

# Table of Contents

Directions: To navigate directly to a specific portion of the curricula list, hold down CTRL and click one of the Headings below. If you are looking for something specific, hold down CTRL and press F. Type the name you are looking for, and the list will auto populate your results.

**Adult Program Curriculum** ..... 2

**Youth Program Curriculum** ..... 4

Preschool..... 4

Elementary School (K-5<sup>th</sup> grades) ..... 5

Middle School (6<sup>th</sup>-8<sup>th</sup> grades) ..... 11

High School..... 14

After School ..... 16

Family-Centered ..... 18

**Pilot List**..... 20

Adult Program Curriculum ..... 20

Youth Program Curriculum ..... 22

# CalFresh Healthy Living, UC Approved Curricula List

## Adult Program Curriculum

\*Note: Due to the COVID-19 Pandemic, Evaluation Tools are subject to change. For more information, please see [CalFresh Healthy Living, UC Website](#)

Curriculum Title	Source	Description	Language	Virtual Delivery Materials	Tier	Evaluation Tool*
Eat Healthy, Be Active Community Workshops	Department of Health and Human Services	Workshops are based on the <i>Dietary Guidelines for Americans and Physical Activity Guidelines for Americans</i> and are designed to teach to adults, seniors and those with disabilities in community settings. Lessons can be taught as a series or as individual workshops. Available at <a href="#">Health.gov</a>	English/Spanish	Yes – Located in Google Drive	Practice Tested	Food Behavior Checklist; Intent to Change
Eat Smart, Live Strong	USDA	Lessons are designed to improve fruit and vegetable intake and physical activity in 60-74 year olds eligible or participating in nutrition assistance programs. Lessons can be taught as a series or as individual workshops. Available at <a href="#">USDA.gov</a>	English w/ Spanish supplements	No	Practice Tested	Food Behavior Checklist; Adult Physical Activity Survey; Intent to Change
EatFresh.org Mini-Course	Leah's Pantry	Online nutrition class composed of 15 separate topics organized into 3 separate classes. Each 5-10 minute topic is an interactive animated lesson. Content is delivered via text on the screen as well as voice-over. Diverse characters model healthy behaviors in a variety of realistic settings. Available at <a href="#">EatFresh.org</a>	English/ Spanish	Yes	Emerging	Contact the State Office Evaluation Team
Eating Smart, Being Active	UCCE, UC Davis and Colorado State University	An eight lesson curriculum, designed to be used with limited resource families with young children. Lessons focus on nutrition, physical activity, food safety and food resource management. Lessons build upon each other and should be taught as a series. Available at <a href="#">ESBA Website</a>	English w/ Spanish supplements	Yes – Located in Google Drive	Research Tested	Food Behavior Checklist; Adult Taste Test Tool; Adult Physical Activity Survey; Intent to Change
Fresh from the Garden	UC ANR	Lessons target limited resource home gardeners and their families. Lessons are designed to increase gardeners' knowledge of healthful eating, while emphasizing the health benefits of a vegetable-rich diet. Lessons can be taught as a series or as individual workshops. Available at <a href="#">CalFresh Healthy Living UC, Website</a>	English w/ Spanish supplements	Yes – Located in Google Drive	Emerging	Adult Taste Test Tool; Intent to Change
Food Smarts for Adults	Leah's Pantry	Food Smarts teaches healthy nutrition and cooking skills for kids, adults and seniors to develop the skills and acquire the information that empower them to eat more fresh, whole foods and to live healthier lives. Workshops cover basic nutrition, kitchen safety, cooking skills, meal planning, label reading, media literacy. Available at <a href="#">Leah's Pantry Website</a>	English, Spanish, Chinese, Russian	No, but permission is granted for remote delivery	Practice Tested	Food Behavior Checklist

## CalFresh Healthy Living, UC Approved Curricula List

Curriculum Title	Source	Description	Language	Virtual Delivery Materials	Tier	Evaluation Tool*
Healthy, Happy Families	UC ANR	A curriculum containing eight mini-lessons that encourages parents to promote healthy eating habits in their preschool-aged children. Curriculum may also be used with pregnant and parenting teens. The lessons can be taught as a series or as individual workshops. Available at <a href="#">ANR Catalog</a>	English	Yes – Located in the Google Drive  English/Spanish	Practice Tested	Healthy Happy Families Evaluation Tool
MyPlate for My Family	USDA, FNS	This curriculum targets parents and caregivers who plan, purchase and prepare food for their families. Lessons reflect the Dietary Guidelines and support SNAP-Ed nutrition education/obesity prevention efforts. Lessons can be taught as a series or as individual workshops. Available at <a href="#">USDA.gov</a>	English w/ Spanish supplements	No	Practice Tested	Food Behavior Checklist; Adult Physical Activity Survey; Intent to Change
Making Every Dollar Count	UC ANR	A curriculum that teaches families’ financial budgeting and food resource management skills so limited resource families can get the most for the food dollars. Lessons can be taught as a series or as individual workshops. Available at <a href="#">CalFresh Healthy Living, UC Website</a>	English/Spanish	Yes – Located in Google Drive	Practice Tested	Making Every Dollar Count Retrospective tool; Intent to Change
Nutrition Spotlight Education	UC ANR	This curriculum contains 3 mini lessons designed for use as one-time workshops in settings such as social services offices and food pantries. Lesson topics include: Importance of Breakfast, MyPlate and Fruit and Vegetable Intake, and Making Better Beverage Choices. Available at <a href="#">CalFresh Healthy Living, UC Website</a>	English	No	Practice Tested	Intent to Change
Plan, Shop, Save and Cook	CalFresh Healthy Living, UC	An interactive four lesson curriculum that promotes MyPlate and the Dietary Guidelines messaging to limited resource families. Lessons emphasize meal planning, food budgeting and healthy cooking so families can eat healthfully during pressing economic times. Available at <a href="#">CalFresh Healthy Living, UC Website</a>	English w/ Spanish supplements	Yes – Located in Google Drive	Practice Tested	Plan, Shop, Save, Cook Pre/Post Survey; Intent to Change
UCCE Connects to You!	UCCE	This six lesson curriculum with two contacts offers an alternative means of providing nutrition education. Materials are updated to reflect the Dietary Guidelines for Americans and MyPlate.  Available at: Contact the State Office for access to <i>UCCE Connects to You</i> materials	English/Spanish	Yes – Located in UC ANR Portal	Emerging	Food Behavior Checklist + Physical Activity Pre/Post Survey (for classes over at least 4 weeks)

