

## Chart A: Preliminary Curriculum List

Name of Curriculum	Organization	Grade	Description	Contact Information	Cost/ Availability	Evaluated
5 Plus 5	The Bureau of Health Promotion, Iowa Department of Public Health	All Ages	The 5+5 manual provides background information, suggestions for community development, and program design ideas for nutrition and physical activity programs and resources.	Only available in manual form or contact Sandi Ryan, M.S., R.D., (515) 281-5462	Need to order	No--too narrow. Not enough information.
A Garden in Every School	California Department of Education, Nutrition Services Division	K-12	It has been shown that the students who have participated in the school garden project discovered fresh food and the ability to make healthier food choices.			No--too narrow; only about gardens.
Adapted Physical Education Program	Rivieria Middle School	Grade K-12	The goal is to teach students with disabilities lifetime wellness skills.	<a href="http://www.actionforhealthykids.org/AFHK/what_s_working/profile.php?programid=217">www.actionforhealthykids.org/AFHK/what_s_working/profile.php?programid=217</a>		No--focused on disabilities
Body Walk	Kansas Department of Education	K-5	Body Walk is a 35' x 45' enclosed walk-through exhibit representing the human body. Students tour the exhibit with Power Panther (the USDA mascot) as their tour guide.	<a href="http://www.bodywalk.org/BW_Sched_Mail/Schedule%20Letter%202005-2006.pdf">www.bodywalk.org/BW_Sched_Mail/Schedule%20Letter%202005-2006.pdf</a>		No, not a curriculum. More an activity

Body Weight and Body Image Lessons for Adolescents	PA Department of Education via voluntary school districts.	Grade 6-12	The content in this program is designed to promote healthy eating practices, normal physical activity patterns, and positive body image to effectively help students attain a lifelong healthy weight.	<a href="http://www.pde.state.pa.us/food_nutrition/cwp/vi/ew.asp?a=5&amp;Q=58600&amp;food_nutritionNav= 3303">www.pde.state.pa.us/food_nutrition/cwp/vi/ew.asp?a=5&amp;Q=58600&amp;food_nutritionNav= 3303</a>	Says that it is available on the web, but I couldn't find the actual lessons. You may have to have a log in to the site to get the lessons.	No--too narrow: body image.
Breakfast at Brunch	Action for Healthy Kids, Gothenburg, Nebraska Public Schools	Grade 6-12	At 9:30 am each school day, breakfast is taken to classrooms. Students and teachers are able to choose from yogurt, baked items, fresh fruit and milk.			No. Breakfast focus.
Breakfast in the Classroom	Action for Healthy Kids, Sodexo, RI Westerly School	Grade K-5	Food service provides coolers filled with a nutritious breakfast to each classroom. Students are able to eat the meal whenever they are hungry.			No. Breakfast focus.
C.A.T.C.H. (Child and Adolescent Trial for Cardiovascular Health)	National Institute of Health (National Heart, Lung, and Blood Institute)	Grades 3-5	This program is based on four components: food service, physical education, classroom curricula, and family involvement. It includes eating and exercise programs that use goal setting, role models, and	Order from FlagHouse: <a href="http://www.flaghouse.com/history.asp">http://www.flaghouse.com/history.asp</a>	Need to order: Curriculum for each grade about \$40. Additional workbooks and activity kits	Yes. Scientific evaluation. Each grade has own curriculum book. Teacher training available-? Cost

