

Alignment Overview

The Smart from The Start curriculum offers a unique set of developmentally-appropriate lessons that focus on teaching preschool children and their families how to develop healthy habits related to nutrition and physical activity. Experts at the Academy of Nutrition and Dietetics (AND), Society of Health and Physical Educators (SHAPE), as well as numerous Pre-K educators and regional Head Start Centers have reviewed this program, which was authored by Discovery Education.

Smart from the Start is designed to fit within a variety of preschool environments and features two broad thematic units to guide learning. The 20 flexible lessons within these units are closely aligned to NAEYC, Head Start, WIC, SHAPE, SNAP-Ed, EFNEP and CACFP standards. The following pages detail how the Smart from the Start curriculum aligns to each of these programs.

NAEYC	<u>2</u>
Head Start	<u>3</u>
WIC.....	<u>8</u>
SHAPE.....	<u>9</u>
SNAP-Ed	<u>10</u>
EFNEP	<u>11</u>
CACFP	<u>12</u>

NAEYC

BACKGROUND: NAEYC’s mission is to promote excellence in early childhood education for children from birth through age eight. NAEYC’s Early Childhood Program Standards focus on areas including curriculum, teaching, families, and health.

ALIGNMENT: Smart from the Start aligns to the following NAEYC Standards:

- Health: Promotes the nutrition and health of children
- Curriculum: Promotes learning and development in the following areas: social, emotional, physical, language, and cognitive
- Teaching: Uses developmentally, culturally, and linguistically appropriate and effective teaching approaches that enhance each child’s learning and development
- Families: Establishes [and maintains] collaborative relationships with each child’s family to foster children’s development in all settings. These relationships are sensitive to family composition, language, and culture

The following chart outlines the criteria within the Curriculum Standard to which each Smart from the Start lesson aligns. Further information about the NAEYC Standards can be found at: www.naeyc.org/academy/primary/viewstandards. Specific alignment is detailed at the end of each Smart from the Start lesson.

	NAYEC Curriculum Criteria								
	Essential Characteristics	Physical Development	Language Development	Early Literacy	Early Mathematics	Science	Creative Expression and Appreciation for the Arts	Healthy and Safety	Social Studies
I Like to Move It!	X	X				X	X	X	
Create My Plate? How Great!	X				X		X	X	
I Can Do It! You Can, Too!	X	X		X			X	X	X
Going on a Picnic	X	X			X		X	X	X
Every Body is Special	X	X		X	X		X	X	X
A Serving is Just Right	X			X	X		X	X	
Make a Muscle	X	X				X		X	
Vitamins ABC	X		X		X		X	X	
What’s In Our Shopping Cart?	X				X		X	X	X
Party On!	X	X	X	X			X	X	
Never Not Ever?	X			X	X		X	X	
A-B-C Move With Me!	X	X		X			X	X	X
Make a Yummy Fruit Salad	X	X		X	X	X		X	
Movement Olympics	X	X					X	X	X
All Aboard the Breakfast Train	X	X					X	X	X
The Power of Veggies	X			X		X	X	X	
Have a Ball	X	X		X		X		X	
Balancing Act	X	X			X	X		X	
Musical Movement	X	X					X	X	X
Blast Off!	X	X	X				X	X	

Head Start

BACKGROUND: Head Start is a federal program that promotes the school readiness of children ages birth to five from low-income families by enhancing their cognitive, social, physical and emotional development. In addition to providing a positive learning environment for children, Head Start supports and provides resources to parents.

