

FY26 - FY30 AZ Health Zone Approved Curriculum List

Curricula on this list are approved for Direct Education (DE) and training partners/providers for AZ Health Zone when implemented following their specific fidelity requirements. DE is a requirement in every community and should directly support policy, systems, and environmental (PSE) work in each community.

The Approved Curriculum List will be updated yearly throughout the FY26-FY30 grant cycle; applicant may submit curricula to the State Implementation Team for approval if they seek to use a curriculum not currently on the approved curriculum list, in order to meet a specific community need or fill a gap in programming. For more information about how to submit a curriculum for AZ Health Zone approval and use, please refer to scope of service 6.4.4.4.2.

AZ Health Zone DE for FY26 - FY30 will focus on older children, adolescents, adults, and seniors. Awardees may opt to train others on curriculum for direct education sustainability within the community. Train the trainer must utilize an approved curriculum. AZ Health Zone direct educators in FY26 - FY30 are encouraged to become very knowledgeable about fewer curricula and prioritize connecting DE lessons to PSE work in each community.

To note:

- Preferred curricula are those that align well with AZ Health Zone's guiding principles and require *minimal* modifications to enhance alignment and connection to community.
- Accepted curricula are those that need more enhancements to align with AZ Health Zone's guiding principles and require *more significant* modifications to enhance alignment and connection to community.
- Curricula in both groups are all acceptable choices that bring differing values and impacts, although some require more modifications than others before implementation. All curricula should be modified to enhance trauma-informed approaches that reflect cultural differences and diversity throughout the communities.

Please note that to meet implementation guidelines, curriculum training either from AZ Health Zone or the curriculum developer may be required before teaching the curriculum. Opportunities to receive training on curricula listed will be provided throughout the fiscal year. Please contact the State Implementation Team Community Nutrition Specialist for more information on which curricula require training prior to facilitation.

	Preferred Curricula	Accepted Curricula
K - 5th grades	Food Smarts (3rd-12th grades)	Junior Master Gardener Level One (3rd-5th grade)
	Cooking with Kids BIG Little Project	Cooking Matters Chefs and Kids
	Healthy Classrooms, Healthy Schools	Eat Together, Eat Better
6th - 8th grades	Food Smarts	Junior Master Gardener Level Two
	Teen Battle Chef	Cooking Matters Chefs and Kids
	Cooking with Kids BIG Little Project (6th grade)	Eat Together, Eat Better
9th - 12th grades	Food Smarts	Cooking Matters Chefs and Kids
	Around the Table	Pick It! Try It! Like It!
	Teen Battle Chef	Teens CAN: Comprehensive Food Literacy in Cooking, Agriculture, and Nutrition
Adults	Around the Table	A Taste of African Heritage
	Seed to Supper	A Taste of Latin American Heritage
		Eat Together, Eat Better
Seniors	Around the Table	A Taste of African Heritage
	Seed to Supper	A Taste of Latin American Heritage
	Bingocize	

Curriculum Name	Brief Description	PSE Ideas Included	Group (Preferred-P Accepted-A)	Training Required by Developer
<u>Food Smarts</u>	Food Smarts is a trauma-informed, learner-centered nutrition and cooking curriculum.	No	P	Yes
<u>Cooking with Kids BIG Little Project</u>	Cooking with Kids BIG Little Project provides tasting and cooking lessons to engage students in learning about nutrition through experiences with food.	Yes	P	No
<u>Junior Master Gardener Level One</u>	Junior Master Gardener Level One highlights gardening as a path to increased nutrition knowledge.	No	A	No
<u>Junior Master Gardener Level Two</u>	Junior Master Gardener Level Two builds upon knowledge and skills learned in Junior Master Gardener Level One and encourages leadership skills through community projects.	No	A	No
<u>Cooking Matters Chefs and Kids</u>	Cooking Matters for Chefs and Kids combines nutrition education with food-based activities to enhance cooking knowledge and skills.	No	A	Yes
<u>Eat Together, Eat Better</u>	Eat Together, Eat Better focuses on nourishing family bonds through mealtime.	No	A	No
<u>Healthy Classrooms, Healthy Schools</u>	Healthy Classrooms, Healthy Schools promotes nutrition and physical activity in elementary classrooms.	No	P	No
<u>Teen Battle Chef</u>	Teen Battle Chef enhances cooking skills through recipe battles while sharing nutrition education within each recipe.	Yes	P	Yes
<u>Pick It! Like It! Try It!</u>	Pick It! Try It! Like It! is a nutrition curriculum that prioritizes exposure to fruits and vegetables.	Yes	A	No
<u>Teens CAN: Comprehensive Food Literacy in Cooking, Agriculture, and Nutrition</u>	Teens CAN aims to increase food literacy by providing information about cooking, agriculture, and nutrition.	No	A	No
<u>A Taste of African Heritage</u>	A Taste of African Heritage explores nutrition through the lens of foods traditionally eaten in the	Yes	A	Yes

	African diaspora.			
A Taste of Latin American Heritage	A Taste of Latin American Heritage explores nutrition through traditional foods and eating patterns in Latin American heritage.	Yes	A	Yes
Around the Table	Around the Table is a trauma-informed nutrition, food, and cooking curriculum.	No	P	Yes
Seed to Supper	Seed to Supper prioritizes garden education as a means to increasing nutrition knowledge and food security.	Yes	P	Yes
Bingocize	Bingocize is a game-based physical activity and nutrition education curriculum for seniors.	No	P	Yes