Celebrate America	National Cattleman's Beef Association	Grades 4-5	This is a multicultural program that provides lessons in social studies, language arts, art, math, and nutrition. Each student will have the opportunity to explore the foods and traditions of their own individual culture as well as others.	<a href="http://www.teachfree.com/onlineCelebrateAmerica.aspx">www.teachfree.com/onlineCelebrateAmerica.aspx</a>		No. Only social studies--to narrow.
Changing the Course	American Cancer Society	1-12: different curriculum all integrated, early elem, upper elem, middle and secondary	A behavioral approach is used, involving acquisition of pertinent background information, evaluation of personal intake patterns, decision-making skills, goal-setting, and evaluation of success in achieving goals. The curriculum involves about 20 hours of action-oriented core instruction, five hours of optional activities, and 10-15 hours of home assignments. Educational strategies involve independent activities such as individual food records,			No. I have not been able to find this currently available. It was published 1997 so may be a little out of date. But, this was very good.
Changing the Scene	USDA - Team Nutrition	Grade K-12	Changing the Scene was developed to examine the current school nutrition environment, develop a plan for improvement, and put the plan into action.	<a href="http://www.fns.usda.gov/tn/Resources/changing.html">www.fns.usda.gov/tn/Resources/changing.html</a>		No. Not a curriculum.

Children & Weight--What Communities Can Do	University of California, Berkley - Center for weight and health	NA	Materials are based on the belief that the best way to approach the issue of childhood overweight is to create environments that promote healthy eating and physically active lifestyles.	<a href="http://nature.berkeley.edu/cwh/activities/child_weight2.shtml">nature.berkeley.edu/cwh/activities/child_weight2.shtml</a>		No. Not a curriculum. Focused on community policy.
Community Nutrition Action Kit	Team Nutrition	PreK-12	This kit improves the health and education of children by creating innovative public and private partnerships that promote food choices for a healthful diet through the media, schools, families, and the community.	<a href="http://www.fns.usda.gov/tn/Resources/cnak.html">www.fns.usda.gov/tn/Resources/cnak.html</a>		No. Not a curriculum. A kit from USDA.
Cooking with Heart and Soul	School-Based Health Center, ProvisoEast High School, Maywood, Illinois	Grade 9-12	Students and their families are given the opportunity to learn how to prepare healthy, easy-to-make, affordable meals. Each week, a different guest chef attends the session. The session then ends with a 15 minute nutrition presentation.	Carolyn Read, email: <a href="mailto:readc12@hotmail.com">readc12@hotmail.com</a>	Not downloadable	No. More of a program than a curriculum.
Cooking with Kids	Albuquerque Public Schools Food & Nutrition Department	Grade K-5	Cooking with Kids is a multicultural food education program that works to improve the quality of children's nutrition by incorporating hands-on learning about culturally diverse foods that are healthy and appealing.	<a href="http://ww2.aps.edu/users/apsedumain/Data/Files/91kidscook.html">ww2.aps.edu/users/apsedumain/Data/Files/91kidscook.html</a>		No. Not scientifically researched. Needed trained demonstrators in the classroom. Available free for NM.
Discovering the Food System	Cornell University, Jennifer Wilkins, Marcia Eames-Sheavly	Grade 6-12	This program contains instructional lessons designed to help you better understand how nutrition, diet, and the food system are connected.	<a href="http://www.cce.cornell.edu/foodsys/">www.cce.cornell.edu/foodsys/</a>		No. More focused on food systems.

