

This is Section II of the *Nutrition Education Resource Guide*, published 2011 by the California Department of Education. The purpose of this guide is to provide an instructional resource for California schools, from kindergarten through grade twelve, to implement effective, standards-based nutrition education programs for students.

The complete publication is available at <http://www.cde.ca.gov/ls/nu/he/nerg.asp>.

II. Recommended Instructional Resources

As mentioned in previous sections, the nutrition competencies are an essential tool for identifying and selecting grade-appropriate resources for planned, sequential instruction. The California Department of Education, the American Cancer Society, the California Department of Public Health, the Centers for Disease Control and Prevention, and other leaders in health and nutrition recommend a planned, sequential, and standards-based nutrition education curriculum for kindergarten through grade twelve. Using a standards-based approach is especially important because schools can ensure that students develop the knowledge, attitudes, and skills needed to avoid risky nutrition behaviors and maintain and improve their lifelong health.

Users of this guide can select lessons and activities from this section to form the core nutrition curriculum and to provide supplemental activities for students to practice skill development in nutrition education.

Organization

The recommended instructional resources in this section are divided into two lists: (1) recommended nutrition education curricula, and (2) recommended supplemental instructional materials. Each list shows the overarching nutrition competencies addressed in each resource. The instructional resources are described more fully in appendix A, “Descriptions of Recommended Instructional Resources.”

Development of the Lists and Matrixes

The lists are a subset of research-based resources that the California Healthy Kids Resource Center (CHKRC) identified and reviewed. The items on the lists were reviewed for accuracy and effective use of research-based strategies for instruction set forth by the CHKRC. The criteria are described in this section.

A distinction was made to distinguish between “curriculum” and “instructional materials.” For example, to be categorized as curricula



versus a supplemental instructional material, the nutrition education resource must be comprehensive and taught sequentially. Therefore, some of the recommended instructional materials, although excellent resources, are not included on the curricula list because they do not need to be taught in a sequential manner, or they may focus more narrowly on a specific area of nutrition, such as gardening.

Below is a description of each list:

- **Recommended Nutrition Education Curricula.** The list includes the California-adopted health education programs and selected nutrition-specific curricula. The versions reviewed for this guide support the 2005 *Dietary Guidelines for Americans*, *MyPyramid*,* the Nutrition Facts label, and grade-level Nutrition and Physical Activity standards in the HECS. In addition, the authors provide lessons for specific grade levels; state that lessons are organized for planned, sequential instruction; and include connections with other content standards (e.g., science, math, language arts). Materials from this list can form the foundation of instruction.
- **Recommended Supplemental Instructional Materials.** The list includes materials developed by the California Department of Education and the California Department of Public Health, as well as other nutrition and physical activity titles. The versions reviewed for this guide also align with the 2005 *Dietary Guidelines for Americans*, *MyPyramid*, and the Nutrition Facts label and include lessons and activities to support the grade-level nutrition and physical activity in the HECS. However, these resources do not meet the criteria for recommended “curricula.”

A team of nutrition experts from the California Department of Education, CHKRC, and the Network for a Healthy California, along with other experts in the field, evaluated the nutrition education curricula and instructional materials to identify which nutrition competencies were addressed. This information was used to develop the matrixes.

The lists are by no means exhaustive; other nutrition education curricula and materials could meet the criteria described previously but were not reviewed at the time this guide went to press.

About the California Healthy Kids Resource Center Lists. The instructional resource lists from the CHKRC are updated annually and posted on the CHKRC Web site (<http://www.californiahealthykids.org>). To borrow items free of charge from anywhere in California for four weeks, call the CHKRC at 1-888-318-8188 or order online. To obtain descriptions, order numbers, or publisher and purchase infor-

**MyPyramid* has been replaced with *MyPlate*, a new tool released by the USDA to accompany the 2010 *Dietary Guidelines for Americans*. When this publication went to press, the nutrition education resources had not been updated to reflect this change. See item 7 in appendix B to obtain tips on adapting lessons to *MyPlate*.

mation for any of these materials, please see the CHKRC information page linked to each title on the CHKRC Web page.

