

# HEALTHY SCHOOL ENVIRONMENT RESOURCES

## Nutrition Education

This list contains online resources for nutrition education. Resources are listed by main category. Many Web sites contain information on multiple content areas. For additional content areas related to healthy school environments, see the Connecticut State Department of Education’s (CSDE) other resource lists on the [Resources for School Nutrition Programs](#) Web page. The CSDE updates these lists regularly.

*The inclusion of commercial Web sites or products is for informational purposes only and does not constitute approval or endorsement by the CSDE.*

**Quick Tips:** Click on the blue highlighted titles below to go directly to each section. Use the blue highlighted “Return to Contents” at the end of each section to get back to Contents. Search for key words using the “Find” option in the PDF toolbar or go to “Edit” then “Find.”

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For more information, visit the CSDE's [Nutrition Education](#) Web page or contact Susan S. Fiore, M.S., R.D., Nutrition Education Coordinator, Connecticut State Department of Education, Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457, 860-807-2075, [susan.fiore@ct.gov](mailto:susan.fiore@ct.gov).

*This document is available at [www.sde.ct.gov/sde/lib/sde/pdf/deps/student/nutritioned/resourcesnutred.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/student/nutritioned/resourcesnutred.pdf).*

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### Curriculum Development

*A Guide to Early Childhood Program Development.* Connecticut State Department of Education, 2007.

[www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Early/early\\_childhood\\_guide.pdf](http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Early/early_childhood_guide.pdf)

*A Guide to Curriculum Development. Purposes, Practices, Procedures.* Connecticut State Department of Education.

[www.sde.ct.gov/sde/cwp/view.asp?a=2618&q=321162](http://www.sde.ct.gov/sde/cwp/view.asp?a=2618&q=321162)

*Children's Picture Book Database at Miami University.* Design literature-based thematic units for all subjects, searchable by topics, concepts and skills. [www.lib.muohio.edu/pictbks/](http://www.lib.muohio.edu/pictbks/)

*Connecticut Preschool Assessment Framework.* Connecticut State Department of Education, 2008.

[www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Early/Preschool\\_Assessment\\_Framework.pdf](http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Early/Preschool_Assessment_Framework.pdf)

*Health Education Assessment Project (HEAP).* A national and state initiative focused on increasing the capacity of school districts to deliver a research-based approach to building the health literacy of students by addressing accountability in comprehensive school health education. HEAP aligns curriculum, instruction and assessment to improve student learning through comprehensive school health education instruction. <http://scassheap.org/>

*Health Education Curriculum Analysis Tool (HECAT).* Centers for Disease Control and Prevention, 2012. Helps schools conduct a clear, complete and consistent analysis of health education curricula based on national standards, to provide effective health education curricula and improve the delivery of health education.

[www.cdc.gov/healthyyouth/HECAT/index.htm](http://www.cdc.gov/healthyyouth/HECAT/index.htm)

*Healthy and Balanced Living Curriculum Framework.* Connecticut State Department of Education, 2006. Curriculum guidance for comprehensive school health education and comprehensive physical education PK-12.

[www.sde.ct.gov/sde/LIB/sde/PDF/deps/student/Healthy&BalancedLiving.pdf](http://www.sde.ct.gov/sde/LIB/sde/PDF/deps/student/Healthy&BalancedLiving.pdf)

*National Health Education Standards.* [www.cdc.gov/HealthyYouth/SHER/standards/index.htm](http://www.cdc.gov/HealthyYouth/SHER/standards/index.htm)

*Nutrition Education in Primary Schools: A Planning Guide for Curriculum Development.* The United Nations Food and Agriculture Organization (FAO), 2007. [www.fao.org/docrep/009/a0333e/a0333e00.htm](http://www.fao.org/docrep/009/a0333e/a0333e00.htm)

*Steps to Planning a Nutrition Education Activity.* National Food Service Management Institute.