Dole 5-A-Day Nutrition Education Program	Dole Food Company, 5-a-day	Grade K-5	This program offers education materials free of charge to U.S. elementary schools to encourage children and their families to eat 5-9 servings of fruits and vegetables every day to promote	<a href="http://www.dole5aday.com/Teachers/ClassroomResources/Instructional/T_Create5ADCclassroom.jsp">www.dole5aday.com/Teachers/ClassroomResources/Instructional/T_Create5ADCclassroom.jsp</a>		No. Focused on fruits and vegetables. Already free for educators.
Eat Healthy, Eat Breakfast. A Behavior Change Campaign	Michigan State University Extension, Michigan Family Independence Agency USDA Food and Nutrition Services	Grade 6-10	The kit includes 5 folders with resources to carry out the campaign in different settings. The 5 folders include: Introduction, School Interventions, Community Interventions, Media Interventions, and Resources	<a href="http://www.mnn.fcs.msue.msu.edu/EHEB.html">www.mnn.fcs.msue.msu.edu/EHEB.html</a>		No. Not a curriculum as much as a campaign.
Eat Smart, Play Hard	USDA - Food and Nutrition Services	PreK-12	This program offers a variety of information illustrating how a school can become an active participant in delivering positive Eat Smart. Play Hard messages in existing nutrition education and physical activity programs.	<a href="http://www.fns.usda.gov/eatsmartplayhard/Collection/Files/powerpack-order.pdf">www.fns.usda.gov/eatsmartplayhard/Collection/Files/powerpack-order.pdf</a>	Need to order	No. USDA; schools can have for free.
Eat Smart, Play Hard Campaign Overview	USDA - Food and Nutrition Services	PreK-12		<a href="http://www.fns.usda.gov/eatsmartplayhard/About/Files/campaign_overview.pdf">www.fns.usda.gov/eatsmartplayhard/About/Files/campaign_overview.pdf</a>	This is just an overview of the above program	No. USDA; schools can have for free.
Eat Well and Keep Moving	Lilian Cheung, Steven Bortmaker, and Hank Dart	Grade 4-5	This is a multifaceted program encompassing all aspects of the learning environment - from the classroom, the cafeteria, and the gymnasium to school hallways, the home, and even community centers	<a href="http://www.humankinetics.com/products/showproduct.cfm?isbn=0736030964">www.humankinetics.com/products/showproduct.cfm?isbn=0736030964</a>	Need to order; \$45.00	Yes. Scientific backing. Teacher training in power point to be available on the web.

Exemplary Physical Education Curriculum	Michigan Governor's Council on Physical Fitness, Health and Sports	Grade K-12	The Exemplary Physical Education curriculum is being used by thousands of teachers to strengthen physical education and its reputation. An in-service workshop is included with the curriculum.	<a href="http://www.michiganfitness.org/EPEC/default.htm">www.michiganfitness.org/EPEC/default.htm</a>	Need to order; \$760.00/kit	No. Only physical fitness. Too expensive to add as a supplement.
Fight Bac	Partnership for Food Safety Education	Grade K-12	This program teaches how to keep food safe from bacteria. It does this through four categories consisting of clean, separate, chill and cook.	<a href="http://portal.fightbac.org/pfse/toolsyoucanuse/curric/">portal.fightbac.org/pfse/toolsyoucanuse/curric/</a>		No. Lessons but not curriculum. Only focused on food safety.
Fit 4 Life	Center for Disease Control	Grade 5-12	Fit4Life gives quick tips on how to look and feel good both on the inside and outside. It gives ideas on fun things to do with friends. Fit4Life provides hints on eating healthy and getting active to keep your body and mind working the way it should.	<a href="http://www.bam.gov/fit4life/index.htm">www.bam.gov/fit4life/index.htm</a>		No. Not a curriculum. Just tips.
Fit For a King	American Academy of Pediatrics, ADA, National Cattlemen's Beef Association, Sugar Association	Grade 3-5	This program is designed to help children and their parents understand the role of nutrition and regular physical activity in a healthy lifestyle. A video is included which is presented in a format that is both entertaining and educational.	<a href="http://extension.usu.edu/aiftc/teachers/elementary/food.html">extension.usu.edu/aiftc/teachers/elementary/food.html</a>	Need to order	No. Only a video and worksheets.
Fit for a Princess	Cattlemen's Beef Board and National Cattlemen's Beef Association	Grade 2-6	To get the Princess ZIP patch, girls must complete 5 of the suggested activities including participation in performing the Fit for a Princess play, as a community service project.			No. Free of charge for junior girl scouts.