Criteria for Evaluating Nutrition Curricula. The CHKRC regularly reviews nutrition, physical activity, and health instructional resources for accuracy, instructional design, use of research-based teaching strategies, and alignment with the California HECS. The CHKRC includes an additional review of evaluation research to designate programs with evidence of effectiveness as research-validated. The criteria for evaluating research-based and research-validated nutrition education materials can be found on the CHKRC Web site at <http://www.californiahealthykids.org/c/@y814qZRg5bUdl/Pages/mrb.html> (accessed July 22, 2011).

References

American Cancer Society. 2007. *National Health Education Standards: Achieving Excellence*. 2nd ed.

The National Health Education Standards (NHES) offer educators the framework for planning and implementing comprehensive health education instruction for pre-K through grade twelve. This recognized reference for health education in the United States may be obtained at <http://www.cancer.org/NHES> (accessed August 25, 2011).

U.S. Department of Health and Human Services and the U.S. Department of Agriculture. 2010. *Dietary Guidelines for Americans, 2010*.

The following matrix displays the recommended curricula and the nutrition education competencies they address. Some curricula and textbooks contain lessons targeted toward specific grades. In those cases, the curriculum for that grade level was reviewed for how well it matched a similar grade-level cluster for the nutrition competencies. This matrix was created by an expert group of teachers, curriculum specialists, and nutrition educators, using the California Healthy Kids Resource Center’s “Recommended Curricula for Nutrition and Physical Activity Instruction, Kindergarten through Grade Twelve.”

The overarching nutrition competencies are listed on page 49.

Recommended Nutrition Education Curricula

Title of Recommended Curriculum	Kindergarten														
	Overarching Nutrition Competencies														
	1a	1b	1c	1d	1e	1f	1g	1h	2	3	4	5	6	7	8
Balance My Day Audience: Kindergarten–grade 5 Healthy Kids Challenge	X	X	X	X		X	X		X	X	X	X		X	X
Building a Healthy Me Audience: Kindergarten Dairy Council of California	X	X	X		P	X	X		X			X		X	X
CATCH Jump Into Health Audience: Kindergarten Regents of the University of California and Flaghouse, Inc.		X	X			X	X				X	X	X	X	X
Eating Healthy from Farm to Fork Audience: Kindergarten–grade 2 University of California Cooperative Extension, Agriculture and Natural Resources	X	X	X	X	X	X	X	X	X		X	X		X	X
Health & Wellness Audience: Kindergarten–grade 8 Macmillan/McGraw-Hill	X	X	X		X	X	X		X	X	X	X	X	X	X
Linking Science and Nutrition Audience: Kindergarten–grade 8 California Department of Public Health and Network for a Healthy California Lessons evaluated: Kindergarten		X				P				P				X	

X = meets competency. P = partially meets competency.

Grades 1–2

Title of Recommended Curriculum	Overarching 2010 Nutrition Competencies														
	1a	1b	1c	1d	1e	1f	1g	1h	2	3	4	5	6	7	8
Balance My Day Audience: Kindergarten–grade 5 Healthy Kids Challenge	X	X	X	X		X	X		X	X	X	X		X	X
CATCH Everyday Foods for Health Audience: Grade 1 Regents of the University of California and Flaghouse, Inc.	X	X	X		X	X	X				X	X	X	X	X
CATCH Celebrate Health Audience: Grade 2 Regents of the University of California and Flaghouse, Inc.	X	X	X		X	X	X	X	X	X	X	X	X	X	X
Eating Healthy from Farm to Fork Audience: Kindergarten–grade 2 University of California Cooperative Extension, Agriculture and Natural Resources Lessons evaluated: Grade 1	X	X	X	X		X	X	X			X			X	X
Eating Healthy from Farm to Fork Audience: Kindergarten–grade 2 University of California Cooperative Extension, Agriculture and Natural Resources Lessons evaluated: Grade 2	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Health & Fitness Audience: Kindergarten–grade 6 Harcourt Lessons evaluated: Grade 1	X	X	X		X	X	X	X	X	X	X	X	X	X	X
Health & Fitness Audience: Kindergarten–grade 6 Harcourt Lessons evaluated: Grade 2	X	X	X		X	X	X	X	X	X	X	X	X	X	X

