



## HealthBarn<sup>®</sup> USA After-School Enrichment Curriculum Map

HealthBarn USA is nationally recognized as the leader in proven, hands-on healthy-lifestyle education for children and families. The unique curricula emphasizes the importance of nutrition by empowering children to grow, harvest, cook and eat fresh, natural foods. The garden activities and healthy-lifestyle lessons are designed to meet the needs of all children and their families and were developed by the HealthBarn USA team in collaboration with Rutgers Cooperative Extension. The programs are overseen by its esteemed advisory board, which is comprised of some of the country's leading professionals in food, nutrition and health.

The programs have been featured on *The Rachael Ray Show*, *CNN with Dr. Sanjay Gupta*, *CBS-TV, New York*, *FOX Good Day, New York*, *NJ Channel 12 News* and in *The New York Times*, *Women's Health*, *The Bergen Record*, *(201) Magazine*, *New Jersey Life magazine* and more. Please visit our Web site at [www.healthbarnusa.com](http://www.healthbarnusa.com) and check out the TV highlights in the educator section to see the HealthBarn USA kids in action.

**A Unique Opportunity for Schools:** HealthBarn USA partners with schools to offer students a one-of-a-kind, interactive after-school enrichment experience for children K through 8th grade (curricula will be adjusted for specified ages). The curricula meets NJ Core Curriculum Standards, 2.1, 2.2, 2.6, 3.1, 3.4, 3.5, 4.2, 5.4, and 9.2. The focus of the program includes:

- Introducing HealthBarn USA's 5 Healthy Habits through hands-on activities, games
- Learning to cook naturally, delicious recipes
- Being active through fun, group and individual activities
- Learning to make healthy food choices
- Trying new foods and textures
- Take-home recipes and information for parents.

<b>Instructors:</b>	HealthBarn USA educator and healthy-lifestyle assistant
<b>Length of Program:</b>	6-week program; each lesson is 50 – 60 minutes depending on the school schedule (we can also provide 8, 10 or 12 weeks of curricula)
<b>Students:</b>	25 students maximum (or we can add additional educators based on space); minimum 8-10 students.
<b>School Requirements:</b>	Access to a multipurpose room with a sink and tables for students; access to a gym for exercise activities if possible; 1-2 parent volunteers per week.
<b>Fee:</b>	\$120 per student for 6-week program including all organic, natural foods and supplies.

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<b>Lesson</b>	<b>Exercise (10-15 minutes)</b>	<b>Nutrition &amp; Lifestyle Lesson (30 minutes)</b>	<b>Recipe (10-15 minutes)</b>
<b>1</b>	<b>Team Building Activities</b>	<b>Introduction: HealthBarn USA's 5 Healthy Habits  Natural vs. Artificial</b>	<b>Rainbow Swirley Smoothie</b>
<b>2</b>	<b>Relay Races</b>	<b>Seasonal Food Game</b>	<b>Yum! Yum! Dumplings (or Veggie Sushi)</b>
<b>3</b>	<b>Hoola Hoops</b>	<b>Supermarket Spy Kids</b>	<b>Naturally Delicious TLT's</b>
<b>4</b>	<b>Obstacle Course</b>	<b>Breakfast Lesson</b>	<b>Sweet Potato Pancakes</b>
<b>5</b>	<b>Jump Rope</b>	<b>Sleep Over Party</b>	<b>The Perfect Pop</b>
<b>6</b>	<b>Relay Races</b>	<b>Family Meals</b>	<b>BBQ Turkey Pizza</b>

\* Recipe and class worksheet will go home after each lesson to be reinforced at home.

We look forward to partnering with you on this important fun and educational experience for your students. Please contact us directly at 201-891-2066 or [info@healthbarnusa.com](mailto:info@healthbarnusa.com) with any questions or to schedule an after-school enrichment program for your school.

Thank you for your consideration.

Healthy regards!