
CATCH Program	K-5	4	2	2	4	1	1	4	3	3	3	2	3	3	3	4	4	3	4	2

Michigan Model	K-6	5	4	4	5	2	2	4	5	5	5	4	5	5	5	3	5	4	5	5
Curriculum Sourcebook	K-6	5	5	5	4	3	1	4	5	5	5	5	5	4	5	4	5	5	1	5
Food Time	1-2	5	5	2	4	5	3	1	5	5	5	5	2	5	5	5	5	5	5	5
Little D's Nutrition Expedition	2	5	5	2	4	3	1	3	5	4	4	5	5	5	5	4	5	1	5	3
Food Works	3-5	3	3	3	3	3	3	3	4	4	4	3	3	n/a	4	4	3	3	4	4
Arianna's Nutrition Expedition	4	5	5	3	5	4	1	5	5	5	5	5	5	5	5	5	5	3	5	3
Eat Well & Keep Moving	4-5	3	4	4	4	2	1	4	2	4	4	3	4	3	4	5	2	1	4	3
Exercise Your Options	6-7	5	5	4	4	1	1	5	5	4	5	5	5	5	4	2	4	5	1	1
Discovering Food & Nutrition	6-8	5	4	3	5	3	4	1	5	4	5	5	5	1	3	3	5	5	1	1
Health Wave Promotion	6-8	4	4	5	5	5	4	5	5	5	5	5	5	5	4	5	3	2	4	5
Planet Health	6-8	5	5	4	3	1	2	5	2	3	3	3	2	5	2	4	4	4	5	4
Teen Health	6-8	4	4	5	3	4	5	3	3	5	5	4	5	4	4	3	2	1	4	4
yourSELF	7-8	4	5	5	3	4	4	4	5	3	4	5	1	3	1	3	3	2	2	1

Michigan Model	7-12	5	5	5	5	3	3	4	5	5	5	4	5	4	4	5	5	4	4	4
Food For Today	9-12	5	5	5	3	4	3	3	5	4	5	4	5	3	3	2	5	5	4	4
Glencoe Health	9-12	4	4	3	3	1	4	3	3	4	3	3	4	3	4	1	3	1	3	3
Glencoe Health & Wellness	9-12	5	4	5	5	5	4	5	5	4	5	5	5	4	5	2	2	1	5	5
Health Wave Promotion	9-12	5	5	5	5	4	4	5	5	5	5	5	5	5	5	5	5	4	5	4

Additional comments and information on each curriculum that was assessed is provided under Curriculum Reviews below.

Curriculum Reviews

Additional Comments and Curriculum Information

Again, please keep in mind that this was a fair and balanced research initiative and that the results and comments represent only the **opinions** of the assessors.

Curriculum...

Food & Me
Food is Elementary
Health Wave Promotion pre K-5
CATCH
Michigan Model K-6
Youth Curriculum Sourcebook
Food Time

Little D's Nutrition Expedition
Food Works
Arianna's Nutrition Expedition
Eat Well & Keep Moving
Exercise Your Options
Discovering Food And Nutrition
Health Wave Promotion 6-8
Planet Health
Teen Health
yourSELF
Michigan Model 7-12
Food for Today
Glencoe Health
Glencoe Health & Wellness
Health Wave Promotion 9-12

Food and Me by Team Nutrition

From the assessment it was determined that:

- Materials for individual grades can be purchased separately.
- Topic modules **can not** be purchased separately.
- Curriculum chart indicating scope and sequence is included with the program.
- Goals and objectives for the curriculum are also included.
- Curriculum is easy to use.
- Cost of this curriculum is \$ 54.95 (Supplemental materials included such as newsletter and magazines)

In addition the assessors offered these comments:

- Program is strong in that it is research based and theory driven.
- Program is also strong in that it is knowledge based, research based and includes problem solving.
- Program does lack a strong behavior modification component.
- Available in Spanish, but doesn't address economically disadvantaged individuals or disabled children.
- Another strength of this program is that it can be used across the curriculum, but it seems primarily focused on in class activities not lunch room based.