X = meets competency. P = partially meets competency.

Grades 1–2 (continued)

Title of Recommended Curriculum	Overarching 2010 Nutrition Competencies														
	1a	1b	1c	1d	1e	1f	1g	1h	2	3	4	5	6	7	8
Health & Wellness Audience: Kindergarten–grade 8 Macmillan/McGraw-Hill Lessons evaluated: Grade 1	X	X	X		X	X	X		X	X	X	X	X	X	X
Health & Wellness Audience: Kindergarten–grade 8 Macmillan/McGraw-Hill Lessons evaluated: Grade 2	X	X	X	X	X	X	X		X	X	X	X		X	
Healthy Choices, Healthy Me! Audience: Grades 1–2 Dairy Council of California Lessons evaluated: Grade 1	X	P	X	X	X	X	X	X	X			X		X	X
Healthy Choices, Healthy Me! Audience: Grades 1–2 Dairy Council of California Lessons evaluated: Grade 2	X	X	X	X		X	X	X	X			X		X	X
Linking Science and Nutrition Audience: Kindergarten–grade 8 California Department of Public Health and Network for a Healthy California Lessons evaluated: Grade 2						P						P			

X = meets competency. P = partially meets competency.

Grades 3–4

Title of Recommended Curriculum	Overarching 2010 Nutrition Competencies														
	1a	1b	1c	1d	1e	1f	1g	1h	2	3	4	5	6	7	8
Balance My Day Audience: Kindergarten–grade 5 Healthy Kids Challenge	X	X	X	X			X	X	X	X	X	X		X	X
CATCH Hearty Heart & Friends Audience: Grade 3 Regents of University of California and Flighthouse, Inc.						X				X	X		X	X	X
CATCH Taking Off Audience: Grade 4 Regents of University of California and Flighthouse, Inc.			X						X	X	X	X	X	X	
Eat Well & Keep Moving Audience: Grades 4–5 Harvard School of Public Health/Human Kinetics	X	X	X			X				X	X	X	X	X	
Fruits and Vegetables for Health Audience: Grades 4–6 California Foundation for Agriculture in the Classroom	X	X				X	X	X	X	X		X	X	X	
Health & Fitness Series Audience: Kindergarten–grade 6 Harcourt Lessons evaluated: Grade 3	X	X	X	X	X	X	X		X	X	X	X		X	X
Health & Fitness Series Audience: Kindergarten–grade 6 Harcourt Lessons evaluated: grade 4	X	X			X		X			X		X	X		
Health & Wellness Audience: Kindergarten–grade 8 Macmillan/McGraw-Hill Lessons evaluated: Grade 3	X	X	X	X	X	X	X		X	X	X	X	X	X	X

X = meets competency. P = partially meets competency.

Grades 3–4 (continued)

Title of Recommended Curriculum	Overarching 2010 Nutrition Competencies														
	1a	1b	1c	1d	1e	1f	1g	1h	2	3	4	5	6	7	8
Health & Wellness Audience: Kindergarten–grade 8 Macmillan/McGraw-Hill Lessons evaluated: Grade 4	X	X	X	X	X	X	X	X	X	X	X	X		X	X
Linking Science and Nutrition Audience: Kindergarten–grade 8 California Department of Public Health and Network for a Healthy California Lessons evaluated: Grade 4						X				X	X		X	X	X
Nutrition Pathfinders Audience: Grades 4–5 Dairy Council of California			X							X	X	X	X	X	
Nutrition to Grow On Audience: Grades 4–6 California Department of Education	X	X	X			X				X	X	X	X	X	
Shaping Up My Choices Audience: Grade 3 Dairy Council of California	X	X				X	X	X	X	X		X	X	X	

X = meets competency. P = partially meets competency.