[www.nfsmi.org/documentlibraryfiles/PDF/201009222093625.pdf](http://www.nfsmi.org/documentlibraryfiles/PDF/201009222093625.pdf)

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## Evaluating Nutrition Education Materials

### Evaluating Nutrition Education Materials

*Audiovisual Nutrition Education Program Review Form.* Iowa State University and Iowa Department of Public Health, May 2000. [www.extension.iastate.edu/Publications/SP122.pdf](http://www.extension.iastate.edu/Publications/SP122.pdf)

*Bibliography for Guides to Evaluating Nutrition Education Materials.* Iowa State University and Iowa Department of Public Health, May 2000. [www.extension.iastate.edu/Publications/SP129.pdf](http://www.extension.iastate.edu/Publications/SP129.pdf)

*Characteristics of an Effective Health Education Curriculum.* Centers for Disease Control and Prevention, 2008. [www.cdc.gov/healthyyouth/SHER/characteristics/index.htm](http://www.cdc.gov/healthyyouth/SHER/characteristics/index.htm)

*Guide to Evaluating Audiovisual Nutrition Education Materials.* Iowa State University and Iowa Department of Public Health, May 2000. [www.extension.iastate.edu/Publications/SP121.pdf](http://www.extension.iastate.edu/Publications/SP121.pdf)

*Guide to Evaluating Written Nutrition Education Materials.* Iowa State University and Iowa Department of Public Health, May 2000. [www.extension.iastate.edu/Publications/SP119.pdf](http://www.extension.iastate.edu/Publications/SP119.pdf)

*Health Education Assessment Project (HEAP).* A national and state initiative focused on increasing the capacity of school districts to deliver a research-based approach to building the health literacy of students by addressing accountability in comprehensive school health education. HEAP aligns curriculum, instruction and assessment to improve student learning through comprehensive school health education instruction. <http://scassheap.org/>

*Health Education Curriculum Analysis Tool (HECAT).* Centers for Disease Control and Prevention, 2007. Helps schools conduct a clear, complete and consistent analysis of health education curricula based on national standards, to provide effective health education curricula and improve the delivery of health education. [www.cdc.gov/HealthyYouth/hecat/index.htm](http://www.cdc.gov/HealthyYouth/hecat/index.htm)

*Nutrition Education Curriculum Review Form.* California Healthy Kids Resource Center, 2007. [www.californiahealthykids.org/articles/mrbnut.pdf](http://www.californiahealthykids.org/articles/mrbnut.pdf)

*Tools for Evaluating Written and Audiovisual Nutrition Education Materials.* Journal of Extension, 38 (4), August 2000. [www.joe.org/joe/2000august/tt3.php](http://www.joe.org/joe/2000august/tt3.php)

*Written Nutrition Education Materials Review Form.* Iowa State University and Iowa Department of Public Health, May 2000. [www.extension.iastate.edu/Publications/SP120.pdf](http://www.extension.iastate.edu/Publications/SP120.pdf)

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## Farm to School

*Center for Ecoliteracy.* Rethinking School Lunch (RSL) program uses a systems approach to address the crisis in childhood obesity, provide nutrition education and teach ecological knowledge. RSL guide provides a planning framework that contains tools and creative solutions to the challenges of improving school lunch programs, academic performance, ecological knowledge and the well-being of our children. [www.ecoliteracy.org/programs/rsl.html](http://www.ecoliteracy.org/programs/rsl.html)

*Cooks for Kids: Cooking Green Across America.* Institute of Child Nutrition.  
[www.nfsmi.org/ResourceOverview.aspx?ID=324](http://www.nfsmi.org/ResourceOverview.aspx?ID=324)

*Collaborating Classrooms – My Garden.* National Farm to School Network. [K-12 lesson plans containing gardening and nutrition information and activities within specific content areas \(English Language Arts, Math, Science or Social Studies\).](http://www.farmentoschool.org/resources-main/collaborating-classrooms-mygarden) [www.farmentoschool.org/resources-main/collaborating-classrooms-mygarden](http://www.farmentoschool.org/resources-main/collaborating-classrooms-mygarden)

*Connecticut Farm-to-School Program.* Connecticut State Department of Agriculture.  
[www.ct.gov/doag/cwp/view.asp?a=2225&q=299424](http://www.ct.gov/doag/cwp/view.asp?a=2225&q=299424)

*Eat Smart—Farm Fresh! A Guide to Buying and Serving Locally-Grown Produce in School Meals.* U.S. Department of Agriculture, 2005. [www.fns.usda.gov/eat-smart-farm-fresh](http://www.fns.usda.gov/eat-smart-farm-fresh)

*Farm and Garden Produce Safety.* U.S. Department of Agriculture. <http://healthymeals.nal.usda.gov/resource-library/food-safety/farm-and-garden-produce-safety>

*Farm to Preschool.* U.S. Department of Agriculture. [www.fns.usda.gov/farmentoschool/farm-preschool](http://www.fns.usda.gov/farmentoschool/farm-preschool)