ALIGNMENT: The Head Start Child Development and Early Learning Framework is organized into 11 Domains and 37 Domain Elements. The following grid lists the Domain Elements within each Domain that each Smart from the Start lesson supports. The full framework can be found online at: [eclkc.ohs.acf.hhs.gov/hslc/tta-system/teaching/eecd/Assessment/Child%20Outcomes/HS_Revised_Child_Outcomes_Framework\(rev-Sept2011\).pdf](http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/teaching/eecd/Assessment/Child%20Outcomes/HS_Revised_Child_Outcomes_Framework(rev-Sept2011).pdf)

The Head Start Child Development and Early Learning Framework Domains												
	Physical Development & Health	Social and Emotional Development	Approaches to Learning	Language Development	Literacy Knowledge and Skills	Mathematics Knowledge and Skills	Science Knowledge and Skills	Creative Arts Expression	Logic and Reasoning	Social Studies Knowledge	English Language Development	
I Like to Move It!	<ul style="list-style-type: none"> ✓ Physical Health Status ✓ Health Knowledge & Practice ✓ Gross Motor Skills 		<ul style="list-style-type: none"> ✓ Initiative and Curiosity ✓ Persistence & Attentiveness ✓ Cooperation 	<ul style="list-style-type: none"> ✓ Receptive Language ✓ Expressive Language 				<ul style="list-style-type: none"> ✓ Scientific Skills & Methods 	<ul style="list-style-type: none"> ✓ Art 			<ul style="list-style-type: none"> ✓ Receptive English Language Skills ✓ Expressive English Language Skills
Create My Plate? How Great!	<ul style="list-style-type: none"> ✓ Physical Health Status ✓ Health Knowledge & Practice ✓ Fine Motor Skills 	<ul style="list-style-type: none"> ✓ Social Relationships ✓ Self-concept & Self Efficacy 	<ul style="list-style-type: none"> ✓ Initiative and Curiosity ✓ Persistence & Attentiveness ✓ Cooperation 	<ul style="list-style-type: none"> ✓ Receptive Language ✓ Expressive Language 	<ul style="list-style-type: none"> ✓ Early Writing 			<ul style="list-style-type: none"> ✓ Art 	<ul style="list-style-type: none"> ✓ Symbolic Representation 		<ul style="list-style-type: none"> ✓ Receptive English Language Skills ✓ Expressive English Language Skills 	
I Can Do It! You Can, Too!	<ul style="list-style-type: none"> ✓ Physical Health Status ✓ Health Knowledge & Practice ✓ Gross Motor Skills 	<ul style="list-style-type: none"> ✓ Social Relationships ✓ Self-concept & Self Efficacy 	<ul style="list-style-type: none"> ✓ Initiative and Curiosity ✓ Persistence & Attentiveness ✓ Cooperation 	<ul style="list-style-type: none"> ✓ Receptive Language ✓ Expressive Language 	<ul style="list-style-type: none"> ✓ Book Appreciation 			<ul style="list-style-type: none"> ✓ Music 			<ul style="list-style-type: none"> ✓ Receptive English Language Skills ✓ Expressive English Language Skills ✓ Engagement in English Literacy Activities 	

SMART FROM THE START

HEALTHY DECISIONS. HEALTHY HABITS.