Grades 5–6

Title of Recommended Curriculum	Overarching 2010 Nutrition Competencies														
	1a	1b	1c	1d	1e	1f	1g	1h	2	3	4	5	6	7	8
Balance My Day Audience: Kindergarten–grade 5 Healthy Kids Challenge	X	X	X	X			X	X	X	X	X	X		X	X
Choice, Control, & Change Audience: Grades 6–8 Teachers College, Columbia University		X	X		X	X			X	X	X	X	X	X	
Decisions for Health Audience: Grades 6–8 Holt, Rinehart, & Winston Lessons evaluated: Grade 6	X	X	X		X	X		X	X	X	X	X	X	X	
Eat Well & Keep Moving Audience: Grades 4–5 Harvard School of Public Health/Human Kinetics	X	X	X			X				X	X	X	X	X	
Exercise Your Options Audience: Middle school Dairy Council of California	X	X	X			X			X	P	X	X	X	P	X
Farm to Table & Beyond Audience: Grades 5–6 Teachers College, Columbia University							X	X	X					X	X
Fruits and Vegetables for Health Audience: Grades 4–6 California Foundation for Agriculture in the Classroom	X	X				X	X	X	X	X		X	X	X	
Health and Fitness Series Audience: Kindergarten–grade 6 Harcourt Lessons evaluated: Grade 5	X	X	X		X	X	X	X	X	X			X	X	X
Health and Fitness Series Audience: Kindergarten–grade 6 Harcourt Lessons evaluated: Grade 6	X	X	X		X	X	X	X	X	X			X	X	X

X = meets competency. P = partially meets competency.

Grades 5–6 (continued)

Title of Recommended Curriculum	Overarching 2010 Nutrition Competencies														
	1a	1b	1c	1d	1e	1f	1g	1h	2	3	4	5	6	7	8
Linking Science and Nutrition Audience: Kindergarten–grade 8 California Department of Public Health and Network for a Healthy California Lessons evaluated: Grade 5		P			X	X				X		X		X	
Nutrition Essentials Audience: Grades 6–8, with applications for grade 9 United States Department of Agriculture, Team Nutrition		X	X			P				X		X		P	
Nutrition Pathfinders Audience: Grades 4–5 Dairy Council of California	X	P	X			X	X		X	X	X	X	X	X	X
Nutrition to Grow On Audience: Grades 4–6 California Department of Education	X	X	X			X	X	X	X	X	X	X	X	X	X
Power of Choice Audience: Grades 6–12 United States Department of Agriculture		X	X			X	X		X	X	X	X	X	X	X
Teen Health 1, 2, and 3 Audience: Grades 6–8 Glencoe/McGraw-Hill Lessons evaluated: Course 1	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X

X = meets competency. P = partially meets competency.

