

Curriculum Overview

Choose Health: Food, Fun and Fitness (CHFFF)

Core Components

Objectives

The goal of Choose Health: Food, Fun, and Fitness (CHFFF) is to engage youth in activities that encourage healthy eating and active play. The Choose Health behavior goals are:

- Replace sweetened drinks with low-fat milk and water.
- Eat more vegetables and fruit
- Eat fewer high-fat and high-sugar foods and more nutrient rich and high-fiber foods.
- Eat only as often and as much as needed to satisfy hunger
- Play actively 60 minutes a day
- Limit screen time to two hours or less a day

Theoretical framework

The CHFFF curriculum uses experiential learning to teach healthy eating and active play, and was written using the “4A” dialogue approach for more effective retention and application of information and skills. Each lesson includes an **Anchor** that connects learners experience or interests, an **Add** for some new information, a chance to **Apply** this new information interactively, and an **Away**, a goal setting challenge for the learner to use the new information in their daily lives. Each lesson also includes interactive nutrition activities, food preparation, active games, and a family newsletter.

Setting & target audience

The suggested group size is 10-12 students. The lessons can be used with a larger group, for example a class of 20 4th graders, provided there is adequate support from the classroom teacher.

The target audience is 8-12 year olds (3rd-6th grade).

Number and duration of lessons

There are six lessons with a recommended time frame of 70-90 minutes each.

Please note: The authors of CHFFF were contacted about reducing the length of each lesson to 60 minutes. For fidelity, educators are required, at a minimum, to complete the Anchor, Add, Apply and Away as written. In addition, there needs to be at least one food experience and one-two of the guided games offered as part of the lesson.

Recommended pacing

Not specified. Best practice is to teach lessons one week apart.

Instructional order & strategies

Lessons should be taught in order. Lessons may not stand alone.

Lesson	Title	Duration
1	Drink Low-Fat Milk and Water Instead of Sweetened Drinks	70-90- minutes*
2	Color Your Plate: Eat More Vegetables and Fruits	70-90- minutes*
3	Read It Before You Eat It! The Nutrition Facts Label	70-90- minutes*
4	Make Half Your Grains Whole! Eat More Whole Grains	70-90- minutes*
5	Healthier Foods-Fast: Eat Fewer High-Fat, High-Sugar Foods	70-90- minutes*
6	Power Up Your Day: Eat Breakfast!	70-90- minutes*

*Lessons were developed and piloted for a 70-90-minute time frame. Allowance for modification to 60 minutes has been approved by the authors. Preferred timing is at the 70-90-minute duration.

Core Activities

All activities included in each lesson are required. See duration of lessons above for modification to shorter class time.

Optional Activities

See individual lessons for optional activities.

Materials

All materials for CHFFF are available on-line for download and printing. These include lesson plans, games, posters, visual aids, handouts, recipes and scanned food package labels.

Please note: There are a number of materials, supplies and props suggested for each lesson. The authors recommend assembly of lesson bins for each lesson. Once these are made they are used for teaching subsequent lessons. Allow time and resources to create materials necessary to teach this curriculum.

<http://fnec.cornell.edu/for-partners/curricula/chfff/order-information/>

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 CHFFF lesson (if possible)

Supervisors:

- ✓ View training resources at: <http://fnec.cornell.edu/for-partners/curricula/chfff/chfff-training/>
Please note the 45-minute training video directed to supervisors and program leaders. This is an overview of the curriculum and includes information about how lessons were developed. It can be found at: <https://www.youtube.com/watch?v=Tovu6ISBNcc>

Recipes

Two recipes are included for each lesson. One is suggested for student participation in food prep and the other for a food tasting. Additional easy to follow recipes that meet CHFFF guidelines can be found at: <https://cfacaa.human.cornell.edu/dns.fnec/files/resources/4HRecipeBookFinal.pdf>

Recipes should always support core content of lessons.

Fidelity is...

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

- 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 the appropriate curriculum based on student needs (e.g. include 6th grade students in an after-school program with 4th and 5th graders).
- Select different recipe

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.

Evaluation

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

Link to Curriculum

<http://fnec.cornell.edu/for-partners/curricula/chfff/>