

FY 2011 Pennsylvania Nutrition Education TRACKS

Description of Nutrition Education Programming Tracks

SCHOOL-AGE TRACK

The School-Age Track is a statewide plan for provision of nutrition education to Supplemental Nutrition Assistance Program (SNAP) eligible individuals in Kindergarten through 12th grade and their caregivers. A caregiver component is required for school-age programming. This plan meets criteria established by USDA's Food & Nutrition Service for provision of Supplemental Nutrition Assistance Program Education (SNAP-Ed). Refer to the [SNAP-Ed Plan Guidance](#) for more information about these criteria.

Applicants are encouraged to participate in statewide initiatives identified in this Track. Applicants may provide other interventions that are consistent with requirements in this description. Applicants must address at least one School-Age objective to participate in this Track.

1. SCHOOL-AGE GOALS & OBJECTIVES

Goal 1: Demonstrate knowledge and behaviors consistent with USDA guidance as outlined in the *2005 Dietary Guidelines for Americans* and *MyPyramid/MyPyramid for Kids*.

Objective 1: Address nutrition and health factors related to fruit consumption so that students will:

1. Identify a variety of fruits (K-2)
2. State the recommended amounts of fruits to consume daily (3-12)
3. Identify at least two health benefits of eating fruits (3-12)
4. Consume recommended amounts of fruits (8-12)

Objective 2: Address nutrition and health factors related to vegetable consumption so that students will:

1. Identify a variety of vegetables (K-2)
2. State the recommended amounts of vegetables to consume daily (3-12)
3. Identify at least two health benefits of eating vegetables (3-12)
4. Identify the health benefits of vegetables from the different subgroups (3-12)
5. Consume recommended amounts of vegetables (8-12)

Objective 3: Address nutrition and health factors related to consumption of whole grains so that students will:

1. Identify a variety of whole grain foods (K-5)
2. State the recommended amounts of whole grain foods to consume daily (3-12)
3. Identify at least two health benefits of eating whole grain foods (3-12)

Objective 4: Address nutrition and health factors related to consumption of calcium-rich foods so that students will:

1. Identify a variety of calcium-rich foods (K-2)
2. State the recommended amounts of calcium-rich food to consume daily (3-12)
3. Identify at least two health benefits of consuming calcium-rich foods (3-12)
4. Specify why fat-free or low-fat milk products are recommended instead of whole milk products (6-12)

Objective 5: Address health factors related to being physically active every day so that students will:

1. Identify alternatives to sedentary activities (K-12)
2. Identify at least two health benefits of physical activity (K-12)
3. Specify the Dietary Guideline recommended amount of daily physical activity (60 minutes most days) (3-12)

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4. Meet recommended daily amounts of physical activity (8-12)

Objective 6: Address the concept that calorie intake from food and beverages should be balanced with calories expended so that students will:

1. Identify that energy comes from consuming food (K-12)
2. Demonstrate the ability to read food labels to determine the calorie content of food (3-12)
3. Identify how maintaining a balance between energy intake and energy output helps maintain a healthy weight (3-12)

Objective 7: Address nutrition and health factors related to consuming healthy snacks and beverages so that students will:

1. Identify a variety of healthy snacks (K-12)
2. Identify at least two reasons why eating snacks with lower fat and no added sugar is recommended instead of snacks with higher fat and added sugar (3-12)
3. Identify water and lower fat milks as healthier beverages options (K-12)
4. Identify 100% fruit juice (3-12)

Objective 8: Address nutrition and health factors related to eating a healthy breakfast most days so that students will:

1. State why it is important to eating a healthy breakfast (K-12)
2. Know that a variety of foods can be healthy breakfast foods (K-12)

2. DESCRIPTION OF SCHOOL-AGE INTERVENTIONS

a) Program Delivery

Statewide 4th Grade Core Intervention. TRACKS has established the *4th Grade Vegetable Core*, a defined intervention for fourth grade students consisting of four lessons that focus on the benefits of the vegetable group and its subgroups. Food tastings accompany all lessons to allow students the opportunity to taste a variety of vegetables while learning about ways vegetables can be quick and appetizing snacks. Lessons align with Pennsylvania Department of Education standards. Primary objectives are to increase knowledge and consumption of vegetables. Applicants working with 4th grade students are intended to implement this statewide intervention. Training and support are provided for delivery and evaluation of the *4th Grade Vegetable Core* lessons.