Food is Elementary by *Antonia Demas, PhD*

From the assessment it was determined that:

- Program does **not** include a curriculum chart indicating scope and sequence.
- Goals and objectives for the curriculum are included.
- Curriculum does require some work by the teacher in order to use.
- Cost of this curriculum is \$ 30.00 per manual and \$400.00+ for portable kitchen (1 kitchen per 4 classrooms.) Food is an additional 17-47 cents per serving (Some foods may be available through the United States Department of Agriculture School/Child Nutrition Commodity Programs, however schools would need to look into eligibility.)

In addition the assessors offered these comments:

- Program is impressive with its hands on piece!
- Schools should be aware of the cost of purchasing materials and food *each year*. (This is a kit based program.)
- We did have a question on teacher training; it is unclear if it is available. However it is mentioned to visit pilot school *New Franklin Elementary School* which may be beneficial.
- We question how the program includes/involves disabled children.

Health Wave Promotion pre K-5 by *Barbara Moggio, RN, MPH, CHES*

From the assessment it was determined that:

- Individual grade levels can be purchased separately.
- Curriculum chart indicating scope and sequence included.
- Individual topic modules not available separately
- Goals and objectives for the curriculum are included.
- Evaluation of program effectiveness included.
- Cost of this curriculum is \$ 325-\$1100 per grade depending on selection of core or comprehensive

In addition the assessors offered these comments:

- Some of materials seem young for the grade
- Easy to use
- Activities and strategies varied to meet learning needs and styles of a variety of students

- Family piece is important and well done. Involving Community is also important.
 - Includes hands-on activities, role playing and inner values.
 - Includes homework for parents to engage both parents and students in classroom.
-

CATCH by Flaghouse Inc, Regents of University of California

From the assessment it was determined that:

- Individual grade levels can be purchased separately.
- Curriculum chart indicating scope and sequence not included.
- Individual topic modules available separately
- Goals and objectives for the curriculum are included.
- No evaluation of program effectiveness included.
- Cost of this curriculum is \$ 635 and includes PE activity box set.

In addition the assessors offered these comments:

- Dated concepts-not fresh or exciting
 - Graphics and characters not contemporary-style seems "old."
 - Pyramid graphic has not been updated.
 - Good materials for food services.
 - Whoa foods and go foods effective.
 - Sections of breakfast, vegetables, fiber, salt/sodium, whoa foods/go foods well done.
-

Michigan Model for Comprehensive School Health Education K-6 by *Central Michigan University*

From the assessment it was determined that:

- Materials for individual grades can be purchased separately.
- Topic modules **can not** be purchased separately.
- Curriculum chart indicating scope and sequence is included.
- Goals and objectives for the curriculum are included.
- Evaluation of program effectiveness for students is not included. There is an evaluation for instructor to return to authors to evaluate whole curriculum
- Cost of this curriculum is \$ 45.00 per manual except \$40 for grade 4.

In addition the assessors offered these comments:

- Well organized and supported with adequate resources, but it is not very broad and could have done a better job covering nutrition within the health curriculum as a whole, i.e. 3 of 21 K lessons not adequate.
 - Lessons well planned with an explanation of whole curriculum prefacing lessons for each grade.
 - Lessons age-appropriate; include activities which are engaging and designed to reinforce core nutrition concepts.
 - Interaction with family an important piece included with in each lesson.
-

The Youth Curriculum Source by *University of Wisconsin Extension*

From the assessment it was determined that:

- Materials for individual grades **can not** be purchased separately.
 - Topic modules **can not** be purchased separately either.
 - Curriculum chart indicating scope and sequence is **not** included, but an example for 4-H meeting is offered.
 - Goals and objectives for the curriculum are included.
 - Curriculum is easy to use.
 - Cost of this curriculum is \$ 41.00
-

Food Time by *Team Nutrition*

From the assessment it was determined that:

- Materials for individual grades can be purchased separately.
- However topic modules **can not** be purchased separately.
- Curriculum chart indicating scope and sequence is included.
- Goals and objectives for the curriculum are also included.
- Curriculum is easy to use.
- Cost of this curriculum is \$ 62.95

In addition the assessors offered these comments:

- Program does not address media issues.
- Available in Spanish, but it does not address economically disadvantaged or disabled individuals.

