

Title	Target Age Level	State/Source	Brief Description of contents	Comments
<p>4th H for Health Challenge & Curriculum; updated 2016. https://extension.unh.edu/4-H-Healthy-Living/4thHChallenge</p>	<p>Ages 8 - 18/ Delivery methods could include: After-school; SPIN; 4-H club/healthy living 4th H focus.</p>	<p>Healthy Kids Out of School</p>	<p>4th H for Health Challenge includes a tracker and opportunity for clubs to promote healthy living during meetings. Focus on healthy snacks, water and physical activity! The new curriculum allows youth to dig deeper into the topics of health. A six week lesson plan includes fun, hands on activities to practice the 4th H as well as an additional challenge.</p>	
<p>4-H Cooking 101 - 401; 2015 - features My Plate http://www.4-hmall.org/Category/healthy-cooking.aspx</p>	<p>Ages 8 - 18/4-H Club Delivery Method: Progression of manuals from Beginner level to Advanced includes a Helpers Guide.</p>	<p>University of Illinois. Purchase from 4-H Mall. \$9.95 each. Sales throughout year.</p>	<p>The 4-H Cooking series teaches youth about food preparation, food and kitchen safety, food science, meal planning, and nutrition. Each manual builds on the skills learned in the previous level, and members complete project activities for each level in two to three years. All project recipes have been tested by University of Illinois Extension Nutrition and Wellness Educators.</p>	<p>This fits comments heard from H. Barker's informal 2016 leaders assessment: need for skills around cooking for different age and skill levels. Would also complement skill building toward a 4-H</p>

<p>Choose Health: Foods, Fun & Fitness; revised 2014 features My Plate http://fnec.cornell.edu/partners/curricula/chfff/</p>	<p>Ages 8 - 12, Grades 3 - 6. Delivery methods could include: After-school; SPIN; summer programs; 4-H club/healthy living 4th H focus.</p>	<p>Developed by Cornell. NH has purchased 5 revised sets of curriculum/kits currently housed in Coos, Merrimack, Sullivan, Rockingham & Hillsboro Counties.</p>	<p>Choose Health: Food, Fun, and Fitness (CHFFF) is an award-winning, research-based nutrition and fitness curriculum composed of six hands-on lessons. CHFFF uses experiential learning to teach healthy eating and active play, targeting behaviors research shows to be most important for preventing childhood obesity and chronic disease. Topics include replacing sweetened drinks with low-fat milk and water, eating more vegetables, fruits, and whole grains, eating fewer high-fat and high-sugar foods, and playing actively 60 minutes each day. CHFFF is aimed at a suggested group size of 10-12 children.</p>	<p>Potential to become a Nutrition Connections curriculum and be placed on evidence based list. State 4-H Healthy Living Liaison H. Barker is willing to do training with a interested volunteers (10 or more). Have four cooking demo kits to share with host counties as well.</p>
<p>What's On Your Plate? Exploring Food Science, 2014 http://www.4-hmall.org/Category/Science-Food-Science.aspx</p>	<p>Ages 11 & up, Grades 6 - 9; Progression of 4 units including facilitator guide and youth science journal. Delivery method could include 4-H club, SPIN, after school. Great way to explore Baking (Unit 1).</p>	<p>Developed by Washington State University Extension & University of Arizona. Cost: \$9.95 Youth Manual/\$12.95 Facilitation Guide</p>	<p>A comprehensive curriculum providing hands-on activities focused on the building blocks of food science using chemistry, biology, and math in a "kitchen laboratory" setting.</p>	<p>Potential to collaborate with STEM AoE. There is 1 State 4-H Healthy Living/Cooking Demo Kit available from H. Barker for any county to use.</p>