Maximizing the Message. In FY 2009, FNS (USDA) released the publication *Maximizing the Message: Helping Moms and Kids Make Healthier Food Choices* outlining 16 audience-tested core nutrition messages for use in the Federal nutrition assistance programs. Four of these messages are for mothers of elementary school-aged children, and five messages are for 8-10 year old children. A webinar training on use these messages is available at www.panutritiontracks.org. Applicants are strongly encouraged to incorporate FNS core nutrition messages into their into FY2011 proposal.

TRAILS. TRACKS Ready to Adopt and Implement Learning Structure (TRAILS) are being developed for partners with limited access to cost share. Currently topics relate to school-age participants. The current TRAILS (*TRAILS For Bones*) consists of four lessons that address the importance of calcium for middle school students. Applicants interested in receiving more information about TRAILS are encouraged to contact the ME for more details (patracks@psu.edu).

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Other Direct Education. Direct education is active participant engagement in the learning process with an educator and/or interactive media. Strategies for delivering direct education for the School-Age Track include: **series or single session classes** during the school day or in **afterschool** settings, **one-on-one** individual education, **multimedia** approaches, or **assembly** programs. Classes often incorporate games and/or food tastings. Brief, focused individual one-on-one education that may stand alone or may be used to reinforce messages delivered in other settings. Multimedia approaches incorporate web-based educational activities, computer games, video presentations, music, performance art, or other “non-traditional” educational elements. Assembly programs provide a means for reaching large groups at a relatively low cost per student. Applicants planning to use assembly programs are encouraged to extend and reinforce assembly messages with related follow-up nutrition education. For an activity to qualify as direct education, information on the number of individuals, SNAP participation, age, gender, and race/ethnicity must be collected. Allowable curricula and/or supporting materials may be used to provide direct education programming to supplement the statewide core intervention or to provide education in settings not conducive to statewide core intervention delivery. Only behaviorally focused, preventive programs that address TRACKS objectives can be funded. Curricula and materials use plans must be described in a TRACKS proposal.

Indirect Education. Indirect education is defined as the distribution of information and resources, including any mass communications, public events, and materials distribution that **DO NOT** meet the definitions of direct education. Indirect education is to be delivered to a defined eligible audience. Strategies for delivering indirect education include: **community events, newsletters, fact sheets, food tastings, and food/cooking, digital photo receiver (DPR) programs.** A DPR program for caregivers of school-age children (K-3) based on FNS core nutrition messages is available for local partners to enable them to strengthen their caregiver component through increased learning opportunities. A DPR on the importance of breakfast is also available for school-age participants at no cost to interested Local Partners.

b) Educational Materials

Allowable curricula and supporting materials for nutrition education delivered to school-age audiences are listed in the following tables. *Underlined items are hyperlinks to the resource named.*