- May have been put together too early (1997) for strong internet/computer component, but does have a video.
-

Little D's Nutrition Expedition *by the National Dairy Council*

From the assessment it was determined that:

- Materials for individual grades **can not** be purchased separately-a grade 2 curriculum.
 - Topic modules **can not** be purchased separately.
 - Curriculum chart indicating scope and sequence is included.
 - Goals and objectives for the curriculum are included.
 - Evaluation of program effectiveness is included.
 - Curriculum is free and also can be downloaded online. Additional posters and student CD's available.
 - Great introduction to food group basics to pair with 4th grade Arianna's Nutrition Expedition's using the knowledge .
-

Food Works *by Team Nutrition*

From the assessment it was determined that:

- Materials for individual grades **can not** be purchased separately.
- Topic modules **can not** be purchased separately either.
- Curriculum chart indicating scope and sequence is included.
- Goals and objectives for the curriculum are included.
- Curriculum is easy to use.

In addition the assessors offered these comments:

- One strength of this program is the teacher preparation booklet, video and cassette introduction.
- In regards to "behavior focused" the curriculum is good. Yet, more practice of the concepts must be included as homework and schoolwork.
- Some parts seem a bit outdated and the focus on fats and grains needs to be clarified. (Healthy fats and complex grains being preferable over saturated fats and simple sugars.)
- Includes a great cafeteria and parent piece, but it would be up to individual teachers to know their district and lunchroom politics to know how to integrate these aspects.

- Great concepts and ideas are offered in this curriculum, but it needs more practical applications.
-

Arianna's Nutrition Expedition by the National Dairy Council

From the assessment it was determined that:

- Materials for individual grades **can not** be purchased separately-4th grade curriculum.
- Topic modules **can not** be purchased separately.
- Curriculum chart indicating scope and sequence is included.
- Goals and objectives for the curriculum are included.
- Evaluation of program effectiveness included.
- Curriculum is free and also can be downloaded online. Additional Posters and student CD's available.

In addition the assessors offered these comments:

- Cross curricular with language arts
 - Meal time extensions with cafeteria and other applications of food groups basics in Little D's Nutrition Expedition.
 - "Going further" activities provide opportunities to increase hours of nutrition education.
 - Includes CD's for teachers and students and a book list and available at www.nutritionexplorations.org .
-

Eat Well & Keep Moving by L Cheung, H Dart, S Kalin, Harvard School of Public Health

From the assessment it was determined that:

- Materials for individual grades **can not** be purchased separately.
- Topic modules **can not** be purchased separately.
- Curriculum chart indicating scope and sequence is included.
- Goals and objectives for the curriculum are included. Uses verbs for objectives which are not always measurable.
- Evaluation of program effectiveness for students is not included-needs pre/post test.
- Cost of this curriculum is \$ 54.

In addition the assessors offered these comments:

- Not much behavioral change background in modules. Health risk information is not age appropriate.
- Food Guide Pyramid is not mentioned.

- Assumes sophisticated knowledge, skill, motivation- above grade and age level;
 - Mostly paper and pencil-not appealing to students
 - Tips for cafeteria/food service activities well developed on CD.
 - Needs to be categorized better and have more resources in place (more complete) for ease of use.
-

Exercise Your Options *by the California Dairy Council*

From the assessment it was determined that:

- Materials for individual grades **can not** be purchased separately. Company indicates curriculum intended for 6-8 grades but assessors felt could be used 5-8 grades.
- Topic modules **can not** be purchased separately.
- Curriculum chart indicating scope and sequence is included.
- Goals and objectives for the curriculum are included.
- Evaluation of program effectiveness is a food record journal.
- Cost of this curriculum is \$ 42 per kit and \$20 set of resupplies.