Food and Me	Team Nutrition - U.S.D.A.	PreK-K	By building on young children's attitudes toward and experiences with food, these activities help children learn the importance of eating a variety of foods.	<a href="http://www.fns.usda.gov/tn/Educators/scholastic.html">www.fns.usda.gov/tn/Educators/scholastic.html</a>	Need to order	No. USDA; schools can have for free.
Food and Nutrition for Every Kid	VanCleave, Janet	6-12 yrs	seems more like an activity book/experiments	<a href="http://www.amazon.com/exec/obidos/tg/detail/-/0471176664/103-3597660-7380608?v=glance">http://www.amazon.com/exec/obidos/tg/detail/-/0471176664/103-3597660-7380608?v=glance</a>	\$12.95	No. Not a curriculum, more just lessons. Also, more on food chemistry.
Food is Elementary	Antonia Demas, PhD, Food Studies Institute	Elementary	Food Is Elementary(c)2001 by Antonia Demas, Ph.D. is a unique curriculum integrating academic disciplines with food, nutrition, culture and the arts. The curriculum is a research-based program modeled after the award-winning Trumansburg, New York study "Food Education in the Elementary Classroom." This study, the Cornell University doctoral thesis of Dr. Antonia Demas published in 1995, proved that a food-based curriculum results in dramatic dietary acceptance of diverse healthful foods among children in the elementary school lunch program. Additionally, the study showed that a hands-on, experiential food-based curriculum provides academic enrichment for all students	<a href="http://www.foodstudies.org/curriculum/">http://www.foodstudies.org/curriculum/</a>	training \$500/day, curriculum \$25 but price may change with revised version.	Yes

Food on the Run	California Project LEAN	Grade 9-12	The mission of FOR is to increase healthy eating and physical activity among low-income high school students as a way to improve health and reduce the risk of chronic disease.	<a href="http://www.californiaprojectlean.org/resourceLibrary/genResourceLibraryDetail.asp?CGUID=%7B20693109%2DA65A%2D4447%2D8260%2DD5D47902B022%7D&amp;CIID=resources%5F1032&amp;CIV=1&amp;CATNID=1048&amp;CATNGUID=%7B52E16AC8%2D0D78%2D4B11%2DA0C2%2DB839B1AA155%7D">www.californiaprojectlean.org/resourceLibrary/genResourceLibraryDetail.asp?CGUID=%7B20693109%2DA65A%2D4447%2D8260%2DD5D47902B022%7D&amp;CIID=resources%5F1032&amp;CIV=1&amp;CATNID=1048&amp;CATNGUID=%7B52E16AC8%2D0D78%2D4B11%2DA0C2%2DB839B1AA155%7D</a>	\$30 for Food on the Run and Policy kit	Yes. Scientific evaluation. Two parts.
Food Time - An Integrated Approach to Teaching Nutrition	Team Nutrition - U.S.D.A.	PreK-2	The materials contained in the FoodTime kit will help you teach the basics of healthy eating in a lively way that engages students and takes the message beyond the classroom to the school cafeteria and into students' homes.			No. USDA; schools can have for free.
Fun for Students	Team Nutrition - U.S.D.A	Grade K-12	This is a website for kids to go to play games and learn about the importance of nutrition and exercise.	<a href="http://www.fns.usda.gov/tn/students/fun/resources.html">www.fns.usda.gov/tn/students/fun/resources.html</a>		No. USDA.
Generation Fit	American Cancer Society	Grade 5-12	Through Generation Fit, students can take part in community service projects that promote more physical activity and healthier eating habits.	<a href="http://www.cancer.org/docroot/COM/content/div_PA/COM_11_2x_PreventionDetection_Programs.asp?sitearea=COM">www.cancer.org/docroot/COM/content/div_PA/COM_11_2x_PreventionDetection_Programs.asp?sitearea=COM</a>		No. Activities rather than curriculum

