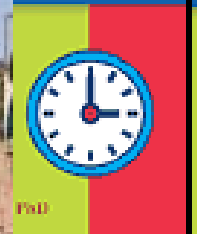
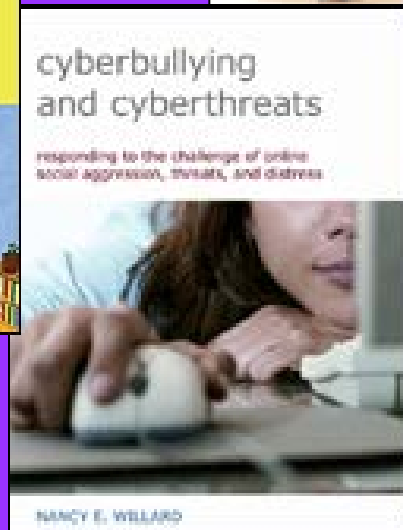
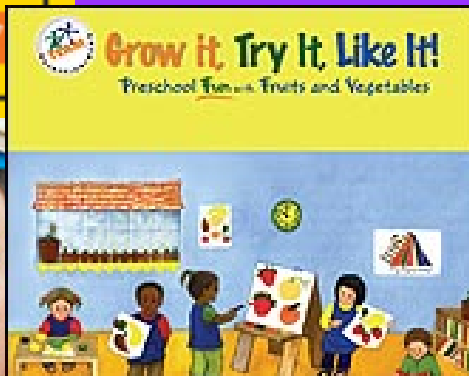
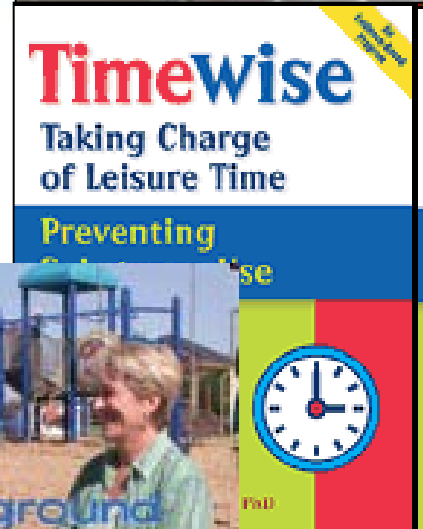
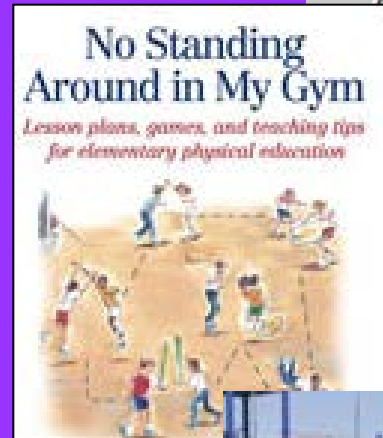
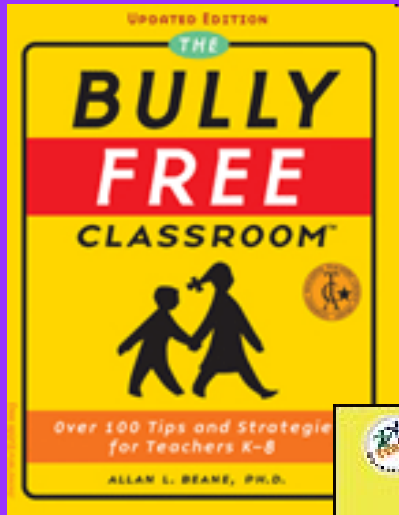


# 850+ Resources in Health Education Library



# Material Review Process

**Materials are reviewed and evaluated using CHKRC curriculum and video review forms by:**

- Teachers
- School nurses
- Health professionals
- After school staff
- Nutritionists
- School food service directors
- University faculty



# Research-Based Review Forms

## Visual Media Review Form

Reviewer: \_\_\_\_\_ Date: \_\_\_\_\_  
 Publisher: \_\_\_\_\_ Year of Publication: \_\_\_\_\_  
 Title of Material: \_\_\_\_\_ ID# \_\_\_\_\_  
 Publisher's Target Audience and Grade Level(s): \_\_\_\_\_

