

Cross-Curriculum Nutrition Education Programming

1. MyPyramid for Kids – USDA; has 3 levels (grades 1-2, 3-4, & 5-6) with 3 lessons each; includes objectives, handouts, lesson plans and connects math, science, language arts and health. Includes a lunch room connection and group activity. Includes CD's with more information and music for activity portion of lesson. Can be ordered by any school participating in School lunch program or downloaded by anyone for free at teamnutrition.usda.gov.
2. Team Nutrition Vegetable and Fruit Challenge – can be used in cooperation with MyPyramid for Kids or as a small stand-alone program. Learning outcomes are listed. Children keep track of and graph numbers of fruits and vegetables eaten daily with a classroom monthly goal. Uses math skills for counting and graphing. Can be used as a reward or competition program. Includes a dry-erase fruit and vegetable chart and marker.
3. Little D's Nutrition Expedition and Arianna's Nutrition Expedition – through nutritionexplorations.org. Nutrition education for second and fourth graders with five-food-group lessons supporting health and language arts standards. Uses interactive online games to reinforce written classroom lessons. Teacher and kid tested. Classroom kits include: 8-10 student activities, teacher guide with blackline masters, poster, and CD-rom with 4 nutrition-based adventure games. Developed by the National Dairy Council. Educators can enroll free on nutritionexplorations.org.
4. ReCharge!- after school program developed by Action for Healthy Kids and the NFL. Integrates nutrition and physical activity through team-work based strategies for kids grades 3-6. Focuses on 4 concepts – energy-in (nutrition), energy-out(physical activity), teamwork, and goal-setting. Promotes national - standards for health education, physical activity, and family involvement. Completely downloadable or can be ordered through the website at actionforhealthykids.org.
5. Bridges to Wellness – also through the American Dairy Association and nutritionexplorations.org. Curriculum for grades 5-6, 7-8, and 9-10. Connects classroom to cafeteria, meets school wellness guidelines. Includes 30-45 minute classroom instruction with 20-30 minutes of application. Includes step-by-step instructions, and reproducible handout and transparency masters.
6. Empowering Youth with Nutrition and Physical Activity – Team Nutrition Manual is a resource for teachers that gives information on how to effectively communicate healthy nutrition and physical activity messages through simple day-to-day activities. Contents can be downloaded from USDA's Team Nutrition Web site at teamnutrition.usda.gov.

7. What Moves U- American Heart Association and NFL- Classroom and computer based program supporting physical activity through PE, math, language arts, science, and social studies. Students and teachers sign up. Students can log activities and play games while teachers are provided with curriculum with content standards listed, as well as classroom management to reward students. Students then can use their rewards to get cool stuff from the website.

8. Operation FitKids – American Council on Exercise - Seven lesson curriculum for grades 3-5 providing fitness and nutrition components. No cross-curriculum data specifically listed but easily adapted into many areas. Includes downloadable full program and script.