	Physical Development & Health	Social and Emotional Development	Approaches to Learning	Language Development	Literacy Knowledge and Skills	Mathematics Knowledge and Skills	Science Knowledge and Skills	Creative Arts Expression	Logic and Reasoning	Social Studies Knowledge	English Language Development
Going on a Picnic	<ul style="list-style-type: none"> ✓ Physical Health Status ✓ Health Knowledge & Practice ✓ Gross Motor Skills ✓ Fine Motor Skills 	<ul style="list-style-type: none"> ✓ Social Relationships ✓ Self-concept & Self Efficacy 	<ul style="list-style-type: none"> ✓ Initiative and Curiosity ✓ Persistence & Attentiveness ✓ Cooperation 	<ul style="list-style-type: none"> ✓ Receptive Language ✓ Expressive Language 	<ul style="list-style-type: none"> ✓ Early Writing 			<ul style="list-style-type: none"> ✓ Music ✓ Art 	<ul style="list-style-type: none"> ✓ Symbolic Representation 		<ul style="list-style-type: none"> ✓ Receptive English Language Skills ✓ Expressive English Language Skills
Every Body is Special	<ul style="list-style-type: none"> ✓ Physical Health Status ✓ Health Knowledge & Practice ✓ Gross Motor Skills ✓ Fine Motor Skills 	<ul style="list-style-type: none"> ✓ Social Relationships ✓ Self-concept & Self Efficacy 	<ul style="list-style-type: none"> ✓ Initiative and Curiosity ✓ Persistence & Attentiveness ✓ Cooperation 	<ul style="list-style-type: none"> ✓ Receptive Language ✓ Expressive Language 	<ul style="list-style-type: none"> ✓ Book Appreciation 	<ul style="list-style-type: none"> ✓ Measurement & Comparison 		<ul style="list-style-type: none"> ✓ Music ✓ Art 		<ul style="list-style-type: none"> ✓ Self, Family & Community 	<ul style="list-style-type: none"> ✓ Receptive English Language Skills ✓ Expressive English Language Skills ✓ Engagement in English Literacy Activities
A Serving is Just Right	<ul style="list-style-type: none"> ✓ Physical Health Status ✓ Health Knowledge & Practice ✓ Gross Motor Skills 	<ul style="list-style-type: none"> ✓ Social Relationships ✓ Self-concept & Self Efficacy 	<ul style="list-style-type: none"> ✓ Initiative and Curiosity ✓ Persistence & Attentiveness ✓ Cooperation 	<ul style="list-style-type: none"> ✓ Receptive Language ✓ Expressive Language 	<ul style="list-style-type: none"> ✓ Book Appreciation 	<ul style="list-style-type: none"> ✓ Measurement and Comparison 	<ul style="list-style-type: none"> ✓ Scientific Skills & Methods 		<ul style="list-style-type: none"> ✓ Symbolic Representation 		<ul style="list-style-type: none"> ✓ Receptive English Language Skills ✓ Expressive English Language Skills
Make a Muscle	<ul style="list-style-type: none"> ✓ Physical Health Status ✓ Health Knowledge & Practice ✓ Fine Motor Skills ✓ Gross Motor Skills 		<ul style="list-style-type: none"> ✓ Initiative and Curiosity ✓ Persistence & Attentiveness ✓ Cooperation 	<ul style="list-style-type: none"> ✓ Receptive Language ✓ Expressive Language 			<ul style="list-style-type: none"> ✓ Scientific Skills & Methods 	<ul style="list-style-type: none"> ✓ Creative Movement & Dance 	<ul style="list-style-type: none"> ✓ Symbolic Representation 		<ul style="list-style-type: none"> ✓ Receptive English Language Skills ✓ Expressive English Language Skills
Vitamins ABC	<ul style="list-style-type: none"> ✓ Physical Health Status ✓ Health Knowledge & Practice ✓ Gross Motor Skills 		<ul style="list-style-type: none"> ✓ Initiative and Curiosity ✓ Persistence & Attentiveness ✓ Cooperation 	<ul style="list-style-type: none"> ✓ Receptive Language ✓ Expressive Language 	<ul style="list-style-type: none"> ✓ Alphabet Knowledge ✓ Print Concepts & Conventions 		<ul style="list-style-type: none"> ✓ Scientific Skills & Methods 		<ul style="list-style-type: none"> ✓ Symbolic Representation 		<ul style="list-style-type: none"> ✓ Receptive English Language Skills ✓ Expressive English Language Skills

SMART FROM THE START

HEALTHY DECISIONS. HEALTHY HABITS.