Grades 7–8

Title of Recommended Curriculum	Overarching 2010 Nutrition Competencies														
	1a	1b	1c	1d	1e	1f	1g	1h	2	3	4	5	6	7	8
Choice, Control, & Change Audience: Grades 6–8 Teachers College, Columbia University	X	X	X		X	X		X	X	X	X	X	X	X	
Decisions for Health Audience: Grades 6–8 Holt, Rinehart & Winston Lessons evaluated: Grade 7	X	X	X		X	X	X		X	X	X	X	X	X	
Decisions for Health Audience: Grades 6–8 Holt, Rinehart & Winston Lessons evaluated: Grade 8	X	X			X	X									
EatFit Audience: Grades 6–8 University of California Cooperative Extension, Agriculture and Natural Resources			X			X			X	X			X	X	X
Exercise Your Options Audience: Middle school Dairy Council of California	X	X	X		X	X	X		X	P	X	X	X	P	X
Health & Wellness Audience: Kindergarten–grade 8 Macmillan/McGraw-Hill Lessons evaluated: Grade 7	X	X			X		X		X	X	X	X	X	X	
Health & Wellness Audience: Kindergarten–grade 8 Macmillan/McGraw-Hill Lessons evaluated: Grade 8	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Linking Science and Nutrition Audience: Kindergarten–grade 8 California Department of Public Health and Network for a Healthy California Lessons evaluated: Grade 7	X	X	X			X	X	X	X	X	X	X	X	X	X

X = meets competency. P = partially meets competency.

Grades 7–8 (continued)

Title of Recommended Curriculum	Overarching 2010 Nutrition Competencies														
	1a	1b	1c	1d	1e	1f	1g	1h	2	3	4	5	6	7	8
Linking Science and Nutrition Audience: Kindergarten–grade 8 California Department of Public Health and Network for a Healthy California Lessons evaluated: Grade 8	X		X		X	X	X			P				X	
Nutrition Essentials Audience: Grades 6–8, with applications for grade 9 United States Department of Agriculture, Team Nutrition	X	P	P	P		X	P			P			X	P	
Planet Health Audience: Middle school Harvard School of Public Health/Human Kinetics	X	X	X			X			X	X	X		X	X	X
Power of Choice Audience: Grades 6–12 United States Department of Agriculture, Team Nutrition	X		X			X	X		X	X	X		X	X	X
Teen Health 1, 2, and 3 Audience: Grades 6–8 Glencoe/McGraw-Hill 2005 Lessons evaluated: Course 2	X	X	X	X	X	X	X	P	X	X	X	X	X	X	X
Teen Health 1, 2, and 3 Audience: Grade 8 Glencoe/McGraw-Hill 2005 Lessons evaluated: Course 3	X	X	X	X		X			X	X	X	X		X	X

X = meets competency. P = partially meets competency.

Grades 9–12

Title of Recommended Curriculum	Overarching 2010 Nutrition Competencies														
	1a	1b	1c	1d	1e	1f	1g	1h	2	3	4	5	6	7	8
Nutrition Essentials Audience: Grades 6–8, with applications for grade 9 United States Department of Agriculture, Team Nutrition	P	P	X			P				P		P	P	P	
Power of Choice Audience: Grades 6–12 United States Department of Agriculture, Team Nutrition			X			X	X		X		X	X	X	X	

X = meets competency. P = partially meets competency.

Recommended Supplemental Instructional Materials

The following matrix displays the recommended supplemental materials and the overarching nutrition competencies they address. Some instructional materials contain lessons for certain grades. In those cases, the materials for the grade level were reviewed for how well they matched a similar grade-level cluster for the nutrition competencies. As mentioned in the overview of this section, this matrix was created by an expert group of nutrition educators, using the California Healthy Kids Resource Center’s “Supplemental List of Instructional Materials for Nutrition and Physical Activity, Kindergarten through Grade Twelve.”

The overarching nutrition competencies are listed on page 49.

Recommended Supplemental Material	Overarching 2010 Nutrition Competencies														
	1a	1b	1c	1d	1e	1f	1g	1h	2	3	4	5	6	7	8
Color Me Healthy Audience: Preschool–kindergarten North Carolina State University	P	X	X		X	P		P	X	X		X		P	P
Cooking with Kids Audience: Kindergarten and grades 2–5 Santa Fe Partners in Education Lessons evaluated: Kindergarten		X			X		X	X				X		X	X
Deal Me In! Food and Fitness Audience: Kindergarten–grade 6 Dairy Council of California Lessons evaluated: Kindergarten–grade 2		P	X			X					P	X	X		X
Eat Smart, Play Hard Audience: Kindergarten–grade 4 United States Department of Agriculture, Food and Nutrition Service Lessons evaluated: Ages 3–4 and 5–7	X				X	X					X	P			
Harvest of the Month Audience: Kindergarten–grade 12 California Department of Public Health	P	P			X	X	X	X	P	X	X	X		P	X
Kids Cook Farm-Fresh Food Audience: Kindergarten–grade 8, with applications for grades 9–12 California Department of Education	P				X		X	X				P			X

X = meets competency. P = partially meets competency.

