



HEAL UNITED: THE PROCESS AND PURPOSE OF CURRICULUM ADAPTATION

Healthy Eating Active Living

Mission

Our mission is to improve children's health and transform health culture through education and practice of healthy lifestyle behaviors.

Why HEAL?

- Traditional programs with a skill focus often “turn kids off” to movement and result in too much “sitting around.”

Elementary School

Book System, 2nd Bronze, 3rd Silver, 4th Gold, 5th Platinum

Middle School

Unit Format – Heart Facts, Nutrition, HRFC/FITT, Maintaining Healthy Weight, Bulling/Cyberbullying, Food Allergies/Safety

HEAL High School

Unit Format – Components of Fitness, Benefits of Physical Activity, Goal Setting & Personal Fitness, Nutrition 101/Analysis

Afterschool – the foundation of the Adapted Curriculum

Focus on Elementary Ages, Leaders not trained in HPE

Community Ambassadors

Adapted Curriculum—Focus for today’s presentation

HEAL Curricula

HEAL Curriculum Resources

Heart Rate Monitor
Technology

Teacher's Guide

Handouts & Homeplays

Posters

Nutrition Game System

Inclusion Guide

Game Resource File

Purpose

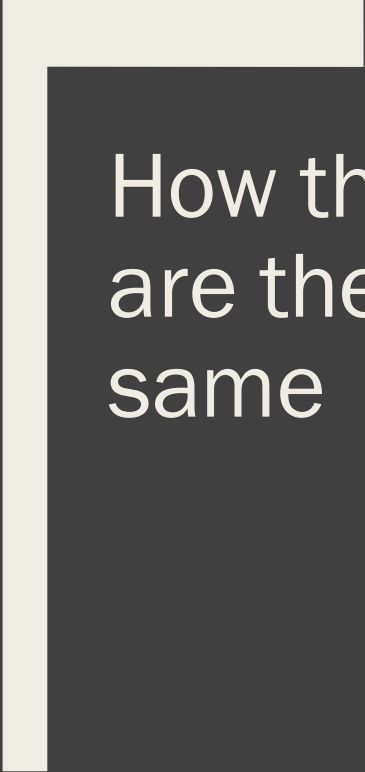
- Complement the existing HEAL United physical education curriculum
- Deliver individualized, developmentally appropriate instruction
- Promote confidence, engagement, and lifelong participation in physical activity

- Received NCHPAD grant to adapt the Afterschool HEAL Curriculum for self-contained and APE classrooms
- Identified a team of adapted specialists, curriculum supervisors, NCHPAD staff, and HEAL representatives
- Piloted the curriculum during the Fall/Spring 2024–2025 school year to identify needed modifications
- Secured an external expert review in December and revised the curriculum based on feedback
- Trained a new group of adapted specialists in January to implement the revised curriculum in Spring 2026

Process

- Evidence-based* and research-informed
- Grounded in HEAL principles (Healthy Eating, Active Living)
- Aligned with state physical education and health standards
- Emphasizing both physical activity and quality nutrition
- Focused on building lifelong healthy habits
- Written by teachers for teachers

*Pilot process underway



How they
are the
same

Content organization

- H=Healthy
- E=Eating
- A=Active
- L=Living
- At-a-Glance
 - # of Lessons
 - Key Concepts
 - Resources