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TITLE	AUTHOR/ DEVELOPER	DESCRIPTION	CAREGIVER MATERIALS INCLUDED
SCHOOL-AGE TRACK INITIATIVES			
Statewide 4 th Grade Vegetable Core Intervention	PA Nutrition Education TRACKS (USDA funded)	Four lesson for 4 th graders that focus on the benefits of the vegetable group and its subgroups; food tastings accompany each lesson and introduce a variety of vegetables to students; lessons align with PDE academic standards. English only. Cost: None	
Maximizing the Message: Helping Moms and Kids Make Healthier Food Choices	FNS, USDA	A guidebook outlining 16 audience-tested core nutrition messages for use in the Federal nutrition assistance programs. Four of these messages are for mothers of elementary school-aged children, and five messages are for 8-10 year old children. English only. Cost: None.	✓
TRAILS For Bones	PA Nutrition Education TRACKS (USDA funded)	A ready-to-use nutrition education intervention consisting of four lessons that address the importance of calcium for middle school students. In English. Contact the ME for more information (patracks@psu.edu).	
SCHOOL-AGE ADDITIONAL CURRICULA			
BodyWorks	Office on Women's Health, U.S. Dept. of HHS	10 session program for caregivers of adolescent females focusing on good nutrition, family food and physical activity habits, dialogue between caregivers and teens; teens attend 2 of 10 sessions. English only. Cost: None	✓
Book in A Bag	Kansas State University Extension	Curriculum using age-appropriate storybooks with food-related themes, hands-on food and nutrition activities. Each lesson is centered around the food groups of MyPyramid, family times or mealtimes and includes an activity, recipes and a Dear Parent letter. English only. Cost: None	✓
California Children's—Power Play! Campaign	CA Dept of Health Care Services and CA Dept of Public Health	10 lesson plans and classroom activities for 4 th and 5 th grade students. Includes parent tip sheets and teacher resource kits that promote fruit and vegetable consumption. In English & Spanish. Cost: None	✓
Choice, Control, & Change (C3)	Teachers College Columbia University	C3 is a module from Linking Food and the Environment (LiFE) curriculum series, an inquiry-based approach to teaching science and health concepts. C3 is targeted to 6-8 th grade students. English only. Cost: \$30 for teacher guide	

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Cooking With Kids	Lynn Walters and Jane Stacey	The program contains 3 spiral-bound, black and white curriculum guides and student journals (grades K-1, grades 2-3, and grades 4-6) which can be purchased individually or as a complete set. Engages elementary school children in hands-on learning with fresh and affordable food items from diverse cultures. Available in English and Spanish. Cost: \$150 for full set or \$55 for one grade	
EAT.RIGHT.NOW.	Compiled from various sources by the School District of Philadelphia	K-12 curriculum focusing on MyPyramid, healthy breakfast, snacks, beverages, calcium, fruits and vegetables, whole grains, food safety; lessons grouped by grade level; include lesson plans, worksheets. English only. Cost: None	
FRIDGE (Food Related Inter-generational Discussion Group Experiences)	Matt Kaplan, PhD -Penn State University	Program involving multiple generations within the family with the goal of fostering better communication and healthier food choices. English only. Cost: None	✓
Horizon Student Nutrition Guide	Horizon Software International	Horizon Student Nutrition Guide is a comprehensive interactive nutrition and activity education resource for grades K-12 using the CDC National Health Education Standards and state standards from all 50 states. English only. Cost: \$99 for pkg	
Kids Café	Commission on Economic Opportunity	18 lesson after school curriculum for grades 1-6 with focus on food safety and nutrition; lessons include interactive games. English only; Cost: None	
Media Smart Youth: Eat, Think and Be Active! chapters 1, 2 (only activity B), 4, 5, 6, 8, and 9	US DHHS, NIH, and NICHD	7 chapters for students ages 11 to 13 that discuss the connection between media and health by using nutrition and physical activity examples that encourage youth to build their media analysis skills. Includes classroom materials, student and caregiver handouts, recipes, food tasting ideas, and group activities. English only. Cost: None	✓
MyPyramid MyPyramid for Kids	USDA	Official USDA food guidance system; includes interactive “Tracker” feature, “Blast Off” game for kids. <i>MyPyramid for Kids</i> recommended for grades K-6. In English & Spanish. Cost: None	