*Farm to Preschool Factsheet.* U.S. Department of Agriculture, 2015.  
[hwww.fns.usda.gov/sites/default/files/f2s/FactSheet\\_Farm\\_to\\_Preschool.pdf](http://www.fns.usda.gov/sites/default/files/f2s/FactSheet_Farm_to_Preschool.pdf)

*Farm to School.* Connecticut State Department of Education. [www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322568](http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322568)

*Farm to School.* U.S. Department of Agriculture. [www.fns.usda.gov/cnd/f2s/](http://www.fns.usda.gov/cnd/f2s/)

*Farmers Markets.* Nutrition.gov. [www.nutrition.gov/shopping-cooking-meal-planning/food-shopping-and-meal-planning/farmers-markets](http://www.nutrition.gov/shopping-cooking-meal-planning/food-shopping-and-meal-planning/farmers-markets)

*Garden Resources,* U.S. Department of Agriculture. Interactive and exploratory lessons as a creative way to connect gardens with nutrition messages in the classroom, cafeteria or lunch room, and at home.  
<http://teamn nutrition.usda.gov/garden.html>

*Gardens for Learning: Creating and Sustaining Your School Garden Guidebook.* California School Garden Network, 2006.  
[www.csgn.org/sites/csgn.org/files/CSGN\\_book.pdf](http://www.csgn.org/sites/csgn.org/files/CSGN_book.pdf)

*Going Local: Paths to Success for Farm to School Programs.* National Farm to School Program, Center for Food & Justice, Occidental College and the Community Food Security Coalition, December 2006. Through case studies from eight states - California, Florida, Illinois, Massachusetts, Michigan, New Hampshire, North Carolina and Oregon, this publication provides a snapshot of the diverse ways in which farm to school is making a difference nationwide. The case studies facilitate a better understanding of the farm to school approach and encourage the development of future programs. [www.farmentoschool.org/Resources/Going\\_Local\\_Paths\\_to\\_Success.pdf](http://www.farmentoschool.org/Resources/Going_Local_Paths_to_Success.pdf)

*Kids Gardening.* [www.kidsgardening.org/](http://www.kidsgardening.org/)

*My Garden School Meals Resource.* Michigan Team Nutrition.  
[http://michigan.gov/documents/mde/My\\_Garden\\_FSM\\_master\\_copyfinal\\_313190\\_7.pdf](http://michigan.gov/documents/mde/My_Garden_FSM_master_copyfinal_313190_7.pdf)

*Grow Minds, Grow Healthy Bodies, Grow Gardens! Teacher's Guide 2011.* State of Montana, 2011. Connects math and science with classroom gardening.  
<http://healthymeals.nal.usda.gov/hsmrs/Montana/NancysGardenTeachers%20Guide.pdf>

*Massachusetts Farm to School Project.* [www.mass.gov/agr/markets/Farm\\_to\\_school/](http://www.mass.gov/agr/markets/Farm_to_school/)

*National Farm to School.* Farm to School programs connect schools with local farms with the objectives of serving healthy meals in school cafeterias, improving student nutrition, providing health and nutrition education opportunities and supporting local small farmers. [www.farmentoschool.org/index.htm](http://www.farmentoschool.org/index.htm)

*The Farm Fresh Start Program.* Hartford Food System. Program to increase the purchase of locally grown produce by the Hartford school system's food service and to encourage young people to make high-quality, nutritious food a regular part of their diet. [www.localharvest.org/the-farm-fresh-start-program-M11052](http://www.localharvest.org/the-farm-fresh-start-program-M11052)

## Farm to School

*School and Preschool Gardens.* Healthy Meals Resource System, U.S. Department of Agriculture.  
<http://healthymeals.nal.usda.gov/resource-library/school-and-preschool-gardens>

*Small Farms/School Meal Initiative: A Step-By Step Guide on How to Bring Small Farms and Local Schools Together.* U.S. Department of Agriculture, 2000. [www.fns.usda.gov/cnd/lunch/Downloadable/small.pdf](http://www.fns.usda.gov/cnd/lunch/Downloadable/small.pdf)

*Vermont Farm to School: A Guide for Farm to School Community Action Planning.* Vermont FEED Food Education Every Day, December 2010. [www.vtfeed.org/materials/guide-connecting-farms-schools-communities](http://www.vtfeed.org/materials/guide-connecting-farms-schools-communities)