Get Growing - From the Ground UP	USDA - Team Nutrition	Grade K-12	This program involves the students in actively growing a garden. By working with school food service personnel, products from the garden can be used to prepare dishes.	<a href="http://www.fns.usda.gov/TN/Educators/Garden/index.html">www.fns.usda.gov/TN/Educators/Garden/index.html</a>		No. USDA; schools can have for free.
Hands on Health: The activity guidebook for working with teens	FoodPlay Productions	Grade 5-12	The guidebooks has information on hundreds of activities including role plays, theater games, response papers, website research, cooperative learning activities, and projects to make a difference in the world.	<a href="http://foodplay.com/store/storebooks.html">http://foodplay.com/store/storebooks.html</a>	Need to order; \$40	No. Guidebook with ideas and handouts not curriculum.
HealthSmart	ETR Associates	Grade K-12	HealthSmart is designed to help children and youth establish healthy behaviors to prevent establishment of the risky behaviors of youth identified by the Centers for Disease Control and Prevention.	<a href="http://pub.etr.org/healthsmart/index.html">http://pub.etr.org/healthsmart/index.html</a>	\$300 per grade	No. All health aspects not just nutrition.
Healthy Hearts	eLearning for kids, Inc	Grade 5-6	Healthy Hearts is an internet instructional module designed to teach students about cardiovascular health, focusing on the effects of physical activity, nutrition, and tobacco use on the heart.	<a href="http://www.healthyhearts4kids.org/">www.healthyhearts4kids.org/</a>	Free	No. Web-based. Free to those who sign up
Healthy K.I.D.S.	The Children's Health Fund's National Children's Health Project Network	Grade 6-8	Program includes 4 quarterly newsletters written in English and Spanish that contain simple, kid-friendly tips on making healthy lifestyle changes. Each issue focuses on a food group and includes ideas for activities and games.	<a href="http://www.childrenshealthfund.org/publications/healthed.php#kids">www.childrenshealthfund.org/publications/healthed.php#kids</a>	Free	No. Lesson plans and newsletters available online.

How to Teach Nutrition to Kids	Connie Evers	6-12 yrs		<a href="http://www.nutritionforkids.com/aboutbook.htm#toc">http://www.nutritionforkids.com/aboutbook.htm#toc</a>	\$20	Yes
Jump into Foods and Fitness	Michigan State University Extension	Grade 3-5	Uses hands-on fitness and nutrition activities to teach children how to develop a healthier lifestyle that will improve their overall health	<a href="http://web1.msue.msu.edu/cyf/youth/jiff/">http://web1.msue.msu.edu/cyf/youth/jiff/</a>	Need to order; \$13.50--no longer in stock	No. Unable to assess--out of print.
Jump Start Teens	California Project LEAN	Grade 9-12	JumpStart reinforces curriculum with creative, stand-alone lessons that integrate physical activity and nutrition. This program also supports team building among teachers, coaches, parents, and the community.	<a href="http://www.californiaprojectlean.org/resourceLibrary/genResourceLibraryDetail.asp?CGUID=%7BADB65808%2D35E1%2D49E7%2DBB4F%2D1AA965ADC3DA%7D&amp;CID=res%5F1041&amp;CIV=1&amp;CATNID=1034&amp;CATNGUID=%7BF3D36CCC%2D0F4B%2D4C1E%2D90A8%2DB6561043607C%7D">www.californiaprojectlean.org/resourceLibrary/genResourceLibraryDetail.asp?CGUID=%7BADB65808%2D35E1%2D49E7%2DBB4F%2D1AA965ADC3DA%7D&amp;CID=res%5F1041&amp;CIV=1&amp;CATNID=1034&amp;CATNGUID=%7BF3D36CCC%2D0F4B%2D4C1E%2D90A8%2DB6561043607C%7D</a>	\$14 per copy plus tax and shipping	Yes. Scientifically researched. Many awards.
Kitchen Science	University of Maryland, USDA Food Stamp Program, Team Nutrition	Grade 5-8	Each lesson states intended objectives and provides background information for educators. There is at least one activity per lesson and each lesson is followed by evaluation questions for all participants.	<a href="http://www.nal.usda.gov/foodstamp/Library/highlightapril2004.html">http://www.nal.usda.gov/foodstamp/Library/highlightapril2004.html</a>	Need to order; \$15.00	No. More focused on food chemistry and food safety. Scientifically evaluated.

