



Curricula that supports 5-4-3-2-1 GO!®

Resource	Website	Materials Available	Cost	Message Component:					Grade	Meets Learning Standards
				5	4	3	2	1		
Balance First	school.discoveryeducation.com/balancefirst/	Lesson plans for the classroom on science and health.	Free	X	X	X	X	X	K-12	X
BAM! Body and Mind	www.bam.gov	Lesson plans and handouts for the classroom on physical activity and energy balance.	Free	X			X	X	4-8	X
Big Ideas: Linking Food, Culture, Health, and the Environment	ecoliteracy.org/teach/instructional-tools	Lesson plans and activities for the classroom that connect food, culture, health, and the environment	\$17	X	X			X	K-12	X
California Children's 5 a Day Power Play Campaign	cdph.ca.gov/programs/CPNS/Pages/PowerPlayResources.aspx	Lesson plans, activities, and handouts for the classroom to promote healthy eating and physical activity	Free	X				X	4-5	X
CANFit California Adolescent Nutrition and Fitness Program	canfit.org/our_work/programs/supermanual	Lesson plans, activities, and handouts for after-school programs to promote healthy eating and physical activity	\$35	X	X	X	X	X	5-8	X
CATCH (Coordinated Approach to Child Health)	http://catchinfo.org/programs/	Lessons, activities, games and more for a school nutrition and P.E. program, classroom curriculum, and family program	Varies	X		X		X	K-8	X
CHANGE Curriculum	kigs.wsu.edu/Nutrition/CHANGEpdfs.htm	Lesson plans for the classroom on gardening and healthy eating	Free	X					1-5	X
Classroom Teacher Integrated Lesson Plans	pecentral.org/lessonideas/classroom/classroom.asp	Lesson plans and games for physical education teachers.	Free					X	K-8	X
Cooking with Kids	cookingwithkids.net/programs	Lesson plans and recipes for the classroom on healthy eating and cooking	Free	X		X			K-6	X
Do More, Watch Less	www.cdph.ca.gov/programs/schoolhealth/Documents/FINAL%20English%20DMWL%204%2007.pdf	Activities and tracking forms for after-school programs to reduce screen time	Free				X	X	5-8	X
Eat Smart, Play Hard	teamnutrition.usda.gov/resources/eatsmartmaterials.html	Handouts, games, songs, and recipes for parents and caregivers to promote healthy eating and active living	Free	X	X	X	X	X	K-5	X
Little D's and Arianna's Nutrition Expeditions	www.nutritionexplorations.org	Activities, games, and recipes for the classroom to promote healthy eating	Free	X		X			2, 4	X
Kids Health in the Classroom	classroom.kidshealth.org	Handouts, activities, and lesson plans for the classroom to promote healthy behaviors	Free	X	X	X	X	X	PreK-12	X

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Media Smart Youth: Eat, Think and Be Active	www.nichd.nih.gov/publications/pubs/Documents/MSY_ProgramEvaluationFactSheet.pdf	Lesson plans, activities, and games for after-school programs to promote healthy eating, physical activity and reduce screen time	Free	X	X	X	X	X	5-7	X
Milk Matters	www.choosemyplate.gov/kids/index.html ; www.niams.nih.gov/Health_Info/Bone/listPagefamily.asp#kids	Handouts, games, take home guides, recipes, and coloring sheets for the classroom to promote dairy consumption	Free			X		X	K-8	X
MyPyramid For Kids	www.fns.usda.gov/tn/team-nutrition	Handouts, lesson plans and posters for the classroom and after-school programs to promote healthy eating	Free	X		X		X	1-6	X
National Dairy Council	www.nationaldairyCouncil.org/EducationMaterials/Pages/EducationMaterialsHome.aspx	Handouts, recipes, flyers, and activities for the classroom to promote dairy consumption	Free			X				X
Project Lean	www.pbhfoundatio.org/pub_sec/edu	Activities, lesson plans, and handouts for the classroom and after-school programs to promote youth advocacy, healthy eating and physical activity	Free	X	X	X	X	X	7-12	X
Sports 4 Kids	www.sports4kids.org/images/stories/sports4kids%20playbook.pdf	Games and lesson plans for physical education teachers and after-school programs	Free					X	K-5	X
Start Smart Eating and Reading	www.oregondairyCouncil.org/resources/free_downloads/	Lesson plans, handouts, and parent newsletters for the classroom to promote healthy eating and physical activity	Free	X	X	X		X	K-5	X
Take 10!	www.take10.net	Worksheets, activity cards, and lesson plans to encourage classroom teachers to plan 10 minute energizer breaks	\$79	X		X		X	K-5	X
Team Nutrition	teamnutrition.usda.gov/library.html	Action kits, posters, and handouts for the classroom and after-school programs to promote healthy eating	Free	X		X		X	K-12	X
The Power of Choice	www.fns.usda.gov/tn/resources/power_of_choice.html	Lesson plans, handouts, and activity booklets for the classroom and after-school programs to promote healthy eating	Free	X		X	X	X	5-8	X
We Can! Energize Our Community: A Toolkit for Action	www.nhlbi.nih.gov/health/public/heart/obesity/wecan_mats/toolkit.pdf	Lesson plans, handouts, and activity trackers for after school programs to promote healthy eating and physical activity	Free	X	X	X	X	X	8-12, parents and care-givers	
Wellness Ways	wellnessways.aces.illinois.edu	Handouts, recipes, and coloring sheets for the classroom and after-school programs to promote healthy eating	Free	X	X	X		X	PreK-8, parents and care-givers	
What Moves U	www.heart.org/HESRTORG/General/Whats-Moves-U_UCM-312108_Article.jsp	Lesson plans, activation kits, and games for the classroom and after-school programs to implement a physical activity challenge	Free				X	X	6-8	X