E = Eating AT A GLANCE		
Lesson	Key Concepts	Resources
Lesson 1: MyPlate- Fruits & Vegetables	<ol style="list-style-type: none"> Half of your plate should be fruits and vegetables at every meal. Fruits and vegetables give your body energy and help it grow, heal, and stay strong. <u>Fruits</u> and vegetables contain nutrients that keep you healthy. Eating a variety of colorful fruits and vegetables helps different parts of your body. 	<ol style="list-style-type: none"> H, E, A, L Combined handout HEAL Build a Healthy Plate handout A blank sheet of paper for each student (optional) HEAL Food Tiles Resource (optional) HEAL Nutrition Cards (Fruits and Vegetables) Eat a Rainbow of Fruits and Vegetables Every Day handout Video 1 Review– Fruits and Vegetables Color the Fruits and Vegetables handout A Rainbow of Fruits and Veggies handout Food Group Pursuit Game Board, Food Group Pursuit.pdf, Vegetable and Fruit HEAL Nutrition Cards Food Group video - Vegetables Food Group video - Fruits Eat a Rainbow Every Day chant (optional) Match the Colors – Fuel Your Body! (optional activity) Emma's Super Energy Snack story (optional)
Lesson 2: MyPlate – Grains and Proteins	<ol style="list-style-type: none"> Grains and proteins help your body grow, stay strong, and have energy. Grains give your body energy to play, learn, and move. Grains include bread, pasta, rice, and cereal. Proteins help build strong muscles. Proteins include meat, eggs, beans, and nuts. 	<ol style="list-style-type: none"> HEAL Build a Healthy Plate handout Grain and Protein HEAL Nutrition Cards White Board/Paper and Markers Choose MyPlate Blitz (Tag Game) using Grain and Protein HEAL Nutrition Cards Bean bags labeled with different food names or pictures (optional for the game) Two hula hoops (optional for game) Video 2: Grains and Proteins Food Group video – Grains Food Group video - Proteins
Lesson 3: MyPlate Dairy and Beverages	<ol style="list-style-type: none"> Dairy foods help build strong bones and teeth. Dairy foods include milk, cheese, and yogurt. Water is the best drink for your body. Low-fat milk is a healthy drink that makes bones and teeth strong. A small amount of 100% fruit juice is okay. Sugary drinks like soda, fruit drinks, and sweet tea should be limited. Energy drinks are not safe for kids. 	<ol style="list-style-type: none"> HEAL Build a Healthy Plate handout HEAL Food Tiles HEAL Nutrition Cards (include water and 100% fruit juice, and other beverages) Fill Your Plate handout Fuel Your Tank gameboard Think When Selecting Your Drink Handout Healthy or Be Careful Drink Activity Drink Tiles Food Groups Dairy.mp4 Lesson 3 Dairy and Drinks.mp4 Think When Selecting Your Drink Word Search Handout (optional) My Plate Bingo.pdf Food Group Memory Game

- Shorter instructional units and simplified lesson structure
- Increased use of hands-on, experiential learning, videos to support retention through repetition
- Adaptations for physical and/or intellectual differences*
- Modified activities, equipment, and expectations*
- Flexible pacing and individualized instruction
- Simplified nutrition card layout and less visual clutter to reduce cognitive load

[*HEAL/NCHPAD Inclusion Guide](#)




How they
are
different

Beyond the PE Class Applications

- Self-Contained Classrooms
- Adapted PE
- Inclusion or Resource
- Extended Hospital Stays
- Therapy Clinics
- After School Programs
- Adult Day Programs
- Homebound or Homeschool Settings
- Community Recreation Programs

From Feedback to Practice: Evolution of the Curriculum Poster

E = EATING **ENJOY QUALITY FOOD**



Choose MyPlate.gov

HEAL

TIPS for EATING RIGHT

- START YOUR DAY WITH A HEALTHY BREAKFAST.
- TAKE YOUR TIME! EATING TOO QUICKLY MAY CAUSE YOU TO EAT TOO MUCH.
- USE A SMALLER PLATE AT MEALS TO HELP WITH PORTION CONTROL.
- AVOID EXTRA FAT FROM DRESSINGS, SAUCES AND GRAVIES.
- TAKE CONTROL OF YOUR FOOD. CHOOSE GRILLED RATHER THAN FRIED.
- HYDRATE WITH WATER.
- TRY NEW FOODS WITH HIGH NUTRIENT DENSITY!

REMEMBER: FOODS AND DRINKS WITH LOW NUTRIENT DENSITY AND/OR HIGH SUGAR, FAT, AND/OR SODIUM SHOULD BE CONSUMED IN MODERATION AND BALANCED WITH QUALITY EXERCISE AND NUTRITION.