	Physical Development & Health	Social and Emotional Development	Approaches to Learning	Language Development	Literacy Knowledge and Skills	Mathematics Knowledge and Skills	Science Knowledge and Skills	Creative Arts Expression	Logic and Reasoning	Social Studies Knowledge	English Language Development
What's In Our Shopping Cart?	<ul style="list-style-type: none"> ✓ Physical Health Status ✓ Health Knowledge and Practice ✓ 	<ul style="list-style-type: none"> ✓ Social Relationships ✓ Self-concept & Self Efficacy 	<ul style="list-style-type: none"> ✓ Initiative and Curiosity ✓ Persistence & Attentiveness ✓ Cooperation 	<ul style="list-style-type: none"> ✓ Receptive Language ✓ Expressive Language 	<ul style="list-style-type: none"> ✓ Early Writing 	<ul style="list-style-type: none"> ✓ Number concepts & Quantities ✓ Number Relationships & Operations 		<ul style="list-style-type: none"> ✓ Art 	<ul style="list-style-type: none"> ✓ Symbolic Representation 		<ul style="list-style-type: none"> ✓ Receptive English Language Skills ✓ Expressive English Language Skills
Party On!	<ul style="list-style-type: none"> ✓ Physical Health Status ✓ Health Knowledge & Practice ✓ Fine Motor Skills ✓ Gross Motor Skills 		<ul style="list-style-type: none"> ✓ Initiative and Curiosity ✓ Persistence & Attentiveness ✓ Cooperation 	<ul style="list-style-type: none"> ✓ Receptive Language ✓ Expressive Language 	<ul style="list-style-type: none"> ✓ Early Writing 	<ul style="list-style-type: none"> ✓ Number Concepts & Quantities ✓ Measurement & Comparison 		<ul style="list-style-type: none"> ✓ Music ✓ Creative Movement and Dance ✓ Drama 			<ul style="list-style-type: none"> ✓ Receptive English Language Skills ✓ Expressive English Language Skills
Never Not Ever?	<ul style="list-style-type: none"> ✓ Physical Health Status ✓ Health Knowledge & Practice ✓ Fine Motor Skills 	<ul style="list-style-type: none"> ✓ Social Relationships ✓ Self-concept & Self Efficacy 	<ul style="list-style-type: none"> ✓ Initiative and Curiosity ✓ Persistence & Attentiveness ✓ Cooperation 	<ul style="list-style-type: none"> ✓ Receptive Language ✓ Expressive Language 	<ul style="list-style-type: none"> ✓ Book Appreciation 	<ul style="list-style-type: none"> ✓ Number Concepts & Quantities ✓ Number Relationships & Operations 					<ul style="list-style-type: none"> ✓ Receptive English Language Skills ✓ Expressive English Language Skills ✓ Engagement in English Literacy Activities
A-B-C Move With Me!	<ul style="list-style-type: none"> ✓ Physical Health Status ✓ Health Knowledge & Practice ✓ Fine Motor Skills ✓ Gross Motor Skills 	<ul style="list-style-type: none"> ✓ Social Relationships ✓ Self-concept & Self Efficacy 	<ul style="list-style-type: none"> ✓ Initiative and Curiosity ✓ Persistence & Attentiveness ✓ Cooperation 	<ul style="list-style-type: none"> ✓ Receptive Language ✓ Expressive Language 	<ul style="list-style-type: none"> ✓ Alphabet Knowledge 			<ul style="list-style-type: none"> ✓ Creative Movement & Dance 			<ul style="list-style-type: none"> ✓ Receptive English Language Skills ✓ Expressive English Language Skills
Make a Yummy Fruit Salad	<ul style="list-style-type: none"> ✓ Physical Health Status ✓ Health Knowledge & Practice ✓ Fine Motor Skills 	<ul style="list-style-type: none"> ✓ Social Relationships ✓ Self-concept & Self Efficacy 	<ul style="list-style-type: none"> ✓ Initiative and Curiosity ✓ Persistence & Attentiveness ✓ Cooperation 	<ul style="list-style-type: none"> ✓ Receptive Language ✓ Expressive Language 	<ul style="list-style-type: none"> ✓ Book Appreciation ✓ Print Concepts and Conventions 	<ul style="list-style-type: none"> ✓ Number Concepts & Quantities ✓ Number Relationships & Operations ✓ Measurement & Comparison 	<ul style="list-style-type: none"> ✓ Scientific Skills & Methods ✓ Conceptual Knowledge of the Natural & Physical World 				<ul style="list-style-type: none"> ✓ Receptive English Language Skills ✓ Expressive English Language Skills ✓ Engagement in English Literacy Activities

SMART FROM THE START

HEALTHY DECISIONS. HEALTHY HABITS.