Kindergarten (continued)

Recommended Supplemental Material	Overarching 2010 Nutrition Competencies														
	1a	1b	1c	1d	1e	1f	1g	1h	2	3	4	5	6	7	8
Project R.E.A.D. Together Audience: Kindergarten Iowa State University, Cooperative Extension					X		X	X		X			X	X	X
Reading Across MyPyramid Audience: Kindergarten–grade 2 University of California Cooperative Extension, Agriculture and Natural Resources Lessons evaluated: Kindergarten/First grade	X	X	X	X	X	X	X		X			X	X	X	X

X = meets competency. P = partially meets competency.

Grades 1–2

Recommended Supplemental Material	Overarching 2010 Nutrition Competencies														
	1a	1b	1c	1d	1e	1f	1g	1h	2	3	4	5	6	7	8
Cooking with Kids Audience: Grades 2–3 Santa Fe Partners in Education	P	X			X		X	X	P			X		X	
Deal Me In! Food and Fitness Audience: Kindergarten–grade 6 Dairy Council of California		P	X		X	X					P	X	X		X
Eat Smart, Play Hard Audience: Kindergarten–grade 4 United States Department of Agriculture, Food and Nutrition Service Lessons evaluated: Ages 5–7 and 8–10			X			P							P		
The Growing Classroom Audience: Grades 2–6 National Gardening Association Lessons evaluated: Grade 2	X	X	X			X		X	X	X				X	X
Harvest of the Month Audience: Kindergarten–grade 12 California Department of Public Health	X	P	P			P		P	P		P	X	P	P	X
Kids Cook Farm-Fresh Food Audience: Kindergarten–grade 8, with applications for grades 9–12 California Department of Education							X	X	P					X	
MyPyramid for Kids Audience: Grades 1–6 United States Department of Agriculture Lessons evaluated: Level 1 (grades 1–2)		X	X												
Reading Across MyPyramid Audience: Kindergarten–grade 3 University of California Cooperative Extension, Agriculture and Natural Resources		X	X	X	P	X	X		X	P		X	X	X	
Recharge! Audience: Grades 2–6 Action for Healthy Kids		X	X		X	X				X	X		X	X	X

X = meets competency. P = partially meets competency.

Grades 3–4

Recommended Supplemental Material	Overarching 2010 Nutrition Competencies														
	1a	1b	1c	1d	1e	1f	1g	1h	2	3	4	5	6	7	8
Children's Power Play! Community Youth Organization and Resource Kit Audience: Grades 4–5 California Department of Public Health Lessons evaluated: Grade 4		P	P			P	P		X		X		X		X
Children's Power Play! School Idea and Resource Kit Audience: Grades 4–5 California Department of Public Health Lessons evaluated: Grade 4	X	P	P			P	P		P	X	X	X	X	P	X
Cooking with Kids Audience: Kindergarten and grades 2–5 Santa Fe Partners in Education Lessons evaluated: Grade 3	X	P				P	P	P				X		X	
Cooking with Kids Audience: Kindergarten and grades 2–5 Santa Fe Partners in Education Lessons evaluated: Grade 4	X	P				P	P								
Deal Me In! Food and Fitness Audience: Kindergarten–grade 3 Dairy Council of California Lessons evaluated: Grades 3–6	X	P				P	P							X	
Eat Smart, Play Hard Audience: Kindergarten–grade 4 United States Department of Agriculture, Food and Nutrition Service Lessons evaluated: Ages 8–10	X	X													
The Growing Classroom Audience: Grades 2–6 National Gardening Association	X	X	X			X		X	X	X				X	X
Harvest of the Month Audience: Kindergarten–grade 6 California Department of Public Health	X	X	X			X	X			X	X				X

X = meets competency. P = partially meets competency.