HEAL + FUEL STATION

FUEL QUALITY

HIGH	MED	LOW
WATER LOW-FAT DAIRY LEAN PROTEIN FRUITS & VEGETABLES	DIET DRINKS WHOLE MILK FROZEN DAIRY TREATS	SUGAR-SWEETENED BEVERAGES & TREATS HIGH IN SUGAR, FAT AND/OR SODIUM

YOUR BODY IS LIKE A CAR! SO, LIKE A CAR... **PUT QUALITY FUEL IN THE TANK!**

THE BENEFITS

- ✓ PREVENTS DISEASES
- ✓ FEEL BETTER & GET SICK LESS OFTEN
- ✓ HAVE MORE ENERGY
- ✓ PERFORM BETTER IN SCHOOL (ACADEMICALLY)

YOU CAN CHOOSE WELL! **YOU ARE A WINNER!** **MAKE GOOD CHOICES!**

H = HEALTHY **E = EATING**

A healthy life includes being physically active for 60 minutes every day, eating healthy foods, using good habits to avoid germs, and getting enough sleep each night.



Choose MyPlate.gov

Eating a variety of healthy foods gives your body the energy and nutrients it needs to grow, play, and stay strong.

A = ACTIVE **L = LIVING**

Physical activity helps you have strong muscles, strong bones, and a strong heart. All are important if you want to be healthy.



- STRONG MUSCLES**
- STRONG HEART**
- STRONG BONES**

Living a healthy lifestyle helps you feel your best, stay strong, and enjoy life.

CHOOSE WELL EVERY DAY!

- ★ Quality foods, beverages, and snacks
- ★ Moderate to vigorous physical activities
- ★ Limited screen time
- ★ 10-11 hours of sleep