In addition the assessors offered these comments:

- Curriculum provides teacher with discussion points to address social influences.
 - Curriculum includes cross curricular ideas
 - Based on meeting California standards.
 - 8 lessons 60 minutes each to effect behavior change.
 - Curriculum could be involved in school food service/cafeteria if initiated by teacher.
-

Discovering Food and Nutrition by Helen Kowtaluk

From the assessment it was determined that:

- Materials for individual grades **can not** be purchased separately.
- Topic modules **can not** be purchased separately either.
- Curriculum chart indicating scope and sequence is included.
- Goals and objectives for the curriculum are included.
- Evaluation of program effectiveness included.

- Cost \$38.97 student text; \$9.48 student workbook; \$19.48 workbook/teacher; teacher resource guide \$68.97.

In addition the assessors offered these comments:

- Nutrition information provides good introduction for middle school; appropriate for high school special education.
 - Strong wellness component with goal setting, skill building is behavior focused.
 - Includes recycling and green messaging.
 - No teacher edition text, but workbook for teachers provides all notes and other materials available to purchase.
-

Health Wave Promotion 6-8 by Barbara Moggio, RN, MPH, CHES

From the assessment it was determined that:

- Materials for individual grades **can** be purchased separately.
- Topic modules **can not** be purchased separately either.
- Curriculum chart indicating scope and sequence is included.
- Goals and objectives for the curriculum are included.
- Evaluation of program effectiveness included.
- Cost \$575-\$1750 per grade depending on use of core or comprehensive curriculum option.

In addition the assessors offered these comments:

- Nutrition information is too basic and there was not enough of it.
 - Like that it used panel discussions after the materials were reviewed.
 - Includes homework for parents and family involvement supports behavior change. Needs more links to bring in people from the community.
 - Everything is essentially available and easy for both students and teachers.
 - Very hands on to get students' attention and can relate many aspects to themselves.
-

Planet Health by J Carter, J Wiecha, K Peterson, Harvard School of Public Health

From the assessment it was determined that:

- Materials for individual grades **can not** be purchased separately.
- Topic modules **can not** be purchased separately.
- Curriculum chart indicating scope and sequence is included.

- Goals and objectives for the curriculum are included.
- Evaluation of program effectiveness not included.
- Cost of curriculum \$49.

In addition the assessors offered these comments:

- Special populations as disabled and economically disadvantaged not addressed. Fact sheets available in Spanish but nothing else-Spanish parent newsletter would be good.
 - Not easily cross curricular.
 - Similar topics need to be addressed in order Ex: Macronutrients: lesson 1 carbohydrates, lesson 2 fats, lesson 3 proteins.
 - Not age appropriate-too advanced for middle school.
 - Assessment is very important now and that is missing from this curriculum
-

Teen Health Course 1,2 and 3 by *M Bronson, M Cleary, B Hubbard*

From the assessment it was determined that:

- Materials for individual grades can be purchased separately.
- Topic modules can be purchased separately.
- Curriculum chart indicating scope and sequence is included.
- Goals and objectives for the curriculum are not included.
- Evaluation of program effectiveness is included.
- Cost of curriculum \$55-\$75 teacher wrap text; \$49-\$51 student text; \$9-\$10 workbook; variety of other materials, DVD's, CD's, videos available for purchase. Podcasts available.

In addition the assessors offered these comments:

- Very little nutrition information is provided to students as background to evaluate and make change. 7-8 sentences for each nutrient.
- 7-8 hours of class time each year inadequate even over 3 years. Large commitment to homework and multimedia resources to get behavior change.
- Cross curricular with language arts.
- Meets national health standards and NCLB's building academic skills emphasis.
- Online resource center in English and Spanish for students, teachers, parents.
- Social and media influences incorporated very well.

yourSELF by Team Nutrition

The assessors offered these comments:

- ✦ *company indicates curriculum for 7- 8 grades but assessors felt could be used for 5-8 grades.*
- Curriculum could be used for any grade level, but only once depending on nutrition education experience.
- Curriculum is strong in that it is a good “one shot” nutrition mini-unit.
- Weakness of the curriculum is that there is not much potential for real behavior change.

