



Recommended 4-H Curricula

Following a national call for curricula, a peer review process was facilitated by the National 4-H Healthy Living Task Force using a curriculum review criteria rubric. This rubric was adapted from a CDC template for healthy eating, physical activity, mental and emotional health. (<http://www.cdc.gov/HealthyYouth/HECAT/index.htm>) Each piece of identified curricula was twice reviewed: once by a liaison from a Land Grant University and once by a Healthy Living Task Force member. After reviewing various curricula from across the county, the National 4-H Healthy Living Task Force has identified the following curricula as high quality, research based materials.

Jump Into Foods and Fitness

Developed by: Michigan State University

Ages/Grades: Ages 11-13/Grades 3-5

Available from: <http://web1.msue.msu.edu/cyf/youth/jiff/documents/JIFF-PromoFlyer.pdf>

This curriculum teaches kids about healthy food choices, increased physical activity and food safety. It is designed to be implemented by adults and older teens. "Jiff the Joey" sets the stage for each of the eight "Kangaroo Jumps" or sessions, utilizing the MyActivity Pyramid and the MyPyramid for Kids.

Food, Culture, and Reading

Developed by: University of Vermont

Ages/Grades: Grades 4-6

Available from: www.4-hmall.org/curriculum

This nutrition education curriculum uses a wide variety of experiential activities, to help youth recognize a variety of healthful foods within each MyPyramid food group, taste new foods from other cultures, explore the similarities of foods, and develop an understanding and appreciation of cultures that are different from their own.

Start Smart Eating & Reading

Developed by: Oregon State University

Ages/Grades: Ages 5-7/Grades K-2

Available from: <http://extension.oregonstate.edu/catalog/html/4h/4h6830/startsmart1.html>

This curriculum was designed to help children discover the importance of breakfast through reading and discussion of various children's literature books. The four modules each offer a no-cook food activity and other activities to reinforce the message about smart eating. "Breakfast Bites," a parent newsletter, takes the message into the home.

Health Rocks!

Developed by: University of Nebraska

Ages/Grades: Ages 9-14/Grades 5-8

Available from: <http://www.4-hmall.org/detail.aspx?ID=1633229>

Health Rocks!® is a three-part series of leader's curricula for a healthy living program, with the goal of bringing youth, families and communities across the United States together to reduce tobacco, alcohol and drug use by youth. Health Rocks! helps youth develop life skills in the area of critical thinking, decision-making, communication, managing feelings, stress management and goal setting to help them resist risky behaviors. It also provides accurate health information regarding statistics and consequences of youth tobacco, alcohol, and drug usage. The program is designed to be facilitated by teen/adult teams.