Simplified language, text density reduced, visuals clarified

Reduces Visual Shifts, Supports Repetition and Whole Picture Learning

Evolution of Curriculum Posters

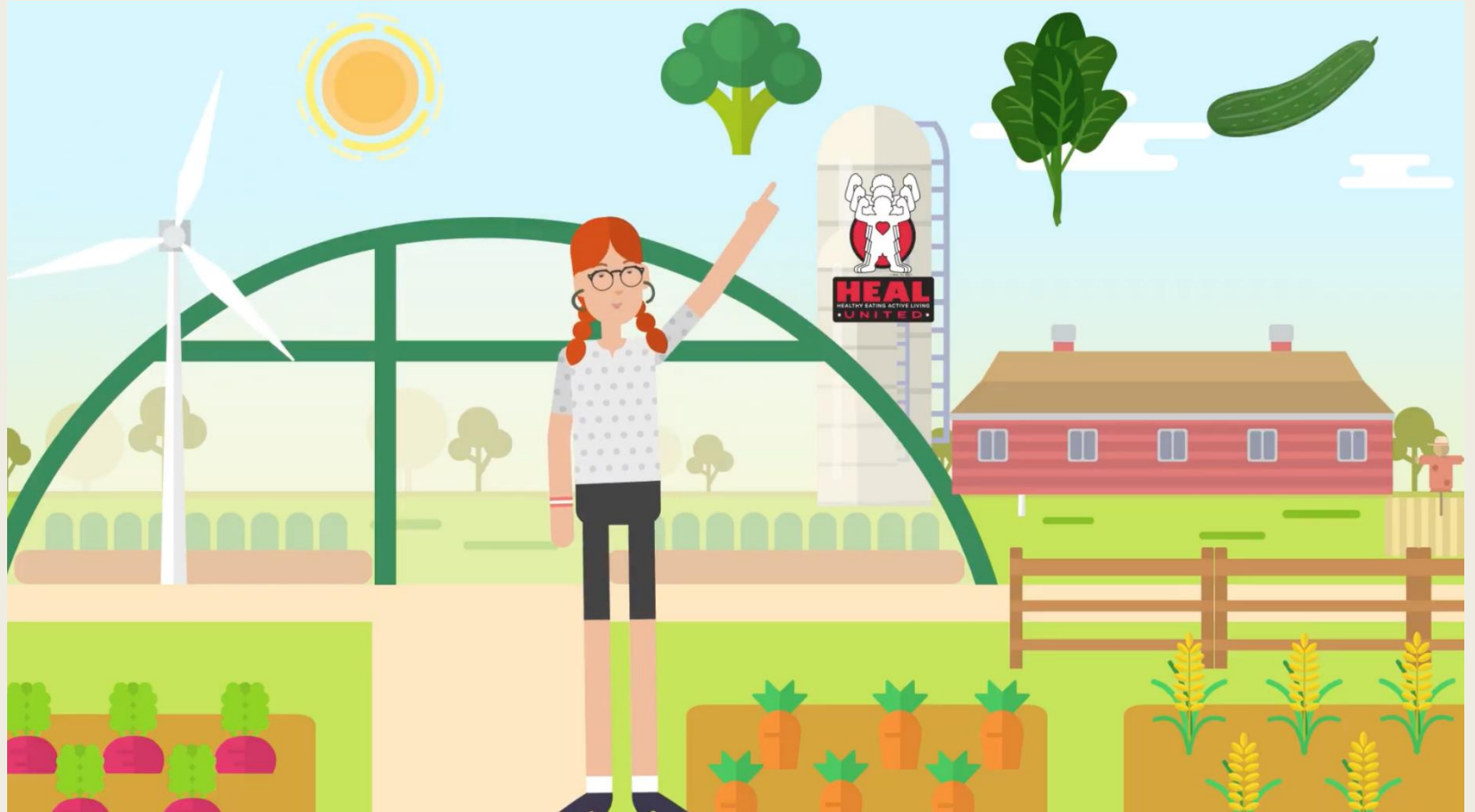


Prioritized familiar foods to build confidence, few new items to support vocabulary growth and structured exposure.

Nutrition Game Cards Evolution



Learning Videos



Game File- Adaptions/Modifications added

Cardiovascular K-2

Name: HEAL Hero Freeze Tag

Equipment: Pool noodles and foam balls. Have enough equipment for $\frac{1}{4}$ of the students to have a noodle and $\frac{1}{4}$ of the students to have a foam ball to begin the game.

Organization: Begin with students scattered around the open activity space. Students with noodles are the taggers and have “freeze power”; students with the foam balls have “melting power”. The remaining students are trying to avoid being tagged.

Description: Using different locomotor skills, the freezers are trying to tag students who do not have a foam ball. When a student is tagged, they become frozen and must stand still with their hands raised above their heads. The melters become HEAL Heroes by giving their foam balls to the frozen students. The only way to be a HEAL Hero is to be a good citizen and melt a frozen student. Change roles and locomotor skills often. For variety, have frozen students assume different shapes or positions (e.g., push-up position).

Adaptations/Modifications: Slightly deflate balls to improve grasp/grip. If a student is using a mobility device (walker, gait trainer, etc.) attach a basket so they can maintain possession of the ball. A peer helper can also be used if a student needs support to carry the ball

