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 or 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.

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

*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. [http://fnec.cornell.edu/for-partners/curricula/chfff/order-information/](http://fnec.cornell.edu/for-partners/curricula/chfff/order-information/)

**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.

Dairy Council Food Cards need to be ordered separately. They are available in the state of Washington by contacting the Washington State Dairy Council at: [https://nutrition.eatsmart.org/](https://nutrition.eatsmart.org/) Please note that the Washington State Dairy Council offers all nutrition educators $25 of free nutrition education materials each calendar year. See their website for details.

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/](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](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](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.

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

Link to curriculum:
[http://fnec.cornell.edu/for-partners/curricula/chfff/](http://fnec.cornell.edu/for-partners/curricula/chfff/)

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.