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### Games and Activities

*Amazing Food Detective.* Kaiser Permanente. Interactive online game geared at children ages 9 and 10 that takes children through activities that show how to choose healthy foods and how to get more active. Children playing the game follow the routines of eight culturally diverse children whose activities or conditions would benefit from healthy food and exercise choices. <http://members.kaiserpermanente.org/redirects/landingpages/afd/>

*Center for Digital Games Research.* University of California Santa Barbara. [www.cdgr.ucsb.edu/](http://www.cdgr.ucsb.edu/)

*Blast Off Game.* U.S. Department of Agriculture. [www.fns.usda.gov/tn/resources/blastoff.htm](http://www.fns.usda.gov/tn/resources/blastoff.htm)

*Do You REALLY Know How Much You Eat?* Food Reflections Newsletter, University of Nebraska Lincoln, 2007. Quiz on eating habits. <http://food.unl.edu/web/fnh/how-much-you-eat>

*FoodPlay Productions.* Fun-filled, award-winning nutrition shows for school assemblies and community events use the power of live theater to turn kids on to healthy eating and exercise habits. Featuring a cast of colorful characters, amazing feats of juggling, motivating messages, music, dance and audience participation, FoodPlay programs are a great way to trigger schoolwide excitement and get all stakeholders on board to work together to create healthy schools and effective school wellness policies. FoodPlay's evidence-based programs show dramatic improvements in children's eating and exercise habits, according to USDA-sponsored evaluations and kids take the messages home. Programs for preschool, elementary and middle school. [www.foodplay.com/](http://www.foodplay.com/)

*Health Games Database.* University of California Santa Barbara. Searchable databale of games related to health toipics. [www.cdgr.ucsb.edu/db](http://www.cdgr.ucsb.edu/db)

*MyPlate Match Game.* Dairy Council of California. Interactive learning tool designed for kids. [www.dairycouncilofca.org/Tools/MyPlate/](http://www.dairycouncilofca.org/Tools/MyPlate/)

*Nutrition Café.* Pacific Science Center and the Washington State Dairy Council. Includes three nutrition games (Nutrition Sleuth, Grab a Grape and Have-a-Bite Café) for kids. [http://exhibits.pacsci.org/nutrition/nutrition\\_cafe.html](http://exhibits.pacsci.org/nutrition/nutrition_cafe.html)

*Nutrition Explorations Kids' Page.* National Dairy Council. Includes nutrition games and information. [www.nutritionexplorations.org/kids/activities-main.asp](http://www.nutritionexplorations.org/kids/activities-main.asp)

*Nutrition Games and Activity Ideas.* Oregon Dairy Council. Ideas for a variety of ages and settings. [www.oregondairycouncil.org/resources/nutrition\\_activity\\_ideas/](http://www.oregondairycouncil.org/resources/nutrition_activity_ideas/)

*Puzzlemaker.* Create your own nutrition crosswords and word searches. [www.discoveryeducation.com/free-puzzlemaker](http://www.discoveryeducation.com/free-puzzlemaker)

*Sci4Kids.* Agricultural Research Services, U.S. Department of Agriculture. Includes a variety of teacher-ready activities (coloring page, word finds, quizzes and activities) that encompasses a range of student levels. [www.ars.usda.gov/is/kids/](http://www.ars.usda.gov/is/kids/)

*Team Up at Home: Team Nutrition Activity Booklet.* U.S. Department of Agriculture, May 2007 (revised). A collection of hands-on nutrition education activities for parents to use with their school-age children, in a reproducible format for classroom and community use. <http://teamnutation.usda.gov/Resources/teamupbooklet.html>

*USDA for Kids.* U.S. Department of Agriculture. Links to many websites with games, activities and resources for kids on agriculture, nutrition, food safety, science and math. [www.usda.gov/wps/portal/usda/usdahome?navid=FOR\\_KIDS](http://www.usda.gov/wps/portal/usda/usdahome?navid=FOR_KIDS)

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### Health Literacy

*A Lexicon of Learning*. Association for Supervision and Curriculum Development. Online glossary providing definitions of educational terms in everyday language. [www.ascd.org/Publications/Lexicon-of-Learning.aspx](http://www.ascd.org/Publications/Lexicon-of-Learning.aspx)

*Health Literacy*. Centers for Disease Control and Prevention. Provides information and tools to improve health literacy and public health. [www.cdc.gov/healthliteracy/](http://www.cdc.gov/healthliteracy/)