### 2. Strengths and Weaknesses

Check the key strengths of the material:

- Accurate content
- Current information, language, examples
- Developmentally appropriate for target audience
- Interesting, engaging to students
- Represents diverse population (e.g., race, gender, disabled)
- Effective production quality (e.g., visuals, graphics, narrative, audio, coloration)
- Content follows a logical development and organization
- Effective teacher support materials
- Promotes interactive use
- Promotes student reflection
- Promotes student skill development (specify):
  - Communication skills
  - Refusal skills
  - Goal setting and follow through
  - Critical thinking skills
  - Emotional awareness
  - Coping and stress reduction
  - Self-evaluation
  - Other (specify): \_\_\_\_\_

Check the key weaknesses of the material:

- Inaccurate or biased content
- Outdated information, language, e
- Developmentally inappropriate fo
- Low student interest
- Does not represent diverse po
- Ineffective production quality
- Content does not follow a lo
- Content does not follow a and organization
- Absent/ineffective teacher su
- Unlikely to promote inter
- Unlikely to promote stud
- Unlikely to promote stud

## Nutrition Education Curriculum Review Form

California After School Resource Center  
 CALIFORNIA Healthy Kids RESOURCE CENTER

### 1. Descriptive Information

Reviewer: \_\_\_\_\_ Date: \_\_\_\_\_  
 Title of Material: \_\_\_\_\_ Year of Publication: \_\_\_\_\_  
 Publisher: \_\_\_\_\_ ID Number: \_\_\_\_\_  
 Publisher's Target Grade Level(s): \_\_\_\_\_  
 Target Audience (if other than general classroom): \_\_\_\_\_

### 2. Instructional Design – rate the following characteristics of instructional design curriculum:

#### A. INSTRUCTION DESIGN

	Inaccurate, inappropriate, or missing	Inadequate	Satisfactory
Aligns to National Health Education Standards or State Health Education Challenge Standards.	<input type="checkbox"/>	<input type="checkbox"/> Links to standards are not explicit.	<input type="checkbox"/> Links to standards are explicit at unit or theme level.
Lesson Plans Include: <ul style="list-style-type: none"> <li>* Learning objectives</li> <li>* Anticipatory set</li> <li>* Activities aligned with objectives</li> <li>* Assessment</li> <li>* Closure</li> <li>* Extensions and remediation</li> <li>* Adaptations for English-language learners</li> <li>* Prerequisites for learning</li> <li>* Identification of required instructional materials</li> </ul>	<input type="checkbox"/> NA	<input type="checkbox"/> Lessons include three or fewer starred elements.	<input type="checkbox"/> Lessons include starred elements.

## Appropriateness for After School Review Form

Reviewer: \_\_\_\_\_ Date: \_\_\_\_\_  
 Title of Material: \_\_\_\_\_ Year of Publication: \_\_\_\_\_  
 Publisher: \_\_\_\_\_ ID Number: \_\_\_\_\_  
 Target Grade Level: \_\_\_\_\_  
 Instructional Topics: \_\_\_\_\_  
 Health Services:  Academic Learning Activities (Integrated)  Nutrition  Physical Activity  Program Administration  
 Safe Learning Environments:  Social Science  Mathematics  Youth Development  Visual/Performing Arts  
 Material Format(s) (check all that apply):  Print  DVD  CD  CD-ROM  Online  Other

### 1. SUPPORT FOR AFTER SCHOOL STAFF

Rate the following:

	Not Available	Missing or Inadequate	Satisfactory or Good	Comments
<b>1. Understanding the Lessons</b>				
a. Clear instructions for lesson delivery	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
b. Reasonable time required to become familiar with the lesson	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
c. Other (specify): _____				
<b>2. Equipment, Materials, and Supplies</b>				
a. Required equipment clearly identified	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
b. Materials and supplies are included or easily accessible	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
c. Minimal time needed to prepare materials for the lesson	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
d. Time for learning environment setup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
e. Other (specify): _____				
<b>3. Student Learning Objectives</b>				
a. Clearly stated student learning objectives	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
b. Learning objectives appropriate for school day settings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
c. Learning objectives linked to regular school day activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
d. Other (specify): _____				