Michigan Model for Health 7-12 (Help Yourself to Good Nutrition & A Model for Healthy Kids) by Central Michigan University

From the assessment it was determined that:

- Materials for individual grades **can not** be purchased separately-can purchase 7/8 or 9-12.
- Topic modules can be purchased separately.
- Curriculum chart indicating scope and sequence is not included.
- Goals and objectives for the curriculum are included.
- Evaluation of program effectiveness for individual students is not included. Teacher evaluation of curriculum is available to return to program authors.
- Cost of this curriculum is \$30.

In addition the assessors offered these comments:

- Lessons well planned, easy to understand and administer. Extension activities are unique and thoughtful.
- Nutrition education topics can be purchased separately from other health education modules. Each nutrition module has a variety of lessons covering topics such as body image, MyPyramid, energy balance, media influence.
- Little included for different cultures or special populations.
- Needs to provide more guidance on how to integrate nutrition with rest of health curriculum and how to make lessons cross curricular with core curriculum.

Food for Today by Glencoe/McGraw-Hill

From the assessment it was determined that:

- Materials for individual grade levels **can not** be purchased separately.
- Topic modules also **can not** be purchased separately.
- Curriculum chart indicating scope and sequence is included.
- Goals and objectives for the curriculum are included.
- Evaluation of program effectiveness is included.
- Cost of this curriculum is \$ 71 teacher text, \$46 student text, \$9.48 workbook teacher CD's and other materials available for separate purchase.

In addition the assessors offered these comments:

- Registered dietitian served as nutrition consultant for this textbook.
 - What we really liked about this curriculum is that there were many chances, choices and activities for students to critically think and *participate* in and not just sit and listen.
 - There were many chapters dedicated to actual topics/categories which pertain to *real* life and getting students involved in decision making, food choices and options.
 - Involves various workbooks and exercises. Class and homework assignments utilize technology.
 - Excellent sections on cultural food and ethnic choices.
 - Component on related careers and professionals included.
 - Can be taught as semester or full year curriculum.
 - Includes behavior focused nutrition education, food preparation, kitchen safety.
-

Glencoe Health by M Bronson

From the assessment it was determined that:

- Materials for individual grade levels **can not** be purchased separately.
- Topic modules **can not** be purchased separately.
- Curriculum chart indicating scope and sequence is not included.
- Goals and objectives for the curriculum are included.
- Evaluation of program effectiveness is included.
- Cost of this curriculum \$76 teacher text, \$65 student text, \$9 workbook teacher materials, CD's, videos available for purchase, program available online with complete teacher work and student works DVD's, podcasts and CD's.

In addition the assessors offered these comments:

- Materials and text available in Spanish, addresses special populations.
 - Nutrients covered in 1 page or less is inadequate amount of information to evaluate and make behavior changes (8 lessons of 30 minutes each.) Extensive technology resources for additional homework and projects can add time and knowledge.
 - Cross curricular: science and language arts.
 - Links to USDA's MyPyramid website for lesson on food guidelines.
-

Glencoe Health & Wellness by L Meeks, P Heit, R Page

From the assessment it was determined that:

- Materials for individual grade levels **can not** be purchased separately.
- Topic modules **can not** be purchased separately.
- Curriculum chart indicating scope and sequence is included.
- Goals and objectives for the curriculum are included.
- Evaluation of program effectiveness is included.
- Cost of curriculum \$76 teacher text, \$65 student text, teacher materials, CD's available for purchase.

In addition the assessors offered these comments:

- Materials and text available in Spanish, addresses special populations.
 - Coverage of health risks related to diet is well done: cancer, hypertension, cardiovascular disease, diabetes, obesity, osteoporosis, allergies, and eating disorders.
 - Topics include sports nutrition, vegetarianism, eating out and food borne illness.
 - Encourages critical thinking skills and their application to lifelong public health policy.
 - Very appealing to students with real world examples and media literacy studies throughout.
-

Health Wave Promotion 9-12 by Barbara Moggio, RN, MPH, CHES

From the assessment it was determined that:

- Materials for individual grade levels can be purchased separately.
- Topic modules **can not** be purchased separately.
- Curriculum chart indicating scope and sequence is included.
- Goals and objectives for the curriculum are included.
- Evaluation of program effectiveness is included.

