

Curriculum Overview

Read For Health (RFH)

Core Components

Objectives

Read for Health (RFF) focuses on sources of food, emphasizing on fruits, vegetables, and whole grains, physical activity, and related links to the environments from which foods are sourced and accessed.

RFF key behavioral outcomes include:

- Make half your plate fruits and vegetables; eat whole grains, and switch to fat-free or low-fat milk products
- Increase physical activity and reduce time spent in sedentary behaviors as part of a healthy lifestyle
- Maintain appropriate calorie balance during each stage of life

Theoretical framework

RFH curriculum was initially developed by the University of Maryland Extension, Supplemental Nutrition Assistance Program Education and revised and tested at WSU Extension. RFH uses language arts as a method to teach nutrition and encourage physical activity and healthy eating. It was developed based on research suggesting that read-aloud language arts sessions improve topic motivation, engagement, and comprehension in children. Each lesson applies an interactive read-aloud format with an engaging discussion that relates reading content to the child. The program focuses on increasing exposure of fruits, vegetables, and whole grains through activities, food demonstrations and tastings. Newsletter communication provides families with ideas and tools to increase access and consumption.

Setting & target audience

The target audience for Read for Health (WSU Extension Edition) is 1st and 2nd graders.

Read for Health (WSU Extension Edition) is written to be taught in elementary school classrooms, but it may also be taught in public libraries, childcare and community centers. Curricula must be used with the intended grade level. Group size is not specified.

Recipes provided provide 20-26 servings.

Number and duration of lessons

Read for Health – Grade 1: 6 lessons, 30-60 minutes each

Read for Health – Grade 2: 6 lessons, 30-60 minutes each

Recommended pacing

Suggested time frames for each part of the lesson are outlined in each lesson plan. Frequency of lesson delivery is not specified. Best practice is to teach lessons one week apart.

Instructional order & strategies

Lessons can be taught in ANY order, with **one exception**.

***EXCEPTION:** In Grade 1, the *Keep your Body Moving* lesson, where MyPlate is introduced, should be taught before the *Family Meals* lesson.

Each lesson can be taught in 30-minutes. Information is provided in each lesson to extend the time to 45-60 minutes. If the educator has extra time, the teaching outline makes note during parts of the lesson noted as “to add time.”

Each lesson includes: 1) Preparation Outline 2) Teaching Outline 3) Recipes & Other Materials

- Preparation Outline: Includes learning objectives, estimated time outline for both 30-minute lesson and 45-60 minute lesson, academic alignments, supplies, handouts, preparation tasks, and evaluation
- Teaching Outline: Outlines the actual lesson and gives specific instructions for teaching
- Recipes & Other Materials: Includes recipes, worksheets, writing prompts, and newsletters

Read for Health – Grade 1 Lessons

Title	Duration
Keep Your Body Moving	30-60 minutes*
Family Meals	30-60 minutes*
Food from the Earth	30-60 minutes*
Fruits & Vegetables/Farmer’s Market	30-60 minutes*
Picky Eaters	30-60 minutes*
Whole Grains	30-60 minutes*

*All lessons were developed and piloted for 30-minute lessons and 45-60 minute lessons. Physical activities and food tastings may vary depending on length of class.

Read for Health – Grade 2 Lessons

Title	Duration
Family Meals	30-60 minutes*
Food from the Earth	30-60 minutes*
Fruits & Vegetables	30-60 minutes*
Keep Your Body Moving	30-60 minutes*
Picky Eaters	30-60 minutes*
Whole Grains	30-60 minutes*

*All lessons were developed and piloted for 30-minute lessons and 45-60 minute lessons. Physical activities and food tastings may vary depending on length of class.

Core Activities

There are three required components for each lesson:

- 1) Book Activity
- 2) Food Tasting Activity
- 3) Physical Activity

A list of alternate book choices for each lesson is found on page 19 of the curriculum. When substituting books, the lesson objectives still must be met. Using alternate books may also affect the Academic Standards Alignments. Books were chosen based on age appropriateness, price, and availability. Each lesson's recommended book has a vocabulary list on page 18 of the RHF curriculum. When books beyond those recommend in the curriculum are used, please document the book used and reasoning for making an alternate choice. Best practice is to use books from the curriculum recommendations.

Alternative physical activities and food tastings are offered for 30-minute and 45-60 minute lessons.

Optional Activities

To reinforce conceptual learning, each lesson includes writing prompts and worksheets. These activities are not required. It is highly recommended that educators provide classroom teachers a copy of these activities to complete as extension activities after the SNAP-Ed lesson is concluded. Another option is to distribute activities during class if time allows.

Materials

A general lesson and food demonstration supply list is provided on page 17 of the RHF curriculum. Specific materials and food tasting supplies needed for each lesson are listed at the beginning of each lesson in the preparation outline. Copies of writing prompt sheets,

worksheets, and newsletters (in English and Spanish) are included with each lesson. Lesson activities and materials can be found in: Appendices A (Resources), B (Activities), and C (Materials). These are referenced in each lesson.

Training

- ✓ Review curriculum overview.
- ✓ Review teachers guide and materials
- ✓ Practice or talk through at least one lesson with another educator or your supervisor
- ✓ Observe another educator teach a Read for Health lesson (if possible)

Recipes

A food activity is included with each lesson. Educators are encouraged to use food activity/recipes provided in the curriculum. Food activities and recipes should always support core content of lessons. Other recommended recipe resources include:

- <https://snaped.fns.usda.gov/basic-nutrition-everyone/healthy-low-cost-recipes>
- <http://growhappykids.org/>
- <https://cfacaa.human.cornell.edu/dns.fnec/files/resources/4HRecipeBookFinal.pdf>
- <http://www.foodhero.org/>
- <https://spendsmart.extension.iastate.edu/recipes/>

Fidelity is...

The extent to which a curriculum or program is delivered in accordance with the intended (and tested) design. This means:

- Including all three required components of each lesson:
 - 1) Book Activity
 - 2) Food Tasting Activity
 - 3) Physical Activity
- Using program materials
- Adhering to recommended pacing
- Keeping the program's instructional order
- Utilizing the program 'routines'
- All teachers using the same materials to equalize student learning opportunities and meet instructional objectives

Making adjustments while delivering with fidelity

You can make some adjustments to the curriculum without impacting fidelity. Examples include:

- Supplement core lessons with appropriate additional activities.¹
- Provide students with coaching, ongoing support, and individual instruction when needed.
- Adjust group size.
- Increase opportunity for students to engage and ask questions, and provide answers.
- Select different recipe.

Evaluation

Check with your supervisor for required evaluation tool and current evaluation protocol.

Link to curriculum:

<http://extension.wsu.edu/curriculum-fidelity/links-to-curriculum/>

¹ Many curricula have several options for activities. Choose from these options first. If you plan to use additional activities, outside of the written curricula, please review with your supervisor to ensure they meet Snap-Ed guidance.