# Borrowing Materials

About the Center	Health Education Library	Research-Validated Programs	School Health Laws	
Online Trainings	Coordinated School Health	Health and Academic Achievement	Health Data and Resources	Funders

[Home](#) >> [Health Education Library Search](#)

- About Borrowing
- Library Registration
- Material Review Process
- Recently Acquired Titles
- HIV/STD Prevention Disclaimer
- Research-Validated Titles

## Health Education Library Search

Search for Health Library items by text in title, description, and other fields

Limit search to selected health library topics

- Alcohol and Other Drugs
- Comprehensive Health Education
- Growth and Development
- Health Services
- Mental, Emotional and Social Health
- Nutrition
- Nutrition Services
- Personal and Community Health

Restrict search to these categories

- Recently acquired titles
- Research-Validated titles

Search

Administered for the [California Department of Education \(CDE\)](#) and the [California Department of Public Health \(CDPH\)](#)

[Contact](#)



**CHKRC loans as many as 10,000+  
library materials statewide  
annually**



# California After School Resource Center (CASRC)

[www.californiaafterschool.org](http://www.californiaafterschool.org)



California  
After School  
Resource Center

CONTACT US

Home | Resource Library | Trainings | Get Connected | Program Administration | FAQ | About the Center

## Welcome.

The California After School Resource Center (CASRC, "cas-rac") provides access to a comprehensive set of reviewed materials, resources, tools, and supportive services for after school programs. Browse through the resources and register on-line to borrow materials from the library, with free delivery in California.

CASRC is administered for the California Department of Education.

### What's New

[Request for applications](#) for 21st Century Community Learning Centers Programs due March 12, 2007...[\(more\)](#)

[CDE releases](#) preliminary list of new After School Education and Safety (ASES) grant awards...[\(more\)](#)

[Call for program-developed materials](#) for new grantees...[\(more\)](#)

[Register to borrow](#) CASRC reviewed materials... [\(more\)](#)

[Grant applications](#) for Red Laces Program to Fight Childhood Obesity due March 30th, 2007...[\(more\)](#)

[Home](#) | [Resource Library](#) | [Trainings](#) | [Get Connected](#) | [Program Administration](#) | [FAQ](#) | [About the Center](#) | [Contact Us](#)



Administered for the California  
Department of Education,  
After School Programs Office

[www.californiaafterschool.org](http://www.californiaafterschool.org)  
The Web site does not necessarily reflect the position or policy of the CDE. © All rights reserved.  
Phone: (510) 670-4561 Toll Free: (888) 318-8130 Fax (510) 670-4582

# Material Search Results


About the Center	<b>Health Education Library</b>	Research-Validated Programs	School Health Laws	
Online Trainings	Coordinated School Health	Health and Academic Achievement	Health Data and Resources	Funders


[Home](#) >> [Health Education Library Search](#) >> Library Search Results

**Library Search Results**

Search Criteria:  
Text: garden

13 titles match your search

Recently Acquired Titles - 

Research-Validated Titles - 

Page 1 of 1

- [Current Search Results](#)
- [New Search](#)
- [Loan List](#)

Your loan list contains 0 items

[About Borrowing](#)

[Library Registration](#)

[Material Review Process](#)

[Recently Acquired Titles](#)

[HIV/STD Prevention](#)

[Disclaimer](#)

[Research-Validated Titles](#)

[Accessible Gardening for People with Physical Disabilities](#) #6384  
This book describes methods, tools, and plants that are suitable for gardeners with physical disabilities or impairments. Tips are included for gardening with children with disabilities and organic ... (1994)


[Child's Garden of Standards. A](#) #1502  
This guide shows how garden-based education can support and enhance California academic content standards for grades two through six. The first section of each chapter summarizes the Science, History ... (2002)