	Physical Development & Health	Social and Emotional Development	Approaches to Learning	Language Development	Literacy Knowledge and Skills	Mathematics Knowledge and Skills	Science Knowledge and Skills	Creative Arts Expression	Logic and Reasoning	Social Studies Knowledge	English Language Development
Movement Olympics	<ul style="list-style-type: none"> ✓ Physical Health Status ✓ Health Knowledge and Practice ✓ Fine Motor Skills ✓ Gross Motor Skills 	<ul style="list-style-type: none"> ✓ Social Relationships ✓ Self-concept & Self Efficacy 	<ul style="list-style-type: none"> ✓ Initiative and Curiosity ✓ Persistence & Attentiveness ✓ Cooperation 	<ul style="list-style-type: none"> ✓ Receptive Language ✓ Expressive Language 	<ul style="list-style-type: none"> ✓ Print Concepts & Conventions ✓ Early Writing 			<ul style="list-style-type: none"> ✓ Art 	<ul style="list-style-type: none"> ✓ Symbolic Representation 	<ul style="list-style-type: none"> ✓ Self, Family & Community 	<ul style="list-style-type: none"> ✓ Receptive English Language Skills ✓ Expressive English Language Skills
All Aboard the Breakfast Train	<ul style="list-style-type: none"> ✓ Physical Health Status ✓ Health Knowledge & Practice ✓ Fine Motor Skills ✓ Gross Motor Skills 	<ul style="list-style-type: none"> ✓ Social Relationships ✓ Self-concept & Self Efficacy 	<ul style="list-style-type: none"> ✓ Initiative and Curiosity ✓ Persistence & Attentiveness ✓ Cooperation 	<ul style="list-style-type: none"> ✓ Receptive Language ✓ Expressive Language 	<ul style="list-style-type: none"> ✓ Print Concepts & Conventions ✓ Early Writing 		<ul style="list-style-type: none"> ✓ Scientific Skills & Methods 	<ul style="list-style-type: none"> ✓ Art ✓ Drama 			<ul style="list-style-type: none"> ✓ Receptive English Language Skills ✓ Expressive English Language Skills
The Power of Veggies	<ul style="list-style-type: none"> ✓ Physical Health Status ✓ Health Knowledge & Practice ✓ Fine Motor Skills ✓ Gross Motor Skills 	<ul style="list-style-type: none"> ✓ Social Relationships ✓ Self-concept & Self Efficacy 	<ul style="list-style-type: none"> ✓ Initiative and Curiosity ✓ Persistence & Attentiveness ✓ Cooperation 	<ul style="list-style-type: none"> ✓ Receptive Language ✓ Expressive Language 	<ul style="list-style-type: none"> ✓ Book Appreciation ✓ Early Print Concepts 		<ul style="list-style-type: none"> ✓ Scientific Skills & Methods ✓ Conceptual Knowledge of the Natural & Physical World 	<ul style="list-style-type: none"> ✓ Music 			<ul style="list-style-type: none"> ✓ Receptive English Language Skills ✓ Expressive English Language Skills ✓ Engagement in English Literacy Activities
Have a Ball	<ul style="list-style-type: none"> ✓ Physical Health Status ✓ Health Knowledge & Practice ✓ Gross Motor Skills 		<ul style="list-style-type: none"> ✓ Initiative and Curiosity ✓ Persistence & Attentiveness ✓ Cooperation 	<ul style="list-style-type: none"> ✓ Receptive Language ✓ Expressive Language 	<ul style="list-style-type: none"> ✓ Early print concepts 	<ul style="list-style-type: none"> ✓ Measurement & Comparison 	<ul style="list-style-type: none"> ✓ Scientific Skills & Methods 				<ul style="list-style-type: none"> ✓ Receptive English Language Skills ✓ Expressive English Language Skills
Balancing Act	<ul style="list-style-type: none"> ✓ Physical Health Status ✓ Health Knowledge and Practice ✓ Fine Motor Skills ✓ Gross Motor Skills 		<ul style="list-style-type: none"> ✓ Initiative and Curiosity ✓ Persistence & Attentiveness ✓ Cooperation 	<ul style="list-style-type: none"> ✓ Receptive Language ✓ Expressive Language 	<ul style="list-style-type: none"> ✓ Book Appreciation ✓ Early Writing 		<ul style="list-style-type: none"> ✓ Scientific Skills & Methods 	<ul style="list-style-type: none"> ✓ Creative Movement & Dance 			<ul style="list-style-type: none"> ✓ Receptive English Language Skills ✓ Expressive English Language Skills

