

Nutrition Education Resources

Curriculum	Audience	Description	Access/Cost	Preparation	Resources
OrganWise Guys	All ages	The OrganWise Guys curriculum was designed to empower children and their families. The vision is to inspire individuals to take charge of their health by assuming personal responsibility for their choices. By bringing the body to life via lovable organ characters, kids of all ages learn what it really means to be smart from the inside out.	OrganWise Guys 		
Five for Life Nutrition Curriculum	All Ages	FIVE FOR LIFE® Nutrition Curriculum materials are designed to teach students important nutrition concepts through fun activities and teaching materials that engage students in learning while moving.	Five for Life 		
Healthalicious Cooking	Ages 9-12	Healthalicious Cooking is a six week nutrition and physical activity curriculum. The overall goal of this hands-on program is to have fun while preparing and eating healthy meals while learning about nutrition and physical activity.	Healthalicious Cooking	 	  Family Materials
Food & Fun	Grades 4-5	Foodandfun.org is an interactive website geared towards getting out-of-school time staff and parents excited about promoting physical activity and nutrition by creating healthy environments for themselves and their children.	Food & Fun	 	   Family Materials (Bilingual)

Nutrition Education Resources

Dig In!	Grades 5-6	Explore a world of possibilities in the garden and on your plate using ten inquiry-based lessons that engage 5th and 6th graders in growing, harvesting, tasting, and learning about fruits and vegetables.	Dig In!		 Family Materials (Bilingual)
Serving Up MyPlate: A Yummy Curriculum	Grades 1-6	<i>Serving Up MyPlate</i> is a collection of classroom materials that helps elementary school teachers integrate nutrition education into Math, Science, English Language Arts, and Health. This yummy curriculum introduces the importance of eating from all five food groups using the <i>MyPlate</i> icon and a variety of hands-on activities. Students also learn the importance of physical activity to staying healthy.	Serving Up MyPlate		 Family Materials (Bilingual) Possible STEM
Discover MyPlate	Kindergarten	Discover <i>MyPlate</i> is fun and inquiry-based nutrition education that fosters the development of healthy food choices and physically active lifestyles during a critical developmental and learning period for children — kindergarten.	Discover MyPlate		 Family Materials
Grow It, Try It, Like It!	Preschool	Grow It, Try It, Like It! Nutrition Education Kit Featuring MyPlate is a garden-themed nutrition education kit for child care center staff that introduces children to: three fruits - peaches, strawberries, and cantaloupe, and three vegetables - spinach, sweet potatoes,	Grow It, Try It, Like It!		 Family Materials

Nutrition Education Resources

		and crookneck squash. Each set of lessons contains: hands-on activities, planting activities, and nutrition education activities that introduce MyPlate.			
SuperTracker Nutrition Lessons	Grades 9-12	This curriculum uses the engaging, interactive SuperTracker tool to help students think critically about their food and physical activity choices.	SuperTracker Nutrition Lessons		 Possible STEM
Growing Healthy Habits	Grades K-5	This set of nine chapters for teaching and demonstrating nutrition education to youth. It includes gardening lessons, but it can also be used effectively without a garden.	Growing Healthy Habits	 	 Possible STEM
Nutrition Nuggets	All ages	This curriculum is designed for youth in after-school settings. Each of the 12 lessons provides basic nutrition information as well as two activities that engage participants in a variety of food-related tasks. This curriculum provides opportunities for students to develop cooking skills and to try new foods. Recipes are quick and easy to make and are designed for after-school sites.	Nutrition Nuggets	 	 Possible STEM
ReFresh	Grades 4-5	Rather than presenting nutrition as a stand-alone topic, lessons relate to topic areas within math, language arts, social studies, art, and science, technology, engineering and math curriculum. <i>ReFresh</i> focuses on increasing exposure to fruits, vegetables and whole grains through fun and engaging hands-on activities, food demonstrations and	ReFresh	 	 Family Materials (Bilingual)

Nutrition Education Resources

		tastings. A one-page family newsletter is sent home with participants to reinforce each theme. The newsletters are available in English and Spanish.			Possible STEM
Up for the Challenge	All ages	This fitness, nutrition and health curriculum is designed for all grades. It is easily adaptable to any in- or out-of-school youth setting. The chapters contain multiple lessons on physical activity, nutrition and healthy decision making. Lessons focus on nutrition and/or physical activities and include essential information for instructors, food preparation instructions and supplies, and handouts.	Up for the Challenge		 Family Materials
Nourish Interactive	Grades 5-12	This curriculum offers a set of resources to open a meaningful conversation about food and sustainability. Beautifully designed and brimming with big ideas, the materials contain a viewing guide, seven learning activities, student handouts, a bibliography, and a glossary.	Nourish Interactive		 Possible STEM
Passport to Nutrition	K-6	Collect stickers on your Passport to Nutrition as you learn about eating right, Staying active and being a healthy kid! You'll find fun activities, experiments and kid challenges that will boost your nutrition know-how, help you learn how to make your plate look like MyPlate and lots more!	Passport to Nutrition		
Exploring Food Together	Early Childhood	This toolkit is composed of simple activities to help kids learn about new foods and start building the skills to make healthy food choices. Each activity in this book includes nutrition education objectives, child development and early learning objectives,	Exploring Food Together		

Nutrition Education Resources

		and a recommended books list.			Bilingual Materials
Cooking Matters	All ages	Community partners that serve low-income families offer six-week Cooking Matters courses to adults, kids and families. Seven specialize curricula cover nutrition and healthy eating, food preparation, budgeting and shopping. Cooking Matters culinary and nutrition volunteers teach these cooking-based courses at a variety of community-based agencies.	Cooking Matters		<i>Note: Please inquire in your community about community partners offering this course.</i>

Nutrition Education Resources

Key

	Cost associated with curriculum
	Low Prep (<10 min.)
	Medium Prep (10 – 30 min.)
	High Prep (30 min – 1 hr.)
	Food Preparation
	Items to Print
	Non-Food Supplies
	Food Supplies

Note: The preparation time and supplies listed above are for the curriculum overall. Preparation time and overall costs may be reduced by choosing standalone lessons or activities that do not require food preparation or food supplies.