[Complete Guide to Service Learning. The](#) #7703  
This kit contains a book and CD-ROM on service learning through academics. The book presents service learning basics from a curricular standpoint. Part I defines and introduces the building blocks of ... (2004)

[Early Sprouts](#) #8794  
This activity set provides a 24-week course in sensory exploration and simple cooking based on six target vegetables: tomatoes, green beans, bell peppers, Swiss chard, carrots, and butternut squash. ... (2010)

[Eating Healthy from Farm to Fork Series](#)

# For more detailed information, select the item



[Skip to content](#)  
Change Text Size: [A](#) [A](#) [A](#)

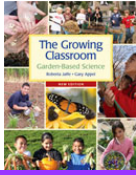
About the Center	<b>Health Education Library</b>	Research-Validated Programs	School Health Laws	
Online Trainings	Coordinated School Health	Health and Academic Achievement	Health Data and Resources	Funders

[Home](#) >> [Health Education Library Search](#) >> [Library Search Results](#) >> Material Information

<b>About Borrowing</b>	<h2>Material Information</h2> <p><b>Growing Classroom, The #4923</b></p> <p><b>Publication Year:</b> 2006</p> <p><b>Subject Area:</b> Nutrition</p> <p><b>Audience:</b> 2-6th Grade</p> <p><b>Material Type:</b> Curricula/Sequential Lessons Integrated Instruction</p> <p><b>Language:</b> English</p> <p><b>Publisher:</b> <a href="#">National Gardening Association</a></p> <p><b>Description:</b> This source book for a garden-based science program provides over 140 activities that infuse gardening with science and nutrition activities. It includes step-by-step instructions for setting up a garden-based science program and outdoor classroom activities. Topics include working together in the garden, growing, nutrients, garden ecology, climate, nutrition, gardening tips, and food choices.</p> <p><b>Reviewers' Notes</b> Lessons are well organized and presented.</p> <p><a href="#">Add to Loan List</a> <a href="#">Growing Classroom, The(#4923)</a></p>
Library Registration	
Material Review Process	
Recently Acquired Titles	
HIV/STD Prevention Disclaimer	
Research-Validated Titles	

- [Current Search Results](#)
- [New Search](#)
- [Loan List](#)

Your loan list contains 0 items





# School Health Laws

## School Health Laws

■ Acronyms

**It is essential that educators understand the laws delineating their responsibility to protect and promote the health of school children in California. Search the database using keyword, law number, or categories below. Clear changes to search criteria before each new search.**

Show results with:  Title Only  Title with Brief Description

Limit search to  items per page

### Search Laws Using Keywords or Law Number

Select from List of Keywords ...

Or Type in Keyword Below

### Search Laws Using Categories

#### Areas of Health Instruction:

- Alcohol and Other Drugs
- Communicable and Chronic Diseases
- Environmental Health
- Family Life Education
- Injury Prevention and Safety
- Nutrition Education
- Personal Health
- Physical Education
- Tobacco

#### School Health:

- Health Promotion for Staff
- Health Services
- Nutrition Services
- Parent and Community Involvement
- Psychological and Counseling Services
- Safe and Healthy School Environment

#### Grade Level:

- Primary
- Elementary
- Middle/Junior High School
- High School

#### Other Categories:


- Mandated Health Services
- Mandated Instruction
- Parent Notification
- Training and Qualifications



CALIFORNIA  
**Healthy Kids**  
RESOURCE CENTER

# E-Updates

- CHKRC Monthly
- CASRC Twice a Month



CALIFORNIA  
**Healthy Kids**  
RESOURCE CENTER

June, 2009

**WHAT'S NEW UPDATE**  
...the California educator's E-newsletter for high-quality health education resources.

The end of the school year is a great time to celebrate your students' accomplishments and to reflect on your successes. The [California Healthy Kids Resource Center](#) is here to support your continued achievements in improving your students' health and well-being. Check out our health-related resources for a free four-week loan to help you prepare for any anticipated summer courses and to plan for the next school year.