# CalFresh Healthy Living, UC Approved Curricula List

**Youth Program Curriculum** For more information, please see [CalFresh Healthy Living, UC Website](#)



## Preschool

Title	Source	Description	Common Core Standards Addressed	Language	Virtual Delivery Materials	Tier	Evaluation Tool
Go, Glow, Grow	UC ANR	A nutrition curriculum which helps children establish healthy eating and physical activity habits. The nutrition objectives include recognizing MyPlate, identifying <i>Go, Glow, and Grow</i> foods, knowing that children need physical activity every day, and how to appropriately wash their hands. Curriculum can be used in schools and ECE settings. Available at: Contact State Office for hard copies of curriculum; <a href="#">Other materials</a>	DRDPs	English/ Spanish	Yes – Located in Google Drive	Practice Tested	Teacher observation tool; Teacher Tasting Tool; Preschool Taste Test Tool
Grow it, Try it, Like it	USDA	A garden-themed nutrition education curriculum which introduces children to new fruits and vegetables and encourages them to smell, touch and taste new fruits and vegetables. Curriculum can be used in schools and early child care settings. Available at <a href="#">USDA.gov</a>	N/A	English	No	Practice Tested	Teacher Observation Tool; Teacher Tasting Tool; Preschool Taste Test Tool
Happy Healthy Me.....Moving, Munching and Reading Around MyPlate	UC ANR	A nutrition and literacy curriculum that helps children become aware of food and nutrition by reading storybooks with food-related themes and participating in hands-on nutrition education and physical activities. Curriculum can be used in schools and early child care settings. Available at: Contact State Office for hard copies of curriculum; <a href="#">Other materials</a>	DRDPs; Common Core Standards – Math and English Language Arts; Next Generation Science Standards	English/ Spanish	Yes – Located in Google Drive	Practice Tested	Teacher Observation Tool; Teacher Tasting Tool; Preschool Taste Test Tool
Coordinated Approach to Child Health (CATCH) - ECE Nutrition Curriculum	University of Texas-School of Public Health	CATCH is based on the CDC Whole School, Whole Community, and Whole Child model in which health education, school environment, and family/community involvement work together to support a healthy lifestyle for youth. Curriculum can be used in preschool and after school programs. Available at <a href="#">CATCH.org</a>	N/A	English	No	Research Tested	Physical Activity Teacher Observation Tool
Coordinated Approach to Child Health (CATCH) - ECE curriculum and Activity Box	University of Texas-School of Public Health	CATCH is based on the CDC Whole School, Whole Community, and Whole Child model in which health education, school environment, and family/community involvement work together to support a healthy lifestyle for youth. Curriculum/activity box can be used in preschool and after school programs. Available at <a href="#">CATCH.org</a>	N/A	English	Yes – Located in Google Drive	Research Tested	Physical Activity Teacher Observation Tool

California's CalFresh Healthy Living, with funding from the United States Department of Agriculture's Supplemental Nutrition Assistance Program – USDA SNAP, produced this material. These institutions are equal opportunity providers and employers. For important nutrition information, visit [www.CalFreshHealthyLiving.org](http://www.CalFreshHealthyLiving.org)

# CalFresh Healthy Living, UC Approved Curricula List

## Elementary School (K-5<sup>th</sup> grades)

Title	Source	Description	Common Core Standards Addressed	Language	Virtual Delivery Materials	Tier	Evaluation Tool
Let's Eat Healthy Kindergarten ( <a href="#">grade K</a> ) (previously <i>Building Healthy Me</i> )	Dairy Council	This 5-lesson curriculum explores how food can help the body and mind by learning about the food groups with fun characters. Children learn where food comes from and what they can do to help with food preparation and cleanup. Available at <a href="http://HealthyEating.org">HealthyEating.org</a>	Common Core Standards – Math and English	English	No	Practice Tested	Teacher Observation Tool; Teacher Tasting Tool
Discover MyPlate: Nutrition Education for Kindergarten ( <a href="#">grade K</a> )	USDA	<i>Discover 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. Curriculum can be used during school. Available at <a href="http://USDA.gov">USDA.gov</a>	Education standards	English with Spanish recipe/parent materials	No	Practice Tested	Teacher Observation Tool; Teacher Tasting Tool
Coordinated Approach to Child Health (CATCH) <i>Activity boxes</i> ( <a href="#">grades K-2</a> ), ( <a href="#">3-5</a> )	University of Texas-School of Public Health	CATCH is based on the CDC Whole School, Whole Community, and Whole Child model in which health education, school environment, and family/community work together to a healthy lifestyle in youth. Activity Boxes can be used in school, after school and with 4-H programs. Available at <a href="http://CATCH.org">CATCH.org</a>	Common Core State Standards in English Language Arts and Literacy in Health and PE – <a href="#">see more</a>	English	Yes – Located in Google Drive	Research Tested	Physical Activity Teacher Observation Tool; Youth Intent to Change; What Did You Learn?
Coordinated Approach to Child Health (CATCH) <i>Nutrition Curriculum</i> ( <a href="#">grades K, 1, 2, 3, 4, or 5</a> )	University of Texas-School of Public Health	CATCH is based on the CDC Whole School, Whole Community, and Whole Child model in which health education, school environment, and family/community work together to a healthy lifestyle in youth. Activity Boxes can be used in school, after school and with 4-H programs. Available at <a href="http://CATCH.org">CATCH.org</a>	Common Core State Standards in English Language Arts and Literacy in Health and PE – <a href="#">see more</a>	English	No	Research Tested	Physical Activity Teacher Observation Tool; Youth Intent to Change; What Did You Learn?
Eating Healthy from Farm to Fork ( <a href="#">grades K-2</a> )	UC ANR	Nutrition curriculum that connects local food systems, garden-based learning, school food service to establishing healthy habits. The lessons actively engage children in learning about healthy choices for food and fitness. Curriculum can be used during school. Available at: Contact State Office for hard copies of curriculum; <a href="#">Other materials</a>	California Common Core Standards for English Language Arts and Health Education Content Standards	English/Spanish Parent Materials	No	Practice Tested	Teacher Observation Tool; Teacher Tasting Tool

California's CalFresh Healthy Living, with funding from the United States Department of Agriculture's Supplemental Nutrition Assistance Program – USDA SNAP, produced this material. These institutions are equal opportunity providers and employers. For important nutrition information, visit [www.CalFreshHealthyLiving.org](http://www.CalFreshHealthyLiving.org)

# CalFresh Healthy Living, UC Approved Curricula List

Title	Source	Description	Common Core Standards Addressed	Language	Virtual Delivery Materials	Tier	Evaluation Tool
Happy Healthy Me.....Moving, Munching and Reading Around MyPlate (grades K)	UC ANR	A nutrition and literacy curriculum that helps children become aware of food and nutrition by reading storybooks with food-related themes and participating in hands-on nutrition education and physical activities. Curriculum can be used during and after school. Available at: Contact State Office for hard copies of curriculum; <a href="#">Other materials</a>	DRDPs Common Core Standards – Math and English Language Arts; Next Generation Science Standards	English/ Spanish parent materials	Yes – Located in Google Drive	Practice Tested	Teacher Observation Tool; Teacher Tasting Tool
My Amazing Body (grades K-1)	UC ANR	A nutrition curriculum that teaches students to learn about the amazing things their body can do and explore how they can keep their bodies healthy through eating nutrient-rich foods, getting plenty of exercise and sleep, and practicing good hygiene. Curriculum can be used during school, after school and with 4-H programs. Available at: Contact State Office for hard copies of curriculum; <a href="#">Other materials</a>	California Common Core Standards for English Language Arts	English/ Spanish parent materials	Yes – Located in Google Drive	Practice Tested	Teacher Observation Tool; Teacher Tasting Tool
Serving Up MyPlate: A Yummy Curriculum (grades K-6)	USDA Team Nutrition	A USDA Curriculum that teaches the importance of eating from all five food groups through inquiry-driven lessons. Classroom materials integrate nutrition into science, math, language arts and health. Curriculum can be used during school, after school and with 4-H programs. Available at <a href="https://www.usda.gov">USDA.gov</a>	Common Core Standards – Math and English Language Arts; Next Generation Science Standards	English/ Spanish parent materials	Yes – Located in Google Drive	Practice Tested	Teacher Observation Tool; Eating and Activity Tool for Students (EATS); What Did You Learn?; Teacher Tasting Tool
Let's Eat Healthy First Grade (grade 1)  (previously <i>Healthy Choices, Healthy Me!</i> )	Dairy Council	This 5-lesson curriculum engages children with all their senses to explore food and how food groups work together to help them grow. With fun characters, they learn about the journey of food from the farm to them. Available at <a href="https://www.healthyeating.org">HealthyEating.org</a>	California Common Core Content Standards, California Health Standards and Nutrition Competencies	English/ Spanish parent materials	No	Practice Tested	Teacher Observation Tool; Teacher Tasting Tool
Let's Eat Healthy Second Grade (grade 2)  (previously <i>Healthy Choices, Healthy Me!</i> )	Dairy Council	This 5-lesson curriculum familiarizes children to a variety of foods and their health benefits and explores the journey of food from farm to them. They start to recognize what influences food choices and practice goal setting. Available at <a href="https://www.healthyeating.org">HealthyEating.org</a>	California Common Core Content Standards, California Health Standards and Nutrition Competencies	English/ Spanish parent materials	No	Practice Tested	Teacher Observation Tool; Teacher Tasting Tool

