



Sprouts

Growing Healthy Habits



Sprouts Curriculum Development Timeline

- Spring 2013
 - Piloted Curriculum with Kindergarteners (Site 1)
 - Received initial feedback from teachers & children
- Summer 2013
 - Piloted Curriculum with Preschoolers (Site 2)
 - Received initial feedback from teachers & children
- Spring 2014
 - Updated lessons based on teacher and child feedback
 - Piloted updated Curriculum with Kindergarteners (Site 1)
- Spring 2015
 - Quasi-Experimental Trial with Kindergarteners (Site 1- Intervention site, Site 3- Control site)
 - Successful changes in knowledge related to healthy habits observed for the intervention site!
- Fall 2015
 - Implemented Curriculum with Kindergarteners (Site 1)
- Spring 2016
 - Implemented Curriculum with Kindergarteners (Site 3)
- Spring 2018
 - Interviewed additional Kindergarten teachers and childcare providers in Illinois regarding the curriculum for final feedback
- Summer 2018
 - Final modifications to curriculum made based on interviews
- Fall 2018
 - Sprouts curriculum available!