This electronic newsletter is customized just for you. The *What's New Update* content is determined by the topic preferences you select. To update your preferences at anytime, visit the [E-Update registration](#) page on our Web site. Your current preferences are: Alcohol and Other Drugs; Comprehensive Health Education; Program Administration; Sexual Health; Nutrition Services; Growth and Development; Physical Activity; Health Services; Nutrition; Personal and Community Health; Mental, Emotional, and Social Health; Violence; Injury and Safety; and Tobacco.

You can contact us with your [comments and questions](#); we look forward to hearing from you! The CHKRC is administered for the California Department of Education and the California Department of Public Health.

***Highlighted Trainings***

The [School Wellness Conference](#) is a two-day conference in October focusing on student and school wellness. This second annual conference is possible through a partnership of the California School Boards Association, the California Department of Education, and the California Department of Public Health Services, and is a great place to network while learning what is current in the movement to improve the health of California's schools, teachers and staff, and most importantly, its students.

# Online Trainings

<http://www.casrc-chkrctrainings.org>

**CASRC and CHKRC Online Trainings**

California After School Resource Center

Home Training Instructions Training Modules About This Site

[Home](#) >> Training Modules

## Training Modules

### Health and Safety

- [See, Think, and Act! Diabetes](#)
- [See, Think, and Act! Anaphylaxis \(Severe Allergies\)](#)
- [See, Think, and Act! Seizures](#)
- [See, Think, and Act! Handwashing and First Aid](#)

### Physical Activity

- [Physical Activity: Ability Awareness](#)
- [Physical Activity 1: Up and Running](#)
- [Physical Activity 2: Maximize Potential](#)
- [Physical Activity 3: Going the Distance](#)

### Nutrition

- [Foundations of Nutrition: MyPyramid](#)
- [Snack Time: Providing Healthy Snacks in Your After School Program](#)
- [Action 4 Nutrition: Assessing Your Snack Program](#)
- [Engage Youths to Live Healthy Lives and Build Healthy Communities](#)

**CHAMPIONS for CHANGE**  
Network for a Healthier California

**Cook with Kids!**

California Healthy Kids Resource Center  
(C.H.K.R.C.)

Partner: California Department of Education, Nutrition Services Division

CALIFORNIA Healthy Kids RESOURCE CENTER

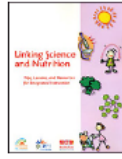
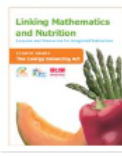
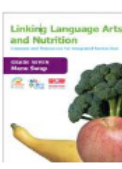
California Department of Public Health

# Free Downloadable Integrated Lessons - CHKRC

- Developed and Field Tested with *Network for a Healthy California*
- More than 30 lessons that link Nutrition with Science, Mathematics, Language Arts
- Standards-based

Home >> Health Data and Resources >> Nutrition and Physical Activity >> Network for a Healthy California >> Resources for Integrated Nutrition Instruction

## Resources for Integrated Nutrition Instruction

	<p><b>Linking Science and Nutrition – Tips, Lessons, and Resources for Integrated Instruction</b></p> <p>The Network for a Healthy California of the California Department of Public Health (Network) and the California Healthy Kids Resource Center (CHKRC) developed this resource to support Network-funded, school-based programs to provide effective, standards-based science and nutrition instruction.</p> <p><a href="#">Download the entire document</a> (PDF) or <a href="#">review and download sections of the resource</a></p>
	<p><b>Linking Mathematics and Nutrition</b></p> <p>The Network for a Healthy California of the California Department of Public Health (Network) and the California Healthy Kids Resource Center (CHKRC) developed this resource to support Network-funded, student-based programs to provide effective, standards-based mathematics and nutrition instruction.</p> <p><a href="#">Review or download</a> the free kindergarten to grade eight lessons from an at-a-glance chart that shows the health education content standards addressed in each of the 12 lessons.</p>
	<p><b>Linking Language Arts and Nutrition</b></p> <p>The Network for a Healthy California of the California Department of Public Health (Network) and the California Healthy Kids Resource Center (CHKRC) developed this resource to support Network-funded, student-based programs to provide effective, standards-based language arts and nutrition instruction. The ten lessons are aligned with the California Common Core Standards.</p> <p><a href="#">Review or download</a> the free kindergarten to grade eight lessons from an at-a-glance-chart that shows the health education content standards addressed in each of the 10 lessons.</p>
	<p><b>More... Linking Science and Nutrition</b></p> <p>The Network for a Healthy California of the California Department of Public Health (Network) and the California Healthy Kids Resource Center (CHKRC) developed this resource to support Network-funded, student-based programs to provide effective, standards-based science and nutrition instruction.</p> <p><a href="#">Review or download</a> the free kindergarten to grade eight lessons from an at-a-glance chart that shows the health education content standards addressed in four additional lessons and the original 12 science and nutrition lessons.</p>