California's CalFresh Healthy Living, with funding from the United States Department of Agriculture's Supplemental Nutrition Assistance Program – USDA SNAP, produced this material. These institutions are equal opportunity providers and employers. For important nutrition information, visit [www.CalFreshHealthyLiving.org](http://www.CalFreshHealthyLiving.org)

# CalFresh Healthy Living, UC Approved Curricula List

Title	Source	Description	Common Core Standards Addressed	Language	Virtual Delivery Materials	Tier	Evaluation Tool
Eagle Adventure (grades 1-3)	Oklahoma Tribal Engagement Partners, LLC	The Eagle Adventure is a type 2 diabetes education and prevention program for students in 1st- 3rd grades. The program is made up of seven visits to the school throughout the semester (six are in-class and one assembly where Eagle Play is presented). Lessons incorporate Native American culture and language (for the Chickasaw Nation). Available at <a href="https://www.usda.gov">USDA.gov</a>	Common Core Standards for English Language Arts	English	No	Practice Tested	Contact the State Office Evaluation Team
Good for Me and You (grade 2)	UC ANR	In this curriculum, students explore a healthy body and lifestyle, study MyPlate, and learn about nutrients and what they do for their bodies. Students also learn that eating breakfast, drinking healthy beverages, exercising and keeping food safe are good for their body. This curriculum can be used during school, after school and with 4-H programs. Available at: Contact State Office for hard copies of curriculum; <a href="#">Other materials</a>	California Common Core Standards for English Language Arts	English/ Spanish Parent Materials	Yes – Located in Google Drive	Practice Tested	Teacher Observation Tool; Teacher Tasting Tool
Learn! Grow! Eat! Go! (grades 2-5)	Junior Master Gardener/ Texas A&M AgriLife Extension	An interdisciplinary program combining academic achievement, gardening, nutrition experiences, physical activity, and school and family engagement. Curriculum can be used during and after school. Available at <a href="#">Jr. Master Gardeners</a>	Under development – <a href="#">see more</a>	English	Yes – Located in Google Drive	Practice Tested	Teacher Observation Tool; Eating and Activity Tool for Students (EATS); What Did You Learn?; Teacher Tasting Tool
Great Garden Detective Adventure (grades 3-4)	USDA Team Nutrition	This curriculum has students discover 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. Curriculum can be used during and after school. Available at <a href="https://www.usda.gov">USDA.gov</a>	California and National Common Core Standards	English	No	Practice Tested	Teacher Observation Tool; Eating and Activity Tool for Students (EATS); What Did You Learn?; Teacher Tasting Tool
It's My Choice....Eat Right! Be Active! (grade 3)	UC ANR	A nutrition curriculum where students examine the key nutrients from the MyPlate five food groups and learn how to make healthy choices. They identify how vitamins, minerals, carbohydrates, and proteins provide the building blocks needed for good health. Curriculum can be used during school, after school and with 4-H programs. Available at: Contact State Office for hard copies of curriculum; <a href="#">Other materials</a>	California Common Core Standards for English Language Arts	English/ Spanish parent materials	Yes – Located in the Google Drive	Practice Tested	Teacher Observation Tool; Teacher Tasting Tool

California's CalFresh Healthy Living, with funding from the United States Department of Agriculture's Supplemental Nutrition Assistance Program – USDA SNAP, produced this material. These institutions are equal opportunity providers and employers. For important nutrition information, visit [www.CalFreshHealthyLiving.org](http://www.CalFreshHealthyLiving.org)



# CalFresh Healthy Living, UC Approved Curricula List

Title	Source	Description	Common Core Standards Addressed	Language	Virtual Delivery Materials	Tier	Evaluation Tool
Let's Eat Healthy Third Grade ( <a href="#">grade 3</a> ) (Previously Shaping Up My Choices)	Dairy Council	Through this 5 lessons curriculum students will learn foundational nutrition principles, how to read a food label and agri-food literacy in the Farm to You lesson. Curriculum can be used during school and with after school programs. Available at <a href="http://HealthyEating.org">HealthyEating.org</a>	California Common Core Content Standards, National Education Standards, California Health Standards & Nutrition Competencies	English	No	Practice Tested	Teacher Observation Tool; Teacher Tasting Tool
Jr Master Gardeners – Levels 1 & 2 ( <a href="#">grades 3-5</a> )	National Jr Master Gardener Program	Curriculum that teaches the world of gardening with eight chapters of “hands-on” activities, worksheets, rhythms, and reading passages formatted for standardized tests. The curriculum includes a study of life skills and career exploration with service learning projects. Curriculum can be used in school, after school and with 4-H programs. Available at <a href="http://Jr.MasterGardeners">Jr. Master Gardeners</a>	California Common Core Content Standards Grades 3-5	English	No	Practice Tested	Teacher Observation Tool; Eating and Activity Tool for Students (EATS); What Did You Learn?; Teacher Tasting Tool
Cooking Up Healthy Choices ( <a href="#">grades 4-6</a> )	Center for Nutrition in Schools, UC Davis	A learner-centered nutrition curriculum developed for the Nutrition Education & Promotion component of the Shaping Healthy Choices Program. Includes five cooking demos from cultures around the world, with activities, recipes, handouts. Curriculum can be used during and after school. Available at <a href="http://CNS">CNS</a>	Common Core State Standards in Math and English Language-Arts, Next Generation Science Standards and California Nutrition Education Competencies.	English/ Spanish	No	Research Tested	Teacher Observation Tool; Eating and Activity Tool for Students (EATS); What Did You Learn?; Teacher Tasting Tool
Children's Power Play! ( <a href="#">grades 4-6</a> )	CALIFORNIA DEPT. OF PUBLIC HEALTH	This curriculum encourages students to eat fruits and vegetables every day and gives creative ways for the students to successfully do so. Children at this age are assuming more responsibility for their own health and well-being. Power Play uses integrative activities and taste-testing into the lessons. Curriculum can be used during and after school. Available at <a href="http://CDPH.gov">CDPH.gov</a>	California Content Standards	English	No	Practice Tested	Teacher Observation Tool; Eating and Activity Tool for Students (EATS); What Did You Learn?; Teacher Tasting Tool
Dig In ( <a href="#">grades 5-6</a> )	USDA Team Nutrition	A USDA developed curriculum that makes connections between the garden, nutrition and health. Learning activities can be done with or without a large garden in place. Curriculum can be used during school.  Available at <a href="http://USDA.gov">USDA.gov</a>	National Education Standards	English	No	Practice Tested	Teacher Observation Tool; Eating and Activity Tool for Students (EATS); What Did You Learn?; Teacher Tasting Tool