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Nutrition Explorations: a) Little D's Nutrition Expedition b) Arianna's Nutrition Expedition c) Bridges to Wellness d) Food Model Activities	National Dairy Council	a) 10 lesson curriculum for 2nd grade; introduces the five food groups using stories, hands-on activities, and interactive video games. b) 8 lesson curriculum for 4th grade; explores MyPyramid for Kids using child characters, interactive games. c) Interactive lessons providing classroom instruction with school nutrition program-based activities for grades 5-10. d) Hands on activities for using life-size color photographs of commonly eaten foods. English only. Cost: None	
Pennsylvania Interdisciplinary Nutrition Curriculum	PDE (funded by USDA)	Interdisciplinary curriculum of 16 lessons for K-12 that incorporate nutrition and physical activity topics into lesson plans that align with PDE state academic standards. English only. Cost: None	
Power Panther Pals	Kansas State Dept. of Ed (funded by USDA Team Nutrition grant)	8-week health education program for 4-6th grade students to increase their fruit and vegetable consumption and physical activity; includes lesson plans, tastings, games and materials for caregivers. English only. Cost: None	✓
Professor Popcorn	Purdue University Cooperative Extension Service	Curriculum for grades 1-6 exploring MyPyramid; each lesson includes nutrition concepts, a nutrition activity, food safety activity, brief physical activity, cooking activity, take home material, and evaluation tool. English only. Cost: \$50	
ReCharge!	Action for Healthy Kids, NFL	After-school curriculum for grades 3-6 focusing on healthy food choices, energy balance, teamwork and goal setting. Curricula available in English. Parent newsletters available in English/Spanish. Cost: \$225 for kit	✓
Show Me Nutrition	University of Missouri Cooperative Extension	Curricula for grades K-8 emphasizing nutrition, physical activity, and related decision making skills. English only. Cost: \$20 for printed copies, \$30 for CD's	✓
Smart Food Shopping for Teens Lessons 1-5, 7	University of Florida Extension Services (2004)	Six approved lessons for teens that include topics and activities about making healthy food choices when shopping, fruits, vegetables, breakfast, and a grocery store scavenger hunt. Exclude lesson 6 for SNAP-Ed. English only. Cost: None	
Team Nutrition: Nutrition Essentials	USDA	Targeted to middle and high school; 6 lessons on MyPyramid, label reading, physical activity. Includes posters & handouts. English only. Cost: None	✓
Team Nutrition: The Power of Choice	USDA	Targeted to pre-teens/young teens; 10 topic lessons on dietary choices, decision making skills related to diet, and consumer skills. English only. Cost: None	✓

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The Heat Club (Healthy Eating, Active Time)	Tufts University, Friedman School of Nutrition	Includes 26 hands-on activities to use with elementary school children in after school programs in order to improve eating habits and increase physical activity levels. Also includes family tip sheets matched with specific activities. Available in English, Haitian Creole, Portuguese & Spanish. Cost: \$50	✓
SCHOOL-AGE SUPPORTING EDUCATIONAL MATERIALS			
Chew This!	School District of Philadelphia	DVD presentations on variety of nutrition subjects; include live actors, animation, celebrities, recipes, and follow-up activities; generally for elementary age. English only. Cost: None	
Digital Photo Receiver programs	Barbara Lohse, PhD, RD Robin Rifkin, MS	<i>Be Smart, Get a Good Start...Breakfast</i> Outlines the importance of breakfast and provides simple suggestions for a healthy breakfast. English only/ Cost: None	
The Dairy Spot	Mid-Atlantic Dairy Association	Downloadable activity sheets, guides, handouts, posters, games and tip sheets available for all grades. Focus on Calcium. Also includes materials for parents. English only. Cost: None	✓
Eat Smart. Play Hard	USDA-FNS	Activity sheets, lesson plans, games, for elementary age. Focus on physical activity and general nutrition. Power Panther and Slurp mascots. English only. Cost: None	✓
Food Smarts: MyPyramid for Kids DVD	Discovery Education	DVD for grades K-2 that features a diverse group of children in a summer camp setting learning about MyPyramid for Kids; uses concrete examples, games. English only. Cost: \$59.95	
Fruits and Veggies: More Matters -CDC site -PBH site	CDC/DHHS/ NCI/ Produce for Better Health Foundation	Previously 5-a-Day sites; promote fruit and vegetable consumption; feature nutrition information, daily need calculator, shopping/cooking tips, Q&A list, resources for professionals, and an “ask the expert” interactive feature. English only. Cost: None	✓
Fruit and Vegetables Coloring Book	Penn State Extension - Agriculture	20 page fruit and vegetable coloring book. English only. Cost: \$1.05 per book. (Publication #UK083)	
Game On! The Ultimate Wellness Challenge Fuel Up to Play toolkit	Action for Healthy Kids, USDA, DHHS, National Dairy Council, and NFL	-Year-long school-wide program that challenges schools, students, and families to increase healthy food choices and physical activity into their daily lives; English only. Cost: None -Wellness toolkit for 2009-2010 school year that includes poster clings, banners, fact sheets, logos, newsletter drop-ins, and press releases. English only. Cost: None	