Grades 3–4 (continued)															
Recommended Supplemental Material	Overarching 2010 Nutrition Competencies														
	1a	1b	1c	1d	1e	1f	1g	1h	2	3	4	5	6	7	8
<i>Kids Cook Farm-Fresh Food</i> Audience: Kindergarten–grade 8, with applications for grades 9–12 California Department of Education							X	X	P					X	
<i>MyPyramid for Kids</i> Audience: Grades 1–6 United States Department of Agriculture Lessons evaluated: Level 3 (grades 5–6)	X	X			X						X		X		X
<i>Reading Across MyPyramid</i> Audience: Kindergarten–grade 3 University of California Cooperative Extension, Agriculture and Natural Resources Lessons evaluated: Grade 3	X	X	X			X	X				X		X		X
<i>Recharge!</i> Audience: Grades 2–6 Action for Healthy Kids		X	P			X			P	X	P		X	X	X

X = meets competency. P = partially meets competency.

Grades 5–6

Recommended Supplemental Material	Overarching 2010 Nutrition Competencies														
	1a	1b	1c	1d	1e	1f	1g	1h	2	3	4	5	6	7	8
Children's Power Play! Community Youth Organization and Resource Kit Audience: Grades 4–5 California Department of Public Health Lessons evaluated: Grade 5							P		X		X				X
Children's Power Play! School Idea and Resource Kit Audience: Grades 4–5 California Department of Public Health Lessons evaluated: Grade 5		X	P			P	X		X	X	X	X	X	X	X
Cooking with Kids Audience: Kindergarten and grades 2–5 Santa Fe Partners in Education Lessons evaluated: Grade 5			X					P				X		X	
Deal Me In! Food and Fitness Audience: Kindergarten–grade 6 Dairy Council of California Lessons evaluated: Grades 3–6	P	P	P			P	P			P		P		P	
Do More Watch Less Audience: Grades 6–8 California Department of Public Health							P				P		P	P	
Empowering Youth Audience: Grades 6–12 United States Department of Agriculture, Food and Nutrition Service		X				X			X	X	X	X	X	X	X
Food Safety from Farm to Fork Audience: Grades 5–7 California Foundation for Agriculture in the Classroom							X							P	
The Growing Classroom Audience: Grades 2–6 National Gardening Association Lessons evaluated: Grades 5–6	X	X	X			X		X	X	X			X	X	X

X = meets competency. P = partially meets competency.

Grades 5–6 (continued)															
Recommended Supplemental Material	Overarching 2010 Nutrition Competencies														
	1a	1b	1c	1d	1e	1f	1g	1h	2	3	4	5	6	7	8
Harvest of the Month Audience: Kindergarten–grade 12 California Department of Public Health		P	X			P		P	X	X	X		X	P	X
Kids Cook Farm-Fresh Food Audience: Kindergarten–grade 8, with applications for grades 9–12 California Department of Education					X		X	X	P			P		P	
Media-Smart Youth Audience: Grades 6–8 National Institute of Child Health and Human Development		X				X			X	X			X	X	X
MyPyramid for Kids Audience: Grades 1–6 United States Department of Agriculture Audience: Grades 5–6		X		P					X	X	X			X	X
Nourish: Food + Community Audience: Middle school, with applications for high school WorldLink Initiative								X	X		X				X
Recharge! Audience: Grades 2–6 Action for Healthy Kids		X	X		X	P				X			X	X	X

X = meets competency. P = partially meets competency.