SMART FROM THE START

HEALTHY DECISIONS. HEALTHY HABITS.

	Physical Development & Health	Social and Emotional Development	Approaches to Learning	Language Development	Literacy Knowledge and Skills	Mathematics Knowledge and Skills	Science Knowledge and Skills	Creative Arts Expression	Logic and Reasoning	Social Studies Knowledge	English Language Development
Musical Movement	<ul style="list-style-type: none"> ✓ Physical Health Status ✓ Health Knowledge & Practice ✓ Fine Motor Skills ✓ Gross Motor Skills 		<ul style="list-style-type: none"> ✓ Initiative and Curiosity ✓ Persistence & Attentiveness ✓ Cooperation 	<ul style="list-style-type: none"> ✓ Receptive Language ✓ Expressive Language 			<ul style="list-style-type: none"> ✓ Scientific Skills & Methods 	<ul style="list-style-type: none"> ✓ Music ✓ Creative Movement & Dance ✓ Art 		<ul style="list-style-type: none"> ✓ Self, Family & Community ✓ People & the Environment 	<ul style="list-style-type: none"> ✓ Receptive English Language Skills ✓ Expressive English Language Skills
Blast Off!	<ul style="list-style-type: none"> ✓ Physical Health Status ✓ Health Knowledge & Practice ✓ Gross Motor Skills 		<ul style="list-style-type: none"> ✓ Initiative and Curiosity ✓ Persistence & Attentiveness ✓ Cooperation 	<ul style="list-style-type: none"> ✓ Receptive Language ✓ Expressive Language 	<ul style="list-style-type: none"> ✓ Early print concepts 			<ul style="list-style-type: none"> ✓ Creative Movement & Dance ✓ Drama 			<ul style="list-style-type: none"> ✓ Receptive English Language Skills ✓ Expressive English Language Skills

WIC: The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)

BACKGROUND: WIC provides federal grants to states for supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five who are found to be at nutritional risk. Local WIC agencies are responsible for providing the low-income women and children they serve with nutrition education materials that:

- Are appealing, creative and interactive.
- Incorporate community/national nutrition messages.
- Incorporate lifelong positive dietary and health habits for disease prevention, using *Nutrition and Your Health: Dietary Guidelines for Americans* and *Healthy People 2010*.
- Facilitate behavioral changes.

ALIGNMENT: The WIC Nutrition Goals outlined below are described further in the WIC Program Nutrition Education Guidance document available at: nal.usda.gov/wicworks/Learning_Center/ntredguidance.pdf