California's CalFresh Healthy Living, with funding from the United States Department of Agriculture's Supplemental Nutrition Assistance Program – USDA SNAP, produced this material. These institutions are equal opportunity providers and employers. For important nutrition information, visit [www.CalFreshHealthyLiving.org](http://www.CalFreshHealthyLiving.org)



# CalFresh Healthy Living, UC Approved Curricula List

Title	Source	Description	Common Core Standards Addressed	Language	Virtual Delivery Materials	Tier	Evaluation Tool
Discovering Healthy Choices (grades 4-6)	Center for Nutrition in Schools, UC Davis	A learner-centered, garden-enhanced nutrition curriculum that was developed for the Nutrition Education & Promotion component of the Shaping Healthy Choices Program. Curriculum can be used during school, after school and with 4-H programs.  Available at <a href="#">CNS</a>	Common Core State Standards in Math and English Language-Arts, Next Generation Science Standards, and California Nutrition Education Competencies.	English/Spanish parent materials	Yes – Located in Google Drive	Research Tested	Teacher Observation Tool; Eating and Activity Tool for Students (EATS); What Did You Learn?; Teacher Tasting Tool
Healthy Choices in Motion (grades 4-6)	Center for Nutrition in Schools, UC Davis	A multi-component approach developed as part of the Shaping Healthy Choices Program. The focus is primarily on to improve children’s food choices with a set of physical activity concepts. Curriculum can be used during school, after school and with 4-H programs.  Available at <a href="#">CNS</a>	California Common Core Standards for English Language Arts, History/Social Studies, Science and Math; Next Generation Science Standards; Physical Educ Standards for CA	English/Spanish parent Materials	No	Practice Tested	Teacher Observation Tool; Eating and Activity Tool for Students (EATS); What Did You Learn?; Teacher Tasting Tool
Healthy Choices through History (grades 4-6)	Center for Nutrition in Schools	A three-part experience, Healthy Choices Through History provides nutrition, physical activity, garden, and California agriculture education with two in-class lessons and one field trip to an outdoor education space. The curriculum can be adapted depending on the needs of the outdoor education space and provides evidence-based health education through the lens of the Native Peoples of California. Available at: Contact State Office	California Common Core Standards for English Language Arts, History/Social Studies, Science and Math; Next Generation Science Standards	English	No	Practice Tested	Contact State Office Evaluation Team
Nutrition Pathfinders (grades 4-5)	Dairy Council	Through these 7 lessons, students will learn about main nutrients and their health benefits, how to analyze food advertisements and how to set personal goals. Lessons can be used during school and in afterschool programs. There are separate lessons for each grade level.  Available at <a href="#">HealthyEating.org</a>	California’s Common Core Standards, Health Standards, Nutrition Competencies, National Education Standards	English/Spanish parent materials	Yes – Video Series and Lesson Slides available on Dairy Council Website	Practice Tested	Physical Activity Teacher Observation Tool: Eating and Activity Tool for Students (EATS); What did you learn?

California's CalFresh Healthy Living, with funding from the United States Department of Agriculture's Supplemental Nutrition Assistance Program – USDA SNAP, produced this material. These institutions are equal opportunity providers and employers. For important nutrition information, visit [www.CalFreshHealthyLiving.org](http://www.CalFreshHealthyLiving.org)

# CalFresh Healthy Living, UC Approved Curricula List

Title	Source	Description	Common Core Standards Addressed	Language	Virtual Delivery Materials	Tier	Evaluation Tool
Nutrition to Grow On (grades 4-6)	UC Davis Dept of Nutrition and California Dept of Education	An innovative curriculum that links the garden and nutrition education by teaching children and their families about nutrition through garden activities. In the lessons, science, mathematics, language arts, history, environmental studies, nutrition and health are reinforced. Curriculum can be used during school, after school and with 4-H programs.  Available at <a href="#">CNS</a>	California Content Education Standards	English/ Spanish parent materials	Yes – Located in Google Drive	Practice Tested	Teacher Observation Tool; Eating and Activity Tool for Students (EATS); What Did You Learn?; Teacher Tasting Tool
Sports, Play & Active Recreation for Kids (SPARK) (any age range)	SPARK	Physical activity and nutrition curriculum that strives to improve the health of children and adolescents. Lessons can be easily integrated into math, science and language arts. Curriculum can be used during and after school.  Available at <a href="#">SPARK.org</a>	Common Core State Standards in English Language Arts and Literacy in Health and PE	English/ Spanish	No	Research Tested	Physical Activity Teacher Observation Tool
TWIGs: Teams with Intergenerational Support (grades K-8)	UC ANR	This curriculum includes lessons that connect gardening with nutrition for children in K-8 <sup>th</sup> grade. The focus is to positively influence participants’ food choices through the development and harvesting of a vegetable garden. Curriculum can be used during school, after school and with 4-H programs.  Available at <a href="#">CalFresh Healthy Living, UC Website</a>	Aligned with Common Core Standards – Math and English Language Arts; Next Generation Science Standards K-6	English	Yes – Located in Google Drive	Practice Tested	Teacher Observation Tool; Eating and Activity Tool for Students (EATS); What Did You Learn?; Teacher Tasting Tool
Up4It - Level 1 (grades 4-5) and	UC ANR	This curriculum encourages youth to consume nutrient-rich foods and to achieve at least 60 minutes of physical activity every day. Curriculum can be used during school, after school and with 4-H programs. Available at <a href="#">CalFresh Healthy Living, UC Website</a>	California Common Core Content Standards	English	Yes- Located in Google Drive	Practice Tested	Eating and Activity Tool for students; What Did You Learn?