Leader's Guide for Foods Curriculum	Cooperative Extension work in Agriculture and Home Economics, State of Indiana, Purdue University	Grade 4-12	This guidebook is designed to help youth develop both project skills (skills specific to the foods subject matter) and life skills (skills related to the process of completing an activity)	<a href="http://www.humec.ksu.edu/fnp/primary.html#Approved%20Primary%20Curriculum">www.humec.ksu.edu/fnp/primary.html#Approved%20Primary%20Curriculum</a>		No. Lessons and handouts.
Leafy Greens	Leafy Greens Council, North Carolina Department of Agriculture, Northeast Marketing	Grade 3-5	This program is designed to encourage younger consumers the nutritional benefits and the cancer fighting elements of leafy greens.	<a href="http://www.leafy-greens.org/lessonplans.html">www.leafy-greens.org/lessonplans.html</a>		No. Online lessons and free additional materials.
Nutrition	Creative Teaching Press	2-3 grade	This series incorporates required subjects and skills for second and third-grade students while engaging them in an exciting and meaningful theme. each 64-page book includes: Language Arts, Math, Science and Social Studies standrds information, numerous comprehensive activities. Also includes, multiple choice and short-answer standards-based assessments.	<a href="http://www.creativeteaching.com/c/@6klo3a1sn7jCE/Pages/product.html?nocache@9+record@P42057">http://www.creativeteaching.com/c/@6klo3a1sn7jCE/Pages/product.html?nocache@9+record@P42057</a>		
Nutrition Curriculum Activities for Kids	Bell, et al. Center for Applied Research in Education	5-8 grades level 1 and 9-12 grades level 2	facilitate and promote nutrition			No. Out of date.
Nutrition Pathfinders	Dairy Council of California	Grade 3-5	The "Camp Eatawella" CD-ROM simulates a 3-day camp experience and addresses the day-to-day decisions that students make about food choices, physical activity, and interacting with other camp students	<a href="http://www.dairycouncilofca.org/edu/edu_prog_np.htm">www.dairycouncilofca.org/edu/edu_prog_np.htm</a>		No. Not a curriculum. Free. Does have a positive scientific evaluation.

Operation Fit Kids	American Council on Exercise	Grade 3-5	Each lesson has two parts: physical fitness in the classroom and healthy food choices. The "Think and Sink" message provides the theme for each lesson. Worksheets are provided for each lesson.	<a href="http://www.acefitness.org/ofk/youthFitness/">www.acefitness.org/ofk/youthFitness/</a>		No. Curriculum combines physical activity and nutrition but is available for free.
Pathways	National Heart, Lung, and Blood Institute	Grade 3-5	This program is designed to implement a culturally appropriate school-based intervention program that promotes healthy eating and increases physical activity.	<a href="http://hsc.unm.edu/pathways/download/downloads.htm">http://hsc.unm.edu/pathways/download/downloads.htm</a>		No. Good cultural component but can download for free from the internet.
Physical Best	National Association for Health and Fitness, Flag House, Cateye Fitness	Grade K-12	Physical Best is a comprehensive health related fitness education program designed to challenge, encourage, and educate all children to develop the knowledge, skills, and attitudes necessary for a healthy and fit life.	<a href="http://www.aahperd.org/naspe/physicalbest/template.cfm?template=resources.html#pb">www.aahperd.org/naspe/physicalbest/template.cfm?template=resources.html#pb</a>	\$30 for each curriculum--one elementary and one middle and high school	No. Only physical fitness but may be possible as a supplement to a nutrition curriculum.
Planet Health	Harvard--Jill Carter	Middle School	cross curricular physical activity and nutrition		\$45 with 20% discount	Yes. Scientifically based. Slide show teacher training.
Powermid	<i>Pouliot, Michael C., R.D.; Pouliot, Anastasia, M.P.H., R.D.</i>	one for middle school one for high school	nutrition, physical activity, leadership--helping high schoolers make good choices	<a href="http://www.fcoe.net/powermid/Pages/ForTeachers.asp">http://www.fcoe.net/powermid/Pages/ForTeachers.asp</a>	\$99.95	Yes--high school

