

# Curriculum Overview

## Pick a **better** snack™

---

### Core Components

Pick a **better** snack™ is a direct education and social marketing program that brings nutrition educators into kindergarten through third-grade classrooms once per month. Each month, educators share a nutrition lesson, introduce one new fruit or vegetable, and allow students to try it. Educators also lead the students in a classroom physical activity break. Family newsletters and health-themed BINGO cards are sent home to engage parents. If interested, teachers can also deliver five complementary Pick a **better** snack™ health lessons to their students throughout the year. Pick a **better** snack™ marketing campaign targets children and their parents and caregivers.

### Objectives

The primary objective of Pick a **better** snack™ is to encourage fruit and vegetable choices for snacks. Additional objectives include:

- Increase daily consumption of fruits and vegetables among elementary age children.
- Increase physical activity among elementary age children.
- Increase consumption of low-fat or fat free milk and milk products among elementary age children.

### Theoretical framework

Pick a better **snack**™ is a social marketing campaign developed with the Social Cognitive Theory. Its focus is on overcoming barriers in selecting fruits and vegetables for snacks. The program has multiple components including a mass marketing campaign, grocery store signage, community outreach materials and classroom lessons for grades K-3.

### Setting & target audience

Pick a **better** snack™ targets students in grades K-3 and their families. It was originally developed to reach students and families in Iowa schools, but can be extended to both public and private schools in other states.

### Number and duration of lessons

Direct education lessons are divided into two groups, classroom teacher lessons and educator lessons. The authors of the program ask SNAP-Education providers to do eight, monthly lessons from the educator lessons.

SNAP-Education providers are strongly encouraged to work with classroom teachers to have them teach the five teacher lessons in their classrooms throughout the school year. These can be taught as a weekly series or spread out throughout the school year.

## Recommended pacing

SNAP-Ed Educator lessons taught monthly, October-May. A lesson in September is optional.

## Instructional order & strategies

Educator Lessons:

*Please note: The authors update these lessons and featured produce on a yearly basis. This document will be updated accordingly. Educators may select from either of the school year lessons. Please do not mix and match between the two school years. Items are chosen to provide a wide range of fruits/vegetables.*

### 2017-2018 School Year Lessons

Lesson	Title	Duration
September	Zucchini	Not Specified
October	Pear	Not Specified
November	Sweet Potato	Not Specified
December	Kiwi	Not Specified
January	Garbanzo Beans/ Chickpeas	Not Specified
February	Pineapple	Not Specified
March	Sugar Snap Peas/ Frozen Peas	Not Specified
April	Peach	Not Specified
May	Spinach	Not Specified

### 2016-2017 School Year Lessons

Lesson	Title	Duration
September	Cantaloupe	Not Specified
October	Jicama	Not Specified
November	Cranberries	Not Specified
December	Broccoli/Cauliflower	Not Specified
January	Mango	Not Specified
February	Peppers	Not Specified
March	Oranges/Clementines	Not Specified
April	Asparagus	Not Specified
May	Strawberry	Not Specified

### Classroom Teacher Lessons, Kindergarten

Lesson	Title	Duration
1	Counting with Fruits and Veggies	20 minutes
2	MyPlate	35-45 minutes
3	Super Hero Vitamins	20-30 minutes
4	Milk	15-20 minutes
5	Physical Activity	25 minutes

## Classroom Teacher Lessons, First Grade

Lesson	Title	Duration
1	Super Hero's Powered with Vitamins A and C	40-45 minutes
2	Fruit and Veggie Riddles	20-30 minutes
3	Advertising with Fruits and Veggies	25-35 minutes
4	Acrostic Poems and Milk	30 minutes
5	Physical Activity	20-30 minutes

## Classroom Teacher Lessons, Second Grade

Lesson	Title	Duration
1	Fruits and Veggies-writing lesson	30-35 minutes
2	Fruit and Veggie Brainstorm	30-35 minutes
3	MyPlate and Fractions	20 minutes
4	Super Heros Powered by Milk	30 minutes
5	Physical Activity and Screen Time	30-35 minutes

## Classroom Teacher Lessons, Third Grade

Lesson	Title	Duration
1	Purchasing Fruits and Veggies	20-30 minutes
2	Fruit and Veggie Cookbook	30-40 minutes
3	Got Milk?	30-45 minutes
4	Nutrition Facts Label	30-45 minutes
5	Goal Setting for Healthy Behaviors	30-35 minutes

## Core Activities

Each educator lesson must include a tasting, student voting with thumbs (up, down), discussion about featured fruit or vegetable (how it is available, ways to eat it and health connections), a physical activity and discussion about how students can ask their parents to include fruits and vegetables in meal planning.

It is also required to use the Family Newsletter for all grades and the BINGO card for at least one grade level. These components of the program help strengthen the school to family link to good health and are an important part of the curriculum.

## Optional Activities

Reading of a recommended book, completion of worksheets, class skits, songs or videos are all optional activities. Best practice is to include as much of the optional activities as time will allow.

## Materials

Materials needed for each lesson are listed at the start of each lesson. Links to newsletters, BINGO cards and a Washington state seasonal produce charts are provided at the end of this document. "Ask me about. . ."

stickers are referenced in each lesson. They are not required. Providing similar stickers to students is optional. A link to purchase stickers is found at the bottom of this document.

## Training

- ✓ Review curriculum overview.
- ✓ Review Pick a **better** snack™ website and materials
- ✓ Practice or talk through at least one lesson with another educator or your supervisor
- ✓ Observe another educator teach a Pick a **better** snack™ educator lesson (if possible)

## Recipes

Recipes are not included in the curriculum. Educator lessons include tastings of the featured fruit or vegetable for the month.

## 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 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.<sup>1</sup>
- 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.

## Evaluation

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

## Links to Curriculum:

<http://idph.iowa.gov/inn/pick-a-better-snackD>

- Monthly Health Educator Lessons: <http://idph.iowa.gov/inn/pick-a-better-snack/educator>
- Five Optional Teacher Lessons: <http://idph.iowa.gov/inn/pick-a-better-snack/teacher>
- BINGO Cards: <http://idph.iowa.gov/inn/pick-a-better-snack/bingo>
- Family Newsletters: <http://idph.iowa.gov/inn/pick-a-better-snack/newsletters>
- Fruit and Veggie Fact Sheets: <http://idph.iowa.gov/inn/pick-a-better-snack/fact-sheets>
- Marketing Materials: <http://idph.iowa.gov/inn/pick-a-better-snack/marketing>

---

<sup>1</sup> 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.

- <http://agr.wa.gov/aginwa/docs/SeasonalityChartHUSSCVegetablefinal.pdf>
- <http://agr.wa.gov/AgInWA/docs/SeasonalityChartFruitLegumeHerbsfinal.pdf>
- MyPlate Fruit and veggie stickers: [https://www.learningzonexpress.com/kids-myplate-fruit-veggie-stickers.html?utm\\_source=google\\_shopping&gclid=COvj5dyS0NQCFYlgfgodMUsEBw](https://www.learningzonexpress.com/kids-myplate-fruit-veggie-stickers.html?utm_source=google_shopping&gclid=COvj5dyS0NQCFYlgfgodMUsEBw)