# CalFresh Healthy Living, UC Approved Curricula List

## Middle School (6<sup>th</sup>-8<sup>th</sup> grades)

Title	Source	Description	Common Core Standards Addressed	Language	Virtual Delivery Materials	Tier	Evaluation Tool
Choice, Control and Change (grades 6-8)	Teachers College Columbia University	An inquiry-based science and nutrition program where students learn to use science to make food and activity decisions. Curriculum can be used during and after school.  Available at <a href="http://Columbia.edu">Columbia.edu</a>	National Science Education Standards, Benchmarks for Science Literacy	English	No	Research Tested	Eating and Activity Tool for Students; What Did You Learn?
Coordinated Approach to Child Health (CATCH) Activity boxes (grades 6-8)	University of Texas-School of Public Health	CATCH is based on the CDC Whole School, Whole Community, and Whole Child model in which health education, school environment, and family/community work together to a healthy lifestyle in youth. Activity Boxes can be used in school, after school and with 4-H programs.  Available at <a href="http://CATCH.org">CATCH.org</a>	Common Core State Standards in English Language Arts and Literacy in Health and PE – <a href="#">see more</a>	English	Yes – Located in Google Drive	Research Tested	Physical Activity Teacher Observation Tool; Eating and Activity Tool for students; What Did You Learn?
Coordinated Approach to Child Health (CATCH) Nutrition Curriculum (grades 6-8)	University of Texas-School of Public Health	CATCH is based on the CDC Whole School, Whole Community, and Whole Child model in which health education, school environment, and family/community work together to a healthy lifestyle in youth. Activity Boxes can be used in school, after school and with 4-H programs.  Available at <a href="http://CATCH.org">CATCH.org</a>	Common Core State Standards in English Language Arts and Literacy in Health and PE – <a href="#">see more</a>	English	No	Research Tested	Physical Activity Teacher Observation Tool; Eating and Activity Tool for students; What Did You Learn?
EatFit (grades 6-8)	UC ANR	This curriculum teaches students to set goals which establish appropriate health habits for adolescence. Students explore and practice the skills needed for a physically active lifestyle and to make healthy food choices. Curriculum can be used during school, after school and with 4-H programs.  Available at <a href="#">ANR Catalog</a> ; <a href="#">Other materials</a>	California Common Core Content Standards Next Generation Science Standards	English/Spanish parent materials	Yes – Located in Google Drive	Research Tested	Eating and Activity Tool for Students; What Did You Learn?
Exercise Your Options (grades 6-8)	Dairy Council	Through 6 lessons, students will learn to consider their options, develop realistic plans and identify roadblocks to improve their daily food and activity choices. Curriculum can be used during and after school.  Available at <a href="http://HealthyEating.org">HealthyEating.org</a>	California Common Core Content Standards, National Education Standards, California Health Standards and Nutrition Competencies	English	No	Practice Tested	Eating and Activity Tool for Students; What Did You Learn?

# CalFresh Healthy Living, UC Approved Curricula List

Title	Source	Description	Common Core Standards Addressed	Language	Virtual Delivery Materials	Tier	Evaluation Tool
Food Smarts for Kids (High School)	Leah's Pantry	Food Smarts teaches healthy nutrition and cooking skills for kids, adults and seniors to develop the skills and acquire the information that empower them to eat more fresh, whole foods and to live healthier lives. Workshops cover basic nutrition, kitchen safety, cooking skills, meal planning, label reading and media literacy. Available at <a href="http://LeahsPantry.org">LeahsPantry.org</a>	N/A	English Spanish Chinese Russian	No, but permission is granted for remote delivery	Practice Tested	Eating and Activity Tool for Students; What Did You Learn?
Healthy Choices through History (grades 4-6)	Center for Nutrition in Schools	A three-part experience, Healthy Choices Through History provides nutrition, physical activity, garden, and California agriculture education with two in-class lessons and one field trip to an outdoor education space. The curriculum can be adapted depending on the needs of the outdoor education space and provides evidence-based health education through the lens of the Native Peoples of California. Available at: Contact State Office	California Common Core Standards for English Language Arts, History/Social Studies, Science and Math; Next Generation Science Standards;	English	No	Practice tested	Contact State Office Evaluation Team
Healthy Choices in Motion (grades 4-6)	Center for Nutrition in Schools, UC Davis	A multi-component approach developed as part of the Shaping Healthy Choices Program. The focus is primarily on to improve children's food choices with a set of physical activity concepts. Curriculum can be used during school, after school and with 4-H programs. Available at <a href="http://CNS">CNS</a>	California Common Core Standards for English Language Arts, History/Social Studies, Science and Math; Next Generation Science Standards; Physical Educ Standards for CA	English/ Spanish parent materials	No	Practice Tested	Teacher Observation Tool; Youth Intent to Change; What Did You Learn?; Teacher Tasting Tool
Nutrition Voyage: The Quest To Be Our Best (grades 6-8)	USDA	A nutrition curriculum that invites students to explore ways to learn about making healthy food and physical activity choices. Curriculum can be used during and after school. Available at <a href="http://CalFresh Healthy Living, UC Website">CalFresh Healthy Living, UC Website</a>	National Education Standards - Math, Science, and English Language Arts	English	No	Practice Tested	Middle/High School Eating and Activity Tool for Students; What Did You Learn?
Serving Up MyPlate: A Yummy Curriculum (grade K-6)	USDA Team Nutrition	A USDA Curriculum that teaches the importance of eating from all five food groups through inquiry-driven lessons. Classroom materials integrate nutrition into science, math, language arts and health. Curriculum can be used during school, after school and with 4-H programs. Available at <a href="http://USDA.gov">USDA.gov</a>	Common Core Standards – Math and English Language Arts; Next Generation Science Standards	English	Yes – Located in Google Drive	Practice Tested	Teacher Observation Tool; Eating and Activity Tool for Students (EATS); What Did You Learn?; Teacher Tasting Tool

California's CalFresh Healthy Living, with funding from the United States Department of Agriculture's Supplemental Nutrition Assistance Program – USDA SNAP, produced this material. These institutions are equal opportunity providers and employers. For important nutrition information, visit [www.CalFreshHealthyLiving.org](http://www.CalFreshHealthyLiving.org)

# CalFresh Healthy Living, UC Approved Curricula List

Title	Source	Description	Common Core Standards Addressed	Language	Virtual Delivery Materials	Tier	Evaluation Tool
Youth Participatory Action Research - Stepping Stones Curriculum (Middle School)	Public Health Institute	This curriculum provides youth with the opportunity to engage their leadership, critical thinking, problem-solving, service learning, and strategic-thinking skills to address issues that affect their communities, ultimately resulting in community change.  Available at <a href="http://CDPH.gov">CDPH.gov</a>	Unknown	English	No	Practice Tested	YPAR Student Survey (Retrospective); YPAR Project Assessment (optional)
4-H Garden Helper's Guide - Level A: 10-11 year olds, Level B: 12-13 year olds (Middle School)	Purdue Extension	This interactive garden-based curriculum is designed for use with school and after-school programs such as 4-H. The curriculum contains 4 levels, with 12 activities per level. Levels A and B are for use with middle school students.  Available at <a href="http://4-H.org">4-H.org</a>	Unknown	English	No	Practice Tested	Teacher Observation Tool; Teacher Tasting Tool
TWIGs: Teams for Intergenerational Support (grades K-8)	UC ANR	This curriculum connects gardening with nutrition for children in K-8 <sup>th</sup> grade in an effort to positively influence participants' food choices through the development and harvesting of a vegetable garden. Curriculum can be used during school, after school and with 4-H programs. Lessons can be taught as a series or as onetime workshops. Available at <a href="http://CalFresh Healthy Living, UC Website">CalFresh Healthy Living, UC Website</a>	Aligned with Common Core Standards – Math and English Language Arts; Next Generation Science Standards K-6	English	Yes – Located in Google Drive	Practice Tested	Teacher Observation Tool; Eating and Activity Tool for Students (EATS); What Did You Learn?; Teacher Tasting Tool
Up4It - Level 2 (grades 6-8)	UC ANR	This curriculum encourages youth to consume nutrient-rich foods and to achieve at least 60 minutes of physical activity every day. Curriculum can be used during school, after school and with 4-H programs. Available at <a href="http://CalFresh Healthy Living, UC Website">CalFresh Healthy Living, UC Website</a>	California Common Core Content Standards	English	Yes- Located in Google Drive	Emerging	Eating and Activity Tool for students; What Did You Learn?