Smart Food Shopping for Teens	University of Florida	Grade 8-12	This program is designed to give teens practical strategies to help them make informed decisions in the grocery store.	<a href="http://ifasbooks.ufl.edu/merchant2/merchant.mv?">http://ifasbooks.ufl.edu/merchant2/merchant.mv?</a>	Need to order - \$40	No. Not well rounded enough
Smart Stepping School Program	Creatvie Walking Inc.	Grade K-12	A creative walking program that incorporates movement, brain-based learning, walking, math-in-motion, health and physical education, and active living and learning	<a href="http://www.creativewalking.com/school-fm.html">www.creativewalking.com/school-fm.html</a>	Need to order	No. Not necessarily curriculum but a guidebook
SPARK	The SPARK researchers funded by Heart, Lung, and Blood Institute	Grade K-8	SPARK is designed to maximize class activity time, without sacrificing learning. All SPARK curricula are presented in a 3-ring binder for fast access to materials. Simply pull out a lesson, put it on a clipboard, and take it to class	<a href="http://www.sparkpe.org/curriculumLifelongWellness.jsp">www.sparkpe.org/curriculumLifelongWellness.jsp</a>	Need to order	No. \$79.00 per grouping --PE only
SyberShop	North Carolina State Univeristy Cooperative Extension	Grade 8-12	The 5 modules on the CD contain information on topics such as the Food Guide Pyramid, the activity pyramid, and food label reading. In addition, one module consists of a virtual food court and another discusses how the media affects body image	<a href="http://www.ces.ncsu.edu/wake/fce/nutrition/sybershop.html">www.ces.ncsu.edu/wake/fce/nutrition/sybershop.html</a>	Need to order	No. More lessons and activities not nescicarily curriculum
Take 10	International Life Sciences Institute Center For Health Promotion	Grade K-5	The program provides integrated lessons that not only promote physical activity, but also reinforce academic learning objectives.	<a href="http://www.take10.net/whattistake10.asp?page=new">www.take10.net/whattistake10.asp?page=new</a>	\$79.00 per packet. 1-5 grade but each grade has own curriculum	no scientific studies but does incorporate across curriculum

The Great Body Shop	Children's Health Market	Grade 7-9	This is a comprehensive health education curriculum that covers a variety of health topics throughout the school year. A coordinated school health program can also be purchased.	<a href="http://www.thegreatbodyshop.net/frame.asp?NT=undefined">www.thegreatbodyshop.net/frame.asp?NT=undefined</a>	Need to order	No, this is scientifically studied but is more a curriculum for coordinated school health not just nutrition (only one section on food and one on physical activity).
The Power of Choice	Team Nutrition - U.S.D.A., FDA, FNS	Grade 6-7	This program is intended for an after school program. The package includes 10 interactive activities based on 4 posters, a recipe booklet, a parent letter, and nutrition fact cards.	<a href="http://www.fns.usda.gov/tn/Resources/power_of_choice.html">www.fns.usda.gov/tn/Resources/power_of_choice.html</a>	Need to order	No. USDA; schools can have for free.
yourSELF - Middle School Nutrition Education Kit	Team Nutrition - U.S.D.A	Grade 7-9	This kit was developed to help students understand how their decisions about eating patterns and physical activity today can affect the way they grow and their health for years to come.	<a href="http://www.fns.usda.gov/tn/educators/yourself.html">www.fns.usda.gov/tn/educators/yourself.html</a>		No, USDA.



Results: <a href="http://www.childtrends.org/Lifecourse/programs/ChildandAdolesentTrialforCardiovascularHealth.htm">http://www.childtrends.org/Lifecourse/programs/ChildandAdolesentTrialforCardiovascularHealth.htm</a>	













no nutrition	