# After School Healthy Snack Guidelines – On CASRC



- E-manual of tips and tools for after school nutrition including creative funding ideas
- New nutrition resources available from CASRC
- Accompanying trainings available now!



# Nutrition and Nutrition Services Resources – On CHKRC and CASRC

- DVDs
- Curriculum
- Professional Resources
- Training Materials



# Support for Local School Wellness Policies - On CHKRC

The screenshot shows the California Healthy Kids Resource Center website. The main heading is "Nutrition and Physical Activity: Local School Wellness Policies". Below the heading is a quote from Tom Torlakson, State Superintendent of Public Instruction: "Nothing is more important than the health of our children. In my time as a teacher, coach, and policy maker, I have been committed to fighting for an education system that serves the whole child: not just their minds, but also their mental and physical wellness." The page features several sections with icons and descriptions:

- POLICY ENVIRONMENT REQUIREMENTS AND LAWS:** Accesses documents and links to federal and state requirements and legislation.
- DEVELOPING POLICIES:** Reviews steps in policy development and resources.
- SAMPLE POLICIES:** Provides examples of policies from California school districts and other federal, state, and local agencies.
- STRATEGIES AND PROGRAMS:** Furnishes resources for implementing school policies.
- EVALUATING RESULTS:** Presents policy evaluation tools, reports, and research.
- ADVICE FROM THE FIELD:** Offers tips from districts that have developed policies and links to their web sites.
- OTHER RESOURCES:** Supplies links to nutrition and physical activity trainings, and other organizations with resources for policy development.

There is also a "POLICY NEWS" section with three items:

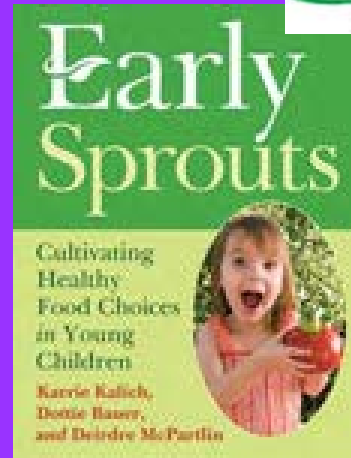
- Choose MyPlate:** The United States Department of Agriculture debuted Choose MyPlate. This new icon is a visual cue to remind consumers to choose foods from the five food groups.
- The 2010 Dietary Guidelines for Americans:** This USDA initiative recognizes schools that promote meal participation, meal quality, nutrition education, and physical activity through school wellness policies.
- The Healthy, Hunger-Free Kids Act of 2010:** Includes improvements to school and after school meal programs.

At the bottom of the page, there is a link for "Nutrition and Physical Activity questions or comments".

- Laws Related to Wellness Policies
- Sample Policies
- Resources to Support Implementation
- Ask Questions and Get Support

# Early Childhood Resources – On CHKRC

- Reviewed by Early Childhood Educators
- Special Review Forms
- Building the Collection





## Contact information:

Jacquelyn Russum, MPH, RD

Phone – 510-670-4585 or

Toll Free – 1-888-318-8188

E-mail – [jrussum@californiahealthykids.org](mailto:jrussum@californiahealthykids.org)

*This program was funded by USDA's Food Stamp Program through the Network for a Healthy California. This institution is an equal opportunity provider and employer. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program, call 1-888-328-3483.*