	WIC Nutrition Goals				
	Emphasize the relationship between nutrition, physical activity, and health with special emphasis on the nutritional needs of pregnant, postpartum, and breastfeeding women, infants and children under five years of age.			Assist the individual who is at nutritional risk in achieving a positive change in dietary and physical activity habits , resulting in improved nutritional status and in the prevention of nutrition-related problem through optimal use of the WIC supplemental foods and other nutritious foods.	
	Nutrition	Physical Activity	Health	Promote Change in Dietary Habits	Promote Change in Physical Activity Habits
I Like to Move It!		X	X		X
Create My Plate? How Great!	X		X	X	
I Can Do It! You Can, Too!		X	X		X
Going on a Picnic	X	X	X	X	
Every Body is Special		X	X		
A Serving is Just Right	X	X	X	X	
Make a Muscle		X	X		X
Vitamins ABC	X	X	X	X	
What's In Our Shopping Cart?	X		X	X	
Party On!	X	X	X	X	X
Never Not Ever?	X		X	X	
A-B-C Move With Me!		X	X		X
Make a Yummy Fruit Salad	X		X	X	
Movement Olympics		X	X		X
All Aboard the Breakfast Train	X	X	X	X	
The Power of Veggies	X		X	X	
Have a Ball		X	X		X
Balancing Act		X	X		
Musical Movement		X	X		X
Blast Off!	X	X	X	X	X

Society of Health and Physical Educators (SHAPE)

BACKGROUND: Head Start Body Start is a partnership between SHAPE and Head Start. The purpose of Head Start Body Start is to increase physical activity, outdoor play, and healthy eating among Head Start and Early Head Start Center children, families, and staff.

ALIGNMENT: SHAPE’s “Active Start: A Statement of Physical Activity Guidelines for Children from Birth to Age 5” outlines five guidelines for preschoolers:

- Guideline 1: Preschoolers should accumulate at least 60 minutes of structured physical activity each day.
- Guideline 2: Preschoolers should engage in at least 60 minutes – and up to several hours – of unstructured physical activity each day, and should not be sedentary for more than 60 minutes at a time, except when sleeping. Note: The Smart from the Start lessons offer opportunities for structured physical activity (referenced in Guideline 1) rather than unstructured physical activity that is experienced in recess or playtime. For this reason, Guideline 2 is not included in the chart below.
- Guideline 3: Preschoolers should be encouraged to develop competence in fundamental motor skills that will serve as the building blocks for future motor skillfulness and physical activity.
- Guideline 4: Preschoolers should have access to indoor and outdoor areas that meet or exceed recommended safety standards for performing large-muscle activities.
- Guideline 5: Caregivers and parents in charge of preschoolers’ health and well-being are responsible for understanding the importance of physical activity and for promoting movement skills by providing opportunities for structured and unstructured physical activity.

Further explanation of these guidelines is available at: <http://www.shapeamerica.org/standards/guidelines/earlychildhoodguidelines.cfm>

	Active Start Guidelines			
	Guideline 1	Guideline 3	Guideline 4	Guideline 5
I Like to Move It!	X	X	X	X
Create My Plate? How Great!		X		
I Can Do It! You Can, Too!	X	X	X	X
Going on a Picnic	X	X	X	
Every Body is Special	X	X	X	X
A Serving is Just Right	X	X		
Make a Muscle		X	X	X
Vitamins ABC	X	X		
What’s In Our Shopping Cart?		X		
Party On!	X	X	X	X
Never Not Ever?		X		
A-B-C Move With Me!	X	X	X	X
Make a Yummy Fruit Salad		X		
Movement Olympics	X	X	X	X
All Aboard the Breakfast Train	X	X	X	
The Power of Veggies		X		
Have a Ball	X	X	X	X
Balancing Act	X	X	X	
Musical Movement	X	X	X	X
Blast Off!	X	X	X	X

SNAP-Ed: The Supplemental Nutrition Assistance Program

BACKGROUND: Through nutrition education, the United States Department of Agriculture’s Food and Nutrition Department seeks to assist millions of children and low-income families in making healthier choices.