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How to Teach Nutrition to Kids	Connie Evers, MS, RD	Resource for integrating nutrition into the classroom, cafeteria, and home environments. Gives guidelines for instilling positive food attitudes, and explains how to make <i>MyPyramid</i> and Nutrition Facts food labels meaningful to children. Includes over 200 activities. English only. Cost: \$19.95	✓
Learning Zone Express (School Nutrition and <i>MyPyramid</i> products only)	Learning ZoneXpress	Materials appropriate for K-12 th with key messages about healthy eating, physical activity, and <i>MyPyramid/MyPyramid for Kids</i> . Products include color worksheets, games, posters, table tents, banners, and nutrition education reinforcement items. In English & some in Spanish. Cost: Varies based on product.	
Milk Matters	NIH, NICHD, DHHS	Public health education campaign to promote calcium consumption among tweens/teens (ages 11-15). Website includes 3 lesson plans for teachers and supporting classroom materials including caregiver handouts, glossary of terms, and a calcium fact sheet. English only. Cost: None	✓
My Child, My Choices: Healthy eating when you are pregnant	University of Wisconsin-Extension	Colorful booklet for pregnant adolescents about nutrition, weight gain, taking care of self and baby, building decision-making skills. English only. Cost: \$2.00 per copy	
<i>MyPyramid</i> lesson plans, worksheets, handouts	University of Florida Extension & University of Missouri Extension	Food Group word scramble sheets, coloring sheets, <i>MyPyramid</i> word search, “how much of each food group” sheets English only. Cost: None <i>MyPyramid</i> lesson plans by grade level. Tip sheets for following <i>MyPyramid</i> , coloring pages English only. Cost: None	
Nutrition Fun with Brocc and Roll	Connie Evers, MS, RD	A 64-page activity guide including 42 pages of ready-to-copy activity sheets. Topics include self-assessment of current eating habits, goal setting, healthy snacking, gardening, food labels, and recipes. English only. Cost: \$14.95	✓
Nutrition Nuggets newsletters	Resources for Educators	Prepared nutrition newsletters targeting caregivers of elementary students; include nutrition tips, recipes, ideas for increasing physical activity. Schools/school districts purchase subscription allowing unlimited reproduction. In English & Spanish. Cost: \$198-\$618 (based on size of school district) \$99 extra for Spanish	✓
School Breakfast: Ready, Set, Go!	School Nutrition Association	Breakfast promotion campaign for students K-12 that encourages participation in school breakfast as part of National School Breakfast Week 2010. Materials include suggested tasting activities, brochures, student activity sheets, banners, lesson plans (grades 5-10), an art contest, and ideas for parental involvement. English only. Cost: None	✓