# CalFresh Healthy Living, UC Approved Curricula List

## High School

Title	Source	Description	Common Core Standards Addressed	Language	Virtual Delivery Materials	Tier	Evaluation Tool
Choice, Control and Change (grades 9-12)	Teachers College Columbia University	An inquiry-based science and nutrition program where students learn to use science to make food and activity decisions. Curriculum can be used during and after school.  Available at <a href="http://Columbia.edu">Columbia.edu</a>	Science Standards	English	No	Research Tested	Eating and Activity Tool for Students; What Did You Learn?
Let's Eat Healthy: Teens (grades 9-12)	Dairy Council of California	An interactive, four-lesson program that empowers students to take small steps to better eating and healthier habits. Can be delivered asynchronous or synchronous. Aligned to CA Health Education Content Standards. Free online program. Available at <a href="http://HealthyEating.org">HealthyEating.org</a>	Aligned to CA Health and PE standards.	English	No – Self-driven online curriculum	Practice Tested	Eating and Activity Tool for Students; What Did You Learn?
Food Smarts for Kids (High School)	Leah's Pantry	Food Smarts teaches healthy nutrition and cooking skills for kids, adults and seniors to develop the skills and acquire the information that empower them to eat more fresh, whole foods and to live healthier lives. Workshops cover basic nutrition, kitchen safety, cooking skills, meal planning, label reading and media literacy. Available at <a href="http://LeahsPantry.org">LeahsPantry.org</a>	N/A	English Spanish Chinese Russian	No, but permission is granted for remote delivery	Practice Tested	Eating and Activity Tool for Students; What Did You Learn?
Hunger Attacks/Money Talks (grades 9-12)	UC ANR	A curriculum designed to teach teens that the food they buy not only affects the amount of money they spend, but can also affect their health. Curriculum can be used during and after school.  Available at <a href="http://CalFresh Healthy Living, UC Website">CalFresh Healthy Living, UC Website</a> :	N/A	English/ Spanish supplements	Yes – Located in Google Drive	Practice Tested	Hunger attacks Pre/post survey; Eating and Activity Tool for Students; What Did You Learn?
Youth Participatory Action Research (YPAR) - Stepping Stones (High School)	Public Health Institute	This curriculum provides youth with the opportunity to engage their leadership, critical thinking, problem-solving, service learning, and strategic-thinking skills to address issues that affect their communities, ultimately resulting in community change.  Available at <a href="http://CDPH.gov">CDPH.gov</a>	N/A	English	No	Practice Tested	YPAR Student Survey (Retrospective); YPAR Project Assessment (optional)

# CalFresh Healthy Living, UC Approved Curricula List

Title	Source	Description	Common Core Standards Addressed	Language	Virtual Delivery Materials	Tier	Evaluation Tool
4-H Garden Helper's Guide - Level C: 14-16 year olds and Level D: 17-18 year olds (High School)	Purdue Extension	This interactive garden-based curriculum is designed for use with school and after-school programs such as 4-H. The curriculum contains 4 levels, with 12 activities per level. Levels A and B are for use with middle school students.  Available at <a href="http://4-H.org">4-H.org</a>	N/A	English	No	Practice Tested	Teacher Observation Tool; Teacher Tasting Tool
EatFresh.Org Mini Course (High School)	Leah's Pantry	Online nutrition class composed of 15 separate topics organized into 3 separate classes. Each 5-10 minute topic is an interactive animated lesson. Content is delivered via text on the screen as well as voice-over. Diverse characters model healthy behaviors in a variety of realistic settings.  Available at <a href="http://EatFresh.org">EatFresh.org</a>	N/A	English and Spanish	Yes	Emerging	Contact State Office Evaluation Team
Rethink Your Drink – High School Lessons (grades 9-12)	NEOPB	A high school program that includes 2 lessons: What's in Your Drink and Think Before You Drink. Each lesson has 2 parts which can be taught in 40-60 minutes each. Each lesson includes activities handouts, optional homework, a student survey, and resources.  Available at <a href="http://CDPH.gov">CDPH.gov</a>	Unknown	English/ Spanish parent materials	No	Practice Tested	Eating and Activity Tool for Students; What Did You Learn?



# CalFresh Healthy Living, UC Approved Curricula List

## After School

Title	Source	Description	Common Core Standards Addressed	Language	Virtual Delivery Materials	Tier	Evaluation Tool
4-H Cooking 101 (Cooking Academy) (grades 4-6)	Shop 4-H	Curriculum teaches healthy eating through cooking in an after-school setting. Lessons should be taught as a series and used in after school programs and with 4-H and Teens as Teachers programs. Available at <a href="http://4-H.org">4-H.org</a>	N/A	English	No	Practice Tested	Teacher Tasting Tool
Choice, Control and Change (grades 9-12)	Teachers College Columbia University	An inquiry-based science and nutrition program where students learn to use science to make food and activity decisions. Curriculum can be used during and after school. Available at <a href="http://Columbia.edu">Columbia.edu</a>	Science Standards	English	No	Research Tested	Middle/High School Eating and Activity Tool for Students; Youth Intent to Change; What Did You Learn?
Choose Health: Food, Fun and Fitness Curriculum (grades 4-6)	Cornell	Hands on, interactive lessons for 8-12 year olds using food and games to learn about healthy eating and active living. Curriculum can be used after school and with 4-H programs. Available at <a href="http://Cornell.edu">Cornell.edu</a>	National Health Education Standards	English	Yes – Virtual Delivery available, but not CFHL, UC Approved at this time	Practice Tested	Contact the State Office Evaluation Team
Coordinated Approach to Child Health (CATCH) Activity boxes (ECE), (K-2), (3-5), (6-8)	University of Texas-School of Public Health	CATCH is based on the CDC Whole School, Whole Community and Whole Child model where health education, school environment and family/communities work together to support a healthy lifestyle in youth. Activity boxes can be used in school and after school programs. Available at <a href="http://CATCH.org">CATCH.org</a>	N/A	English	Yes – Located on Google Drive	Research Tested	Physical Activity Teacher Observation Tool
Coordinated Approach to Child Health (CATCH) Kids Club (K-5 Afterschool)	University of Texas-School of Public Health	CATCH is based on the CDC Whole School, Whole Community and Whole Child model where health education, school environment and family/communities work together to support a healthy lifestyle in youth. Kids Club curriculum can be used in school and after school programs. Available at <a href="http://CATCH.org">CATCH.org</a>	N/A	English	No	Research Tested	Physical Activity Teacher Observation Tool