Grades 7–8

Recommended Supplemental Material	Overarching 2010 Nutrition Competencies														
	1a	1b	1c	1d	1e	1f	1g	1h	2	3	4	5	6	7	8
Do More, Watch Less Audience: Grades 6–8 California Department of Public Health				P		X					P		P		
Empowering Youth Audience: Grades 6–12 United States Department of Agriculture, Food and Nutrition Service	X					X			X	X	X	X	X	X	X
Finding Solutions for Hunger Audience: Middle and high schools World Hunger Year	X	P	P	X		X		X	X	X	X	P			P
Food Safety from Farm to Fork Audience: Grades 5–7 California Foundation for Agriculture in the Classroom							X							P	
Harvest of the Month Audience: Kindergarten–grade 12 California Department of Public Health	P		P			P	X	P	P					X	X
Kids Cook Farm-Fresh Food Audience: Kindergarten–grade 8, with applications for grades 9–12 California Department of Education							X	X						X	
Nourish: Food + Community Audience: Middle school, with applications for high school WorldLink Initiative							P	X	X		X		P		X
Media-Smart Youth Audience: Grades 6–8 National Institute of Child Health and Human Development	X	X			X	X			X	X			X	X	X

X = meets competency. P = partially meets competency.

Grades 9–12

Recommended Supplemental Material	Overarching 2010 Nutrition Competencies														
	1a	1b	1c	1d	1e	1f	1g	1h	2	3	4	5	6	7	8
Empowering Youth Audience: Grades 6–12 United States Department of Agriculture, Food and Nutrition Service		X				X			X	X	X	X	X	X	X
Finding Solutions for Hunger Audience: Middle and high schools World Hunger Year	P	P	P	X		P	P	X	P	P	P	P		X	X
Harvest of the Month Audience: Kindergarten–grade 12 California Department of Public Health	P		P			P	P	P		P	P		P	X	X
Healthy Weight for Teens Audience: Grades 9–12 Channing Bete Company		P	X			P			P	P	X	P	X	P	
Jump Start Teens Audience: Grades 9–12 California Project LEAN	P	P	P	P		X			X	X	X	X	X	X	X
Kids Cook Farm-Fresh Food Audience: Kindergarten–grade 8, with applications for grades 9–12 California Department of Education							X	X						X	
Nourish: Food + Community Audience: Middle school, with applications for high school WorldLink Initiative							P	X	P	P	P	P			X

X = meets competency. P = partially meets competency.

Overarching Nutrition Competencies

Knowledge Level (competency 1)

1. All students will know the relationships among nutrition, physiology, and health.
 - a. Know the six nutrient groups and the functions.
 - b. Know nutrition and health guidelines.
 - c. Know factors affecting energy balance.
 - d. Describe how nutritional needs vary throughout the life cycle.
 - e. Identify the physiological processes in digestion, absorption, and metabolism of nutrients.
 - f. Explain the influence of nutrition and physical activity on health.
 - g. Know the principles of handling (growing, harvesting, transporting, processing, storing, and preparing) foods for optimal food quality and safety.
 - h. Consider the interactions among nutrition science, ecosystems, agriculture, and social systems that affect health, including local, national, and global perspectives.

Skill Levels (competencies 2–8)

2. All students will demonstrate the ability to analyze internal and external factors influencing food choices and health outcomes.
3. All students will demonstrate the ability to access and analyze nutrition information, products, and services and analyze the accuracy and validity of nutrition claims.
4. All students will demonstrate the ability to use interpersonal communication skills to optimize food choices and health outcomes.
5. All students will demonstrate the ability to use decision-making skills to optimize food choices and health outcomes.
6. All students will demonstrate the ability to use goal-setting skills to enhance nutrition and health.
7. All students will demonstrate the ability to practice nutrition-related behaviors that reduce risk and promote health.
8. All students will demonstrate the ability to promote and support a sustainable, nutritious food supply and healthy lifestyles for families and communities.