- Cost of curriculum \$675-\$2100 per grade depending on selection of core curriculum or comprehensive.

In addition the assessors offered these comments:

- Easy to use and teach.
- Like that textbooks are not needed.
- Flows well-think it is great.
- Liked the activities and role playing.
- Needs to bring in people from community more.

Curriculum Contact Information

Food & Me by *Team Nutrition*

USDA's Team Nutrition and/or National Food Service Management Institute

3101 Park Center Drive, Room 802

Alexandria VA 22302

(703) 305-1624 or NFSMI at (800) 321-3054

Fax: (703) 305-2879 or NFSMI at (800) 321-3061

Email: teamnutrition@fns.usda.gov or nfsmi@olemiss.edu

Or visit: <http://www.fns.gov/tn> or <http://www.nfsmi.org>

Food is Elementary by *Antonia Demas, PhD*

Food Studies Institute

60 Cayuga Street

Trumansburg, NY 14886

(800) 247-6553

Email: order@bookmaster.com

Or visit: <http://www.foodstudies.org>

Health Wave Promotion all grades by Barbara Moggio, RN, MPH, CHES

Health Wave Inc
39 Davenport St
Stamford, CT 06902
1-800-374-7953; fax: 203-975-7946
Or visit: <http://www.healthwaveinc.com>

CATCH by University of California Regents

Flaghouse Inc
601 Rte. 46 West
Hasbrouck Heights, NJ 07604
1-800-793-7900
Or visit: <http://www.flaghouse.com>

Michigan Model for Comprehensive School Health Education all grades by *Central Michigan University*

Educational Materials Center
139 Combined Services Building
Mt. Pleasant, MI 48859
(989) 774-3953 or (800) 214-8961
Fax: (989) 774-3943
Email: emc@cmich.edu
Or visit: <http://www.emc.cmich.edu/>

The Youth Curriculum Sourcebook by *the University of Wisconsin Extension*

University of Wisconsin-Extension
Cooperative Extension Publication
30 North Murray St Rm. 245

Madison, WI 53715
(608) 262-3346

Food Time *by Team Nutrition*

USDA's Team Nutrition and/or National Food Service Management Institute
3101 Park Center Drive, Room 802
Alexandra VA 22302
(703) 305-1624 or NFSMI at (800) 321-3054
Fax: (703) 305-2879 or NFSMI at (800) 321-3061
Email: teamnutrition@fns.usda.gov or nfsmi@olemiss.edu
Or visit: <http://www.fns.gov/tn> or <http://www.nfsmi.org>

Little D's Nutrition Expedition *by the National Dairy Council*

National Dairy Council
10255 West Higgins Road Suite 900
Rosemont, IL 60018-5616
(847) 803-2000 or in NH (603) 625-1677
Fax: (847) 803-2077
Or visit: <http://www.nutritionexplorations.org>

Food Works *by Team Nutrition*

USDA's Team Nutrition and/or National Food Service Management Institute
3101 Park Center Drive, Room 802
Alexandra VA 22302
(703) 305-1624 or NFSMI at (800) 321-3054
Fax: (703) 305-2879 or NFSMI at (800) 321-3061
Email: teamnutrition@fns.usda.gov or nfsmi@olemiss.edu

Or visit: <http://www.fns.gov/tn> or <http://www.nfsmi.org>

Arianna's Nutrition Expedition *by the National Dairy Council*

National Dairy Council
10255 West Higgins Road Suite 900
Rosemont, IL 60018-5616
(847) 803-2000 or in NH (603) 625-1677
Fax: (847) 803-2077
Or visit: <http://www.nutritionexplorations.org>

Eat Well & Keep Moving *by L Cheung, H Dart, S Kalin, Harvard School of Public Health*

Human Kinetics
PO Box 5076
Champaign, IL 61825
217-351-5076 Fax: 217-351-2674
Or visit <http://www.eatwellandkeepmoving.org/>