# CalFresh Healthy Living, UC Approved Curricula List

Title	Source	Description	Common Core Standards Addressed	Language	Virtual Delivery Materials	Tier	Evaluation Tool
Food Smarts for Kids (Middle and High School)	Leah's Pantry	Food Smarts teaches healthy nutrition and cooking skills for kids to develop the skills and acquire the information to empower them to eat more fresh, whole foods and to live healthier lives. Workshops cover basic nutrition, kitchen safety, cooking skills, meal planning, label reading, media literacy. Available at <a href="http://LeahsPantry.org">LeahsPantry.org</a>	N/A	English	No, but permission is granted for remote delivery	Practice Tested	Check with State Office Evaluation Team
Healthalicious (grades 4-6)	UC ANR	This curriculum promotes a healthy lifestyle in students by encouraging intake of nutrient rich foods and physical activity. This curriculum is designed to give students a fun introduction to preparing and eating healthy meals. This family centered curriculum can be used after school for grades 4-6, with programs such as 4-H. Available at <a href="http://ANR Catalog">ANR Catalog</a>	N/A	English	No	Practice Tested	Teacher Observation Tool; Youth Intent to Change; What Did You Learn?; Teacher Tasting Tool
Healthy Choices Out of School Curriculum (grades 4-5)	Tufts University	This curriculum encourages physical activity and healthy eating habits in 4th and 5th graders (modifications can be made for older kids). The lessons encourage fruits and vegetables for snacks, water as the beverage of choice, and new ways to increase active time to help kids reach the 60 minutes-a-day recommendation. Available at: Contact State Office	N/A	English	No	Practice Tested	Contact the State Office Evaluation Team
TWIGs: Teams for Intergenerational Support (grades K-8)	UCANR	This curriculum connects gardening with nutrition for children in K-8 <sup>th</sup> grade in an effort to positively influence participants' food choices through the development and harvesting of a vegetable garden. Curriculum can be used during school, after school and with 4-H programs. Lessons can be taught as a series or as onetime workshops. Available at <a href="http://CalFresh Healthy Living, UC Website">CalFresh Healthy Living, UC Website</a>	Aligned with Common Core Standards – Math and English Language Arts; Next Generation Science Standards K-6	English	Yes – Located in Google Drive	Practice Tested	Teacher Observation Tool; Youth Intent to Change; What Did You Learn?; Teacher Tasting Tool
Youth Participatory Action Research (YPAR) - Stepping Stones (Middle and High School)	PHI	This curriculum provides youth with the opportunity to engage their leadership, critical thinking, problem-solving, service learning, and strategic-thinking skills to address issues that that affect their communities, ultimately resulting in community change.  Available at <a href="http://CDPH.gov">CDPH.gov</a>	N/A	English	No	Practice Tested	YPAR Student Survey (Retrospective); YPAR Project Assessment (optional)

California's CalFresh Healthy Living, with funding from the United States Department of Agriculture's Supplemental Nutrition Assistance Program – USDA SNAP, produced this material. These institutions are equal opportunity providers and employers. For important nutrition information, visit [www.CalFreshHealthyLiving.org](http://www.CalFreshHealthyLiving.org)

## CalFresh Healthy Living, UC Approved Curricula List

Title	Source	Description	Common Core Standards Addressed	Language	Virtual Delivery Materials	Tier	Evaluation Tool
WAVE: Sports Nutrition Curriculum	Oregon State Extension	<p>The WAVE Sport Nutrition Curriculum uses youth's interest in sports to teach them about healthy eating and hydration to fuel a healthy, active body for life. This knowledge helps athletes manage body weight and avoid unwanted weight gain in adulthood. The curriculum was pilot-tested with high school soccer players, but the content is applicable to all active adolescents and can be adapted for youth involved in many different sports and activities. The curriculum contains seven modules with powerpoint slides and instructor notes. Free download from website.</p> <p>Available at: <a href="https://catalog.extension.oregonstate.edu/em9218">https://catalog.extension.oregonstate.edu/em9218</a></p>	Yes	English	Yes	Practice Tested	Contact State Office

### Family-Centered

Title	Source	Description	Common Core Standards Addressed	Language	Virtual Delivery Materials	Tier	Evaluation Tool
Eat and Play Together! (grades 1-3 and caregiver)	UC ANR	<p>A nutrition and physical activity curriculum for 6-8 year old children and their parents. Families learn how healthy snacks and fun physical activity contribute to health. The curriculum is designed for child-adult pairs to learn about nutrition and fitness while having fun together. Curriculum can be used after school and with 4-H programs.</p> <p>Available at <a href="#">CalFresh Healthy Living, UC Website</a></p>	N/A	English/Spanish	Yes – Located on Google Drive	Practice Tested	Teacher Tasting Tool; Teacher Observation Tool; Adult Physical Activity Survey; Intent to Change
Healthalicious (grades 4-6 and caregiver)	UC ANR	<p>This curriculum promotes a healthy lifestyle in students by encouraging intake of nutrient rich foods and physical activity. This curriculum is designed to give students a fun introduction to preparing and eating healthy meals. This family centered curriculum can be used after school for grades 4-6, with programs such as 4-H.</p> <p>Available at <a href="#">ANR Catalog</a></p>	N/A	English	No	Practice Tested	Teacher Observation Tool; Youth Intent to Change; What Did You Learn?; Teacher Tasting Tool

# CalFresh Healthy Living, UC Approved Curricula List

TWIGs: Teams for Intergenerational Support (grades K-8)	UCANR	This curriculum connects gardening with nutrition for children in K-8 <sup>th</sup> grade in an effort to positively influence participants’ food choices through the development and harvesting of a vegetable garden. Curriculum can be used during school, after school and with 4-H programs. Lessons can be taught as a series or as onetime workshops. Available at <a href="#">CalFresh Healthy Living, UC Website</a>	Aligned with Common Core Standards – Math and English Language Arts; Next Generation Science Standards K-6	English	Yes – Located on Google Drive	Practice Tested	Teacher Observation Tool; Youth Intent to Change; What Did You Learn?; Teacher Tasting Tool
--	-------	--	--	---------	-------------------------------	-----------------	---

# CalFresh Healthy Living, UC Approved Curricula List

## Pilot List

The following curricula are currently being piloted to determine if they are appropriate for Use with the CalFresh Healthy Living, UC Programs. If you are interested in using this curriculum, please contact Tammy McMurdo ([tjmcmurdo@ucdavis.edu](mailto:tjmcmurdo@ucdavis.edu)) in the CFHL-UC State Office.

### Adult Program Curriculum - Pilot

Curriculum Title	Source	Description	Language	Virtual Delivery Materials	Tier	Evaluation Tool
Around the Table for Youth and Young Adults	Leah's Pantry	<p>Around the Table for Youth and Young Adults is a curriculum that upholds principles of trauma-informed engagement and nourishment. Participants enjoy hands-on cooking, facilitated conversations, and interactive activities that build healthy connection to food, self, and community. This is a six-week curriculum designed for groups of 7-15 youth, aged 14-21. It can be conducted in community spaces with or without a kitchen.</p> <p>Leah's Pantry has approved Around the Table to be delivered via a virtual format. Modifications may not be made to handouts, but permission is given to create slides based on workbook pages although Leah's Pantry has slides available for download to partners. Modifications can be made with regard to lesson delivery to take advantage of virtual platform capabilities. Some virtual lesson plans are available for download to partners, although we expect that partners will need to modify delivery strategies based on their situation.</p> <p>Available at: Contact Leah's Pantry; Training must be completed to access curriculum</p>	English	Yes - See curriculum description	Practice Tested	Contact the State Office Evaluation Team
Around the Table: Nourishing Families	Leah's Pantry	<p>Around the Table for Youth and Young Adults is a curriculum that upholds principles of trauma-informed engagement and nourishment. Participants enjoy hands-on cooking, facilitated conversations, and interactive activities that build healthy connection to food, self, and community. This is a six-week curriculum designed for groups of 7-15 youth, aged 14-21. It can be conducted in community spaces with or without a kitchen.</p> <p>Leah's Pantry has approved Around the Table to be delivered via a virtual format. Modifications may not be made to handouts, but permission is given to create slides based on workbook pages although Leah's Pantry has slides available for download to partners. Modifications can be made with regard to lesson delivery to take advantage of virtual platform capabilities. Some virtual lesson plans are available for download to partners, although we expect that partners will need to modify delivery strategies based on their situation.</p> <p>Available at: Contact Leah's Pantry; Training must be completed to obtain access to curriculum.</p>	English, Spanish	Yes - See curriculum description	Emerging	Contact the State Office Evaluation Team