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State Nutrition Action Committee (SNAC) materials	PA NEN, PA DPW, PA Depts. of Ed., Health, Ag., Aging, WIC	Materials promoting fruit and vegetable consumption; newsletters appropriate for caregivers with some games, puzzles for children; downloadable materials to make bulletin boards or table displays. In English/Spanish. Cost: None	✓
Team Nutrition: Empowering Youth	USDA	Manual for after school programs and classrooms with youth 11-18. Contains hands-on activities that teach nutrition concepts. English only. Cost: None	✓
Team Nutrition: Team Up at Home	USDA	Targeted to caregivers of younger elementary age children. Includes dietary and activity guidance, recipes, activity tips, activity sheets for children. English only. Cost: None	✓
Wellness Ways Resource Book	University of Illinois Extension	Materials for teaching nutrition and healthy lifestyles include newsletters, activities, recipes and coloring books. English only. Cost: None	✓
CAREGIVER CURRICULA			
TITLE	AUTHOR/ DEVELOPER	DESCRIPTION	
Loving Your Family, Feeding Their Future, Nutrition Education Through the Food Stamp Program	USDA/FNS	4 discussion sessions covering nutrition and physical activity; includes staff support materials, participant handouts. Materials targeted and designed for English and Spanish speaking caregivers with children ages 2-18. In English & Spanish. Cost: None	
Eating Smart, Being Active	Colorado State and UC-Davis EFNEP	8 lessons for caregivers that focus on nutrition and physical activity. Topics include exercise, food resource management, vegetables, whole grains, calcium, limiting high sugar/fat/salt-containing foods, lean protein, & healthy snacks. English only. Cost: \$51.96 for Educator Guide	
Money for Food (Oct 2007 ed.)	University of Wisconsin Cooperative Extension	13 lessons focusing on food resource management and food security. English only. Cost: None	
Simply Good Eating (except Mom & Kids section <i>Baby Feeding Tips that Really Work</i>)	University of Minnesota Cooperative Extension	Three units focusing on: moms and kids, nutrition and physical activity as part of a healthy lifestyle, and cooking on a limited budget. The Moms & Kids section <i>Baby Feeding Tips that Really Work</i> is not approved for TRACKS. English only. Cost: Approximately \$25 per unit.	
CAREGIVER SUPPORTING EDUCATIONAL MATERIALS			
Be Active, Healthy, and Happy!	USDA/ DHHS	8 chapter resource guide that outlines the 2008 Physical Activity Guidelines for Americans; An accompanying toolkit also contains posters, flyers, and fact sheets that promote and explain the guidelines. English only. Cost: None	

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Finding Your Way to a Healthier You	USDA/ DHHS	80 page book with the complete 2005 Dietary Guidelines. Addresses dietary quality, energy balance, food labels, food safety, and alcohol use. English only. Cost: None to download; \$12.50 for 1 copy; \$106.00 for 25 copies.
On The Table (SNAP-Ed Information and Resource Pamphlet)	PA NEN	Pamphlet to be distributed to SNAP Heads of Household at CAOs & contains nutrition information, tips for food resource management and referrals to local SNAP-Ed programs; In English & Spanish, Cost: \$0.50/booklet.
Pick a Better Snack	Iowa Dept. of Public Health	Newsletters, recipes, focused on increasing fruit and vegetable consumption; participants can subscribe to website and receive "Food, Recipe, Activity of the Week". In English/Spanish. Cost: None

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3. EVALUATION PLANS FOR SCHOOL AGE INTERVENTIONS

All major areas of programming must include an evaluation. The following sections describe evaluation activities to be implemented by Local Partners.

a) School Age Track Process Evaluation

TRACKS partners are required to enter information about interventions delivered and demographic data on audiences served into the STARtracks (Statewide Technical and Administrative Reporting) web based reporting system. Data elements required for reporting to the TRACKS federal funding agency and provides process evaluation data are compiled by STARtracks providing process evaluation to guide local and statewide programming and evaluation efforts.

b) Statewide Outcome Evaluation

4th Grade Vegetable Core Intervention. The 4th Grade Vegetable Survey includes food preference, attitude, self-efficacy, and demographic items. Local Partner staff will be trained to administer the evaluation surveys to a sample of their 4th grade classrooms using a pretest/posttest protocol. Surveys are provided to Local Partners in scan-able format; Partners return completed surveys and evaluation materials to the TRACKS ME for processing.

8th-12th grade. Nutrition and physical activity items from the Youth Risk Behavior Survey (Kann et al, 1993) will assess targeted student behaviors. The modified YRBS will be administered to a sample of 8th-12th grade students. Surveys are provided to Local Partners in scan-able format; Partners return completed surveys and evaluation materials to the TRACKS ME for processing.

c) Applicant-Specific Evaluation

Curricula or interventions that are not addressed by statewide evaluation activities must include an evaluation to describe an evaluation plan (e.g. protocol for evaluation activities, description of survey(s), sampling plan, etc.) in a TRACKS proposal. All evaluation plans must be reviewed and approved by the TRACKS ME.