

Here are various websites that offer Nutrition and Healthy Lifestyle information, activities, and curriculum. Peruse them as you see fit; some you may find extremely helpful in the classroom to supplement lessons and messages we have been sharing.

**Healthy Hearts for Kids** – *highly recommended site for teachers*

- Web-based lessons on cardiovascular health
- Provides health information for parents/families
- Interdisciplinary lesson plans/standards
- On-line teachers guide
- Printable classroom records
- Student individualized; interactive
- Contains topics relating to tobacco use
- [www.healthyhearts4kids.org](http://www.healthyhearts4kids.org)

**Dole 5-A-Day**

- National program that promotes eating 5-9 servings of fruits and vegetables
- Dole's Nutrition Education Program offers free education materials to schools
- Lesson plans with cross-curricular activities
- [www.dole5aday.com](http://www.dole5aday.com)

**Nemours Foundation**

- Web-site for children and adults
- Interactive games and information geared to kids
- [www.kidshealth.org/index.html](http://www.kidshealth.org/index.html)

**Mid-Atlantic Dairy Farmers**

- Lesson plans, reproducible handouts
- <http://dairyspots.com/schools/education/nutrition.html>

**Team Nutrition Reader's Corner**

- List of children's books that incorporate healthy eating messages and/or physical activity.
- [http://teamnutrition.usda.gov/Students/fun/readers/4\\_to\\_8.html](http://teamnutrition.usda.gov/Students/fun/readers/4_to_8.html)

**Nutrition for Kids: Connie Evers, MS, RD**

- Website with handouts, books and activities
- [www.nutritionforkids.com](http://www.nutritionforkids.com)

**Nutrition Explorations**

- Nutrition lessons for the classroom, news, tips of implementing school wellness, FAQ's...
- <http://www.nutritionexplorations.org/educators/main.asp>

### **Alliance for a Healthier Generation: Healthy Schools Program**

- Free nutrition tips and tools
- [www.healthiergeneration.org/schools/](http://www.healthiergeneration.org/schools/)

### **My Pyramid for Kids**

- Step-by-step guide for teachers introducing the New Food Pyramid
- Reproducible handouts
- [www.mypyramid.gov](http://www.mypyramid.gov)

### **The Incredible Adventures of the Amazing Food Detectives** (offered by Kaiser-Permanente Hospital System)

- Geared to 9 – 10 year olds
- Web-based video games
- Available in English and Spanish
- Will automatically turn off after 20 minutes/won't turn on for 1 hour
- Information for parents and teachers

### **Illuminations**

- Sponsored by the National Council of Teachers of Mathematics (NCTM) and the Verizon Foundation
- Nutrition lesson plans integrated with math lesson
- Classroom focused with guided materials
- <http://illuminations.nctm.org/LessonDetail.aspx?ID=U114>

### **Here is a list of more great web-sites that you may want to explore:**

- [Fruitsandvegetablesmorematters.org](http://Fruitsandvegetablesmorematters.org)
- [Squaremeals.org](http://Squaremeals.org)
- [Eatsmartmovemorenc.com](http://Eatsmartmovemorenc.com)
- Pepsico's SMARTspot ([www.smartspot.com/kids](http://www.smartspot.com/kids))
- Get Kids in Action ([getkidsinaction.org](http://getkidsinaction.org))
- [Lensaunders.com](http://Lensaunders.com) - *(a PE Teacher from New Jersey with great ideas)*
- [Actionforhealthykids.org](http://Actionforhealthykids.org)
- **CATCH** (Coordinated Approach to Child Health)
- Functional Fitness for Kids ([www.ff4k.org](http://www.ff4k.org))
- **WE CAN** (Ways to Enhance Children's Activity & Nutrition)
- 4 H ( Suitcase of Activities)
- **S.M.A.R.T.** (Student Media Awareness to Reduce Television)- Stanford
- Do More, Watch Less
- **P.H.A.T.** Promoting Healthy Activities Together
- ESPN's Play Your Way

- **BAM** (Body and Mind)
- **VERB** – It's What you do
- Jump Up and Go (Blue Cross Massachusetts)
- **H.E.A.L.** (Healthy Eating Active Living) Resource Kit
- Action Based Learning
- Station PE
- Brain Gym
- Take10.net
- Energizers [ncpe4me.com/energizers.html](http://ncpe4me.com/energizers.html)

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