ALIGNMENT: SNAP-Ed identifies three behavioral outcomes on which to focus in order to establish healthy, active habits and lifestyles. These Key Behavioral Outcomes outlined below are described further at: snap.nal.usda.gov/snap/Guidance/FY2014SNAP-EdGuidance.pdf

	SNAP-ED Key Behavioral Outcomes		
	Make half your plate fruits and vegetables, at least half your grains whole grains, and switch to fat-free or low-fat milk and 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: childhood, adolescence, adulthood, pregnancy and breastfeeding, and older age.
I Like to Move It!		X	X
Create My Plate? How Great!	X		X
I Can Do It! You Can, Too!		X	X
Going on a Picnic	X		X
Every Body is Special		X	X
A Serving is Just Right	X		
Make a Muscle		X	X
Vitamins ABC	X		X
What’s In Our Shopping Cart?	X		X
Party On!	X	X	X
Never Not Ever?			X
A-B-C Move With Me!		X	X
Make a Yummy Fruit Salad	X		X
Movement Olympics		X	X
All Aboard the Breakfast Train	X		X
The Power of Veggies	X		X
Have a Ball		X	X
Balancing Act		X	X
Musical Movement		X	X
Blast Off!	X	X	X

EFNEP: The Expanded Food and Nutrition Education Program

BACKGROUND: EFNEP is a unique program designed to assist limited-resource adults and youth in acquiring the knowledge, skills, attitudes, and changed behavior necessary for nutritionally sound diets, and to contribute to their personal development and the improvement of the total family diet and nutritional well-being. Adult program participants learn how to make food choices which can improve the nutritional quality of the meals they serve their families. EFNEP provides nutrition education at schools as an enrichment of the curriculum, in after-school care programs and through 4-H, EFNEP clubs, etc. Lessons on nutrition and physical activity are included.

ALIGNMENT: Key program pillars include the importance of nutritious diets, physical activity and family well-being. Additional information about EFNEP can be found at nifa.usda.gov/nea/food/efnep/pdf/2010_Rev_nutrition_card.PDF and csrees.usda.gov/nea/food/efnep/pdf/efnep_program.pdf

	Key Program Pillars		
	Nutritious Diets	Physical Activity	Family Well-Being
I Like to Move It!		x	X
Create My Plate? How Great!	x		X
I Can Do It! You Can, Too!		x	X
Going on a Picnic	x	x	X
Every Body is Special		x	X
A Serving is Just Right	x	x	X
Make a Muscle		x	X
Vitamins ABC	x	x	X
What's In Our Shopping Cart?	x		X
Party On!	x	x	X
Never Not Ever?	x		X
A-B-C Move With Me!		x	X
Make a Yummy Fruit Salad	x		X
Movement Olympics		x	X
All Aboard the Breakfast Train	x	x	X
The Power of Veggies	x		X
Have a Ball		x	X
Balancing Act		x	X
Musical Movement		x	X
Blast Off!	x	x	X

CACFP: The Child and Adult Care Food Program

BACKGROUND: The Child and Adult Care Food Program improves the quality of day care by making it more affordable to low-income families. Through CACFP, more than 3.3 million children receive meals and snacks during daycare. An important part of CACFP's services are a range of resources and publications that focus on educating children about healthy eating, as well as serving nutritious meals and snacks that children will enjoy.

ALIGNMENT: CACFP focuses on the USDA's Core Nutritional Messages, outlined below. Further information about these nutritional messages can be found at: <http://www.fns.usda.gov/core-nutrition/core-nutrition-messages>

	USDA Core Nutritional Messages			
	Nutrition Education/Child Feeding	Fruits and Vegetables	Whole Grains	Low-fat Milk
I Like to Move It!				
Create My Plate? How Great!	X	X	X	X
I Can Do It! You Can, Too!				
Going on a Picnic	X	X	X	X
Every Body is Special				
A Serving is Just Right	X			
Make a Muscle				
Vitamins ABC	X	X	X	X
What's In Our Shopping Cart?	X	X	X	X
Party On!	X	X	X	X
Never Not Ever?	X			
A-B-C Move With Me!				
Make a Yummy Fruit Salad	X	X		
Movement Olympics				
All Aboard the Breakfast Train	X	X	X	X
The Power of Veggies	X	X		
Have a Ball				
Balancing Act				
Musical Movement				
Blast Off!	X			