Exercise Your Options *by the California Dairy Council*

Dairy Council of California Sacramento (Main Office)
1101 National Dr., Ste. B
Sacramento CA 95834-1901
(877) 324-7901
Or visit: <http://www.dairycouncilofca.org>

Discovering Food and Nutrition *by H Kowtaluk*

Glencoe/McGraw-Hill Regional Office
4 Mount Royal Avenue Suite 110
Marlborough, MA 01752

(800) 424-3451 or (508) 624-8855 fax: (508) 624-6719

Email: ne_reg@mcgraw-hill.com

Or visit: <http://www.glencoe.com>

Planet Health by J Carter, J Wiecha, K Peterson, Harvard School of Public Health

Human Kinetics

PO Box 5076

Champaign, IL 61825-5076

217-351-5076.1.1 fax: 217-351-2674

Or visit: <http://www.planet-health.org/>

Teen Health Course 1, 2 & 3 by M Bronson, M Cleary, B Hubbard

Glencoe/McGraw-Hill Regional Office

4 Mount Royal Avenue Suite 110

Marlborough, MA 01752

(800) 424-3451 or (508) 624-8855 fax: (508) 624-6719

Email: ne_reg@mcgraw-hill.com

Or visit: <http://www.glencoe.com>

yourSELF by Team Nutrition

USDA's Team Nutrition and/or National Food Service Management Institute

3101 Park Center Drive, Room 802

Alexandria VA 22302

(703) 305-1624 or NFSMI at (800) 321-3054

Fax: (703) 305-2879 or NFSMI at (800) 321-3061

Email: teamnutrition@fns.usda.gov or nfsmi@olemiss.edu

Or visit: <http://www.fns.gov/tn> or <http://www.nfsmi.org/>

Food for Today by *Glencoe/McGraw Hill*

Glencoe/McGraw-Hill Regional Office
4 Mount Royal Avenue Suite 110
Marlborough, MA 01752
(800) 424-3451 or (508) 624-8855
Fax: (508) 624-6719
Email: ne_reg@mcgraw-hill.com
Or visit: <http://www.glencoe.com>

Health: Skills for Wellness by *M Bronson*

Glencoe/McGraw-Hill Regional Office
4 Mount Royal Avenue Suite 110
Marlborough, MA 01752
(800) 424-3451 or (508) 624-8855
Fax: (508) 624-6719
Email: ne_reg@mcgraw-hill.com
Or visit: <http://www.glencoe.com>

Health and Wellness by *L Meeks, P Heit, R Page*

Glencoe/McGraw-Hill Regional Office
4 Mount Royal Avenue Suite 110
Marlborough, MA 01752
(800) 424-3451 or (508) 624-8855
Fax: (508) 624-6719
Email: ne_reg@mcgraw-hill.com
Or visit: <http://www.glencoe.com>

Additional nutrition education information and resources:

New Hampshire Resources

New Hampshire Healthy Kids Coalition www.actionforhealthykids.org NH page has coalition projects

New Hampshire Department of Education www.ed.state.nh.us/foodandnutrition/

University of New Hampshire Cooperative Extension <http://ceinfo.unh.edu>

National Resources

Action for Healthy Kids www.actionforhealthykids.org links to hundreds of nutrition resources

United States Department of Education www.ed.gov/teachers/ links to teaching resources from federal agencies, lesson ideas and more

American Dietetic Association www.eatright.org search for reliable food and nutrition information

American Dental Association www.ada.org/public/education/teachers provides classroom ideas and resources

USDA's Food and Nutrition Service www.fns.usda.gov/fns/nutrition links to numerous nutrition education resources

United States Department of Health and Human Services www.hhs.gov provides a selection of health information for every age group

VERB™ It's what you do www.cdc.gov/youthcampaign/materials materials coordinated by Centers for Disease Control and Prevention (CDC)

National Association of State Boards of Education <http://www.nasbe.org/healthyschools/> provides links to nutrition education providers

National School Boards Association www.nsba.org search the school health resource database for a number of health related topics

School Nutrition Association www.schoolnutrition.org offers child nutrition information, recipes and School Community Kitchen projects