<p>Up for the Challenge: Lifetime Fitness, Healthy Decisions, Updated 2012. Features My Plate. https://extension.umd.edu/4-h/4-h-program-areas/challenge</p>	<p>Lessons target ages: school age, (8 -11), middle school, (12 - 14) and teen (15 - 18) and also include "combos". Delivery methods could include: any afterschool or 4-H club setting. Activities will also support the 4th H challenge effort.</p>	<p>NC & 4-H staff were provided with a copy of the revised curriculum. A PDF is also available on the UNHCE 4-H Healthy Living website or can be accessed directly from University of Maryland's website.</p>	<p>Up for the Challenge is a fitness, nutrition and health curriculum. This PDF, 290-page curriculum is divided into five chapters with each chapter containing multiple lessons in physical activity, nutrition and healthy decision making. Lessons range in scope and length from 30-60 minute nutrition and/or physical activities to a multi-week wellness event. Each lesson provides expected youth outcomes, instructor essential information, preparation instructions, supplies, lesson time, handouts and opportunities for reflection. Could be done as stand alone/one session or as a long-term series.</p>	<p>Also available to support these activities and lessons/ WalMart grant counties should have the following: Up for the Challenge Kit/ Portion Sizes and Up for the Challenge Physical Activity Green Mesh Bags.</p>
<p>4-H Teen Cuisine: Teaching Nutrition through Culinary Skills Curriculum</p>	<p>Teens, grades 6 - 12. This is a 6 (45 minutes or 1 hr. & 30 minutes) lesson series. Delivery method could include: After-school, summer programming. Similar to Cooking Matters but can be used with all income levels. .</p>	<p>Virginia Cooperative Extension. Currently, have all the curriculum resources as part of a shared drive. Contact H. Barker.</p>	<p>This cooking based program teaches nutrition, food safety and physical activity. Lessons can be customized for audiences and divided up easily. Each lesson builds on each other and gives students a chance to practice new skills. Lessons include: Eat Smart, You Are What you Eat, Power Up With Breakfast, Find the Fat, Whole Truth on Whole Grains and Snack Attack.</p>	<p>May have potential for the Hannaford Grant if interest from County staff to try out. Have heard from staff there is interest in doing more cooking type programs. Revised curriculum will eventually be available for sale on 4-H Mall</p>

Cooking Matters for Teens	Teens, grades 6 and up. Targets low income communities. Delivery method could include: After-school, summer programming.	Share Our Strength's Cooking Matters® Specialized Curriculum partnering with NH Food Bank.	This six week program utilizes volunteer culinary and nutrition instructors to teach adolescents in 6th grade and above how to make healthy food choices and prepare healthy meals and snacks for themselves, their families, and their friends.	Partnership with NC & 4-H Staff. Limited funding through State CM partnership.
Cooking Matters for Kids	Children, grades 3 - 5. Targets low income communities. Delivery method could include: After-school, summer programming.	Share Our Strength's Cooking Matters® Specialized Curriculum partnering with NH Food Bank.	This six week program utilizes volunteer culinary and nutrition instructors to teach children in 3rd through 5th grade how to prepare healthy meals and snacks and to make smart choices wherever they go – at school, at home, at the store, or out to eat.	Partnership with NC & 4-H Staff. Limited funding through State CM partnership.
4-H Cloverbud/Healthy Living Curriculum, Ohio State. http://www.ohio4h.org/volunteers/cloverbud-leaders/curriculum	Pre-school age in the 4-H clover bud club setting.	Ohio Cloverbud Kits: Food Fun, Sports Fun & Fitness Fun.	These kits can be used to provide exploration for pre-school age 4-H Cloverbuds with 4-H Healthy Living topics. Additional recommendations to Cloverbud curriculum should be addressed with 4-H AoE based on priority audience. Other age groups are higher priority at this time.	Created list of approved resources in 2013. Listed on 4-H Youth Development Intranet website. http://extension.unh.edu/Intranet/Youth-Development-Staff-Resources

<p>Learn, Grow, Eat & Go, Texas Curriculum http://jmgkids.us/lgeg/</p>	<p>Grades 3-5 but has been used with other age groups in Texas Learn, Grow, Eat & Go Manual \$52.00 Children's Books Set of 5 \$50.00 Classroom Set of 25 Garden Journals \$35.00 Classroom Set of 25 Garden Kitchen Recipes \$30.00 Walk Across Texas Starter Kit \$25.00 Walk Across Texas Set of Newsletters \$35.00 Full Curricula Starter Package TOTAL \$215.00</p>	<p>School-based, After-school, Summer program and/or camp delivery methods.</p>	<p>10 week unit of study, would need to figure things out with our growing season or go with summer/fall implementation. Currently have three sets of Learn, Go, Eat & Go lesson plans in the state. Sara Oberle, Heidi Barker and Debbie Luppold. Sara and Heidi have attended a national training. Connection to nutrition, healthy eating, gardening, physical activity. There is a Walk Across Texas component which could easily be adapted to Walk NH.</p>	<p>CYFAR proposal. Potential for Nutrition Connection, 4-H and other Extension partnerships as well as community collaboration. 21st Century After School grant programs.</p>
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