Reference: HEAL United

Repetition and Access: Strengthening Vocabulary

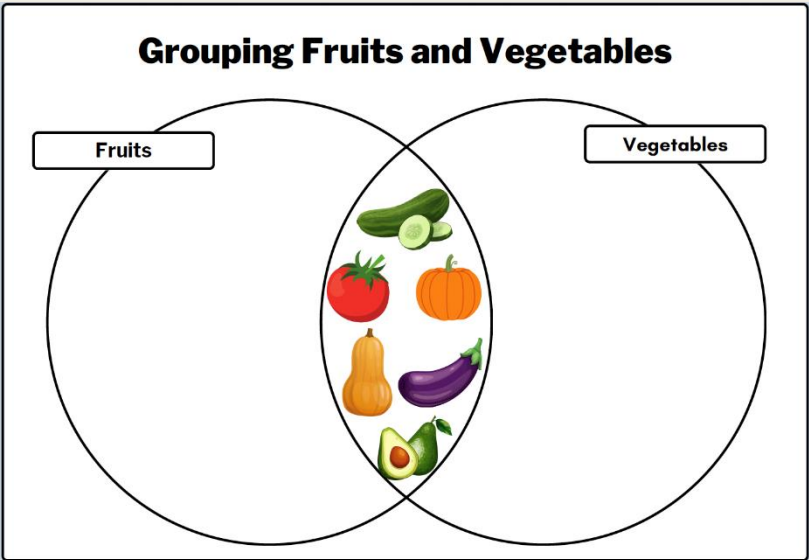
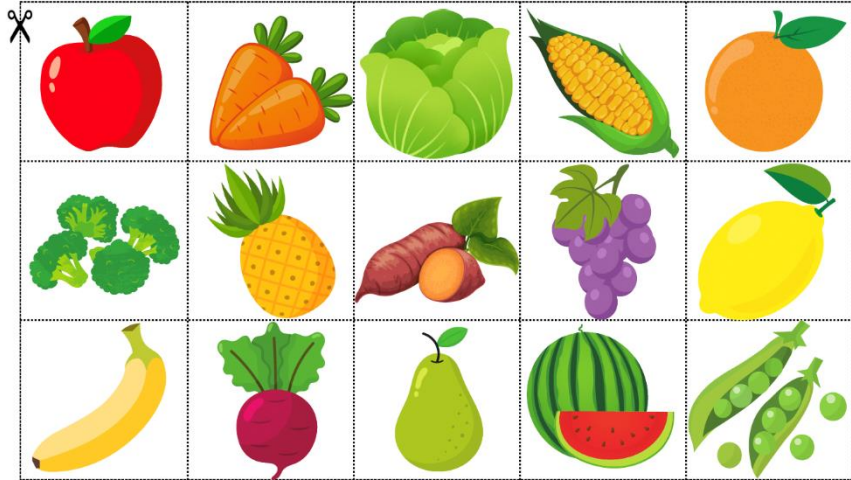


[food_groups-_vegetables \(1080p\).mp4](#)

Building Daily Living and Executive Functioning Skills

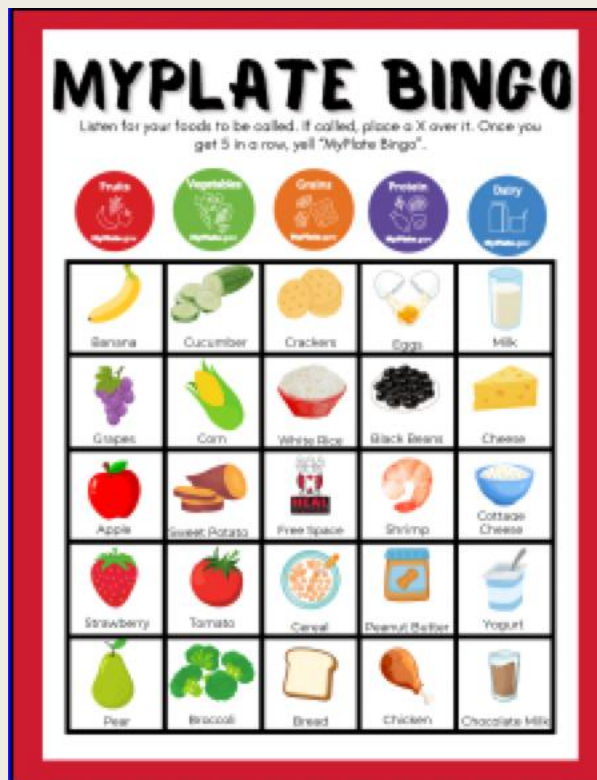
GROUPING FRUITS & VEGGIES

Cut around each image below, and consider how the food can be grouped, according to their external features or how they move. On the Venn diagram, labelled your sorting criteria, and paste the images into the categories. Note: You do not have to use all the images on your Venn diagram.



Flexible Game-Based Learning for MyPlate Concepts



- [My Plate Bingo.pdf](#)







<https://vimeo.com/manage/videos/1084347920>



Engaging Through Movement and Music

Eat the Rainbow Every Day!” (*Clap along or use body motions!*)

 Red and yellow, green and blue,
Fruits and vegetables are good for you!
They help you grow, they help you run,
Eat the rainbow—it's so much fun! 

(Use the motions that work best for you and your students.)

 Apples! (Jump!) or move forward.
 Bananas! (Clap!) or move back.
 Broccoli! (Spin!) or move to the left.
 Grapes! (Stomp!) kick or wave your hands.

 Every color helps you stay strong,
Eat the rainbow all day long! 



QUESTIONS?

info@healunited.org