## CalFresh Healthy Living, UC Approved Curricula List

Curriculum Title	Source	Description	Language	Virtual Delivery Materials	Tier	Evaluation Tool
Families Eating Smart, Moving More	North Carolina State University	Families Eating Smart, Moving More (FESMM) is a direct education intervention designed to improve dietary intake, increase daily physical activity, and improve home food safety practices, food resource management, and food security.  Available at: Contact the State Office	English	Yes	Practice Tested	Contact the State Office Evaluation Team
Healthy Eating, Active Living (HEAL) Toolkit for Community Educators	NEOPB	NEOPB adaptation of Fruit, Vegetable and Physical Activity Toolbox for Community Educators with shortened lessons. Toolkit contains 7 lessons and handouts. Lessons must be provided in a series (Section 1-7). Section 8 is optional. Section 4 - Choose Healthy Beverages can be used as a single session.  Available at: Contact State Office	English, Spanish Chinese, Vietnamese and Hmong Other: Simplified Chinese; Japanese; Tagalog; Korean	No	Practice Tested	Contact the State Office Evaluation Team
Choose Healthy Beverages (Heal Toolkit)	NEOPB	HEAL Toolkit, Section 4 60-minute single lesson for adults. Includes MyPlate, label reading, link with chronic disease, types of sugary drinks, calculation of sugar and drinks low in sugar. Available at: Contact State Office	English	No	Practice Tested	Contact the State Office Evaluation Team
Learn it, Grow it, Taste it	UC ANR	Curriculum developed to address the unique needs of individuals enrolled in special education and special day classes. The curriculum will focus on nutrition, gardening, physical activity, eating behaviors and mental wellness. There will be approximately twelve lessons within the curriculum. Curriculum can be used in schools and ECE settings. Available at: Contact State Office	English	No	Practice Tested	Contact the State Office Evaluation Team

# CalFresh Healthy Living, UC Approved Curricula List

## Youth Program Curriculum - Pilot

Title	Source	Description	Common Core Standards Addressed	Language	Virtual Delivery Materials	Tier	Evaluation Tool
Around the Table for Youth and Young Adults (High School)	Leah's Pantry	<p>Around the Table for Youth and Young Adults is a curriculum that upholds principles of trauma-informed engagement and nourishment. Participants enjoy hands-on cooking, facilitated conversations, and interactive activities that build healthy connection to food, self, and community. This is a six-week curriculum designed for groups of 7-15 youth, aged 14-21. It can be conducted in community spaces with or without a kitchen.</p> <p>Leah's Pantry has approved Around the Table to be delivered via a virtual format. Modifications may not be made to handouts, but permission is given to create slides based on workbook pages although Leah's Pantry has slides available for download to partners. Modifications can be made with regard to lesson delivery to take advantage of virtual platform capabilities. Some virtual lesson plans are available for download to partners, although we expect that partners will need to modify delivery strategies based on their situation.</p> <p>Available at: Contact Leah's Pantry; Training must be completed to access curriculum</p>	Not addressed	English	Yes - See curriculum description	Practice Tested	Contact the State Office Evaluation Team
Nourish – Food + Community (Middle and High School)	WorldLink	<p>Program for middle and high school about food systems and sustainability. 7 lessons, 12 class periods. The lessons can be used as standalone or together. Includes curriculum guide and DVDs. Must include disclaimer: USDA does not promote organic over conventional produce, or fresh over frozen/ canned produce. Follow usual SNAP-Ed guidelines, e.g. non-disparagement of food products. Wake Up video: include discussion of other SSBs, not just sodas. School Lunch video: include discussion of changes made to school lunch regulations since video was made. May be taught as single or series-based sessions.</p> <p>Available at: Contact State Office</p>	N/A – National Health Education and NGSS (Unverified)	English and Spanish	No	Practice Tested	Contact the State Office Evaluation Team
Learn it, Grow it, Taste it (Elementary, Middle, High School)	UC ANR	<p>Curriculum developed to address the unique needs of individuals enrolled in special education and special day classes. The curriculum will focus on nutrition, gardening, physical activity, eating behaviors and mental wellness. There will be approximately twelve lessons within the curriculum. Curriculum can be used in schools and ECE settings.</p> <p>Available at: Contact State Office</p>	Not yet addressed	English	No	Practice Tested	Contact the State Office Evaluation Team



# CalFresh Healthy Living, UC Approved Curricula List

Title	Source	Description	Common Core Standards Addressed	Language	Virtual Delivery Materials	Tier	Evaluation Tool
Stanford Youth Diabetes Coaching Program (High school)	Stanford University School of Medicine	<p>This curriculum facilitates partnerships between medical training programs and high schools serving youth from socioeconomically disadvantaged and underrepresented communities. A “train the trainer” model is used with medical residents (and other health professional trainees) train high school students to coach family members with diabetes or other chronic illnesses. Lessons incorporate evidence-based approaches to chronic disease management, highlighting healthy eating and physical activity behaviors.</p> <p>Available at: Contact the state office</p>	No – after school program	English	yes	Research Tested	Contact the state office
Teens CAN: Comprehensive Food Literacy in Cooking, Agriculture, and Nutrition (High School)	Center for Nutrition in Schools	<p><i>Teens CAN: Comprehensive Food Literacy in Cooking, Agriculture, and Nutrition</i> was designed with the intention of improving food literacy of high school-aged adolescents, typically aged 13–18 years. Food literacy is comprised of overlapping knowledge and skills that are required to maintain a healthy eating pattern. This includes understanding where food comes from and being able to prepare meals that meet nutrition recommendations. Food literacy has been conceptualized for Teens CAN into three overarching topic areas: agriculture, nutrition, and cooking. Concepts within these topic areas include the food supply chain, food environments, nutrition recommendations, meal planning, food safety, and cooking techniques. The lessons are geared toward adolescents and are taught in an engaging way. Free download from website.</p> <p>Available at: <a href="https://cns.ucdavis.edu/resources/classroom/teens-can-curriculum">https://cns.ucdavis.edu/resources/classroom/teens-can-curriculum</a></p>	No	English	Yes, not yet posted	Practice tested	Contact state office
Teen Cuisine (High School)	Virginia Tech	<p>Teen Cuisine is a cooking curriculum designed to teach youth (grades 6-12) important life skills to promote optimal health. The curriculum addresses key concepts about nutrition, food preparation/cooking, food safety, and physical activity by using approaches and strategies that enhance learning and behavior change.</p> <p>Available at: <a href="https://viriniatech.qualtrics.com/jfe/form/SV_ai46XPqCF7ZUYOV">https://viriniatech.qualtrics.com/jfe/form/SV_ai46XPqCF7ZUYOV</a></p>	N/A	English	Yes	Practice Tested	Contact state office