*Health Literacy*. National Institutes of Health. [www.nih.gov/institutes-nih/nih-office-director/office-communications-public-liaison/clear-communication/health-literacy](http://www.nih.gov/institutes-nih/nih-office-director/office-communications-public-liaison/clear-communication/health-literacy)

*Health Literacy*. National Network of Libraries of Medicine. <http://nmlm.gov/outreach/consumer/hlthlit.html>

*Health Literacy*. SNAP-Ed Connection. Resources on developing nutrition and health education materials for low literacy adults. <https://snaped.fns.usda.gov/professional-development-tools/hot-topics-z/health-literacy>

*Health Literacy Distance Education Program*. Ohio State University. <https://healthliteracy.osu.edu/>

*Health Literacy for Public Health Professionals*. Centers for Disease Control and Prevention. [www.cdc.gov/healthliteracy/GetTrainingCE.html](http://www.cdc.gov/healthliteracy/GetTrainingCE.html)

*Healthy Futures*. National Education Association. <http://neahealthyfutures.org/>

*Healthy Roads Media*. Provides free health education materials in many languages and formats to provide health information for diverse populations in a variety of settings. [www.healthyroadsmedia.org/index.htm](http://www.healthyroadsmedia.org/index.htm)

*Media-Smart Youth. Eat, Think and Be Active*. National Institute of Child Health and Human Development, 2006. An interactive after-school education program for young people ages 11 to 13 designed to help teach them about the complex media world around them and how it can affect their health--especially in the areas of nutrition and physical activity. [www.nichd.nih.gov/msy](http://www.nichd.nih.gov/msy)

*National Institute for Literacy*. Federal organization that shares information about literacy and supports the development of high-quality literacy services so all Americans can develop essential basic skills. <http://lincs.ed.gov/>

*Teaching Health Literacy: Strategies for Making Choices*. Concordia Online Education. <http://online.cune.edu/teaching-health-literacy-strategies-for-making-choices/>

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# Healthy Eating Calculators

## Healthy Eating Calculators

- Adult Energy Needs and BMI Calculator.* Children’s Nutrition Research Center at Baylor College of Medicine.  
[www.bcm.edu/cnrc/caloriesneed.cfm](http://www.bcm.edu/cnrc/caloriesneed.cfm)
- Alliance for a Healthier Generation Smart Snacks Product Calculator.*  
[https://www.healthiergeneration.org/take\\_action/schools/snacks\\_and\\_beverages/smart\\_snacks/alliance\\_product\\_calculator/](https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/smart_snacks/alliance_product_calculator/)
- Arizona Nutrition Standards Calculator.* Arizona Department of Education. [www.ade.az.gov/NutritionStandards/](http://www.ade.az.gov/NutritionStandards/)
- Calculators and Counters.* Food and Nutrition Information Center, U.S. Department of Agriculture  
<http://fnic.nal.usda.gov/dietary-guidance/interactive-tools/calculators-and-counters>
- Cereal Facts (Food Advertising to Children and Teens Score).* Yale University Rudd Center for Food Policy and Obesity, 2009. Information and research on the marketing of breakfast cereals to children including a cereal nutrition score calculator, a list of best and worst cereals, a search tool to find cereals meeting specific nutrition criteria (e.g., low sugar) and a searchable database to compare cereal nutrition and marketing. [www.cerealfacts.org/](http://www.cerealfacts.org/)
- Children’s Energy Needs Calculator.* Children’s Nutrition Research Center at Baylor College of Medicine.  
[www.bcm.edu/cnrc/consumer/nyc/vol1\\_03/energy\\_calculator.htm#](http://www.bcm.edu/cnrc/consumer/nyc/vol1_03/energy_calculator.htm#)
- California School Food Standards Calculator.* California Project LEAN. Calculators to determine if an individual food item meets food standards for calories, fat, saturated fat and sugar established by California’s legislation (SB 12). Includes separate calculators for elementary and middle/high school.  
[www.californiaprojectlean.org/doc.asp?id=180&parentid=95](http://www.californiaprojectlean.org/doc.asp?id=180&parentid=95)
- Get Moving Calculator.* Calorie Control Council. Calculates how many calories are expended during different exercises or activities. [www.caloriecontrol.org/healthy-weight-tool-kit/lighten-up-and-get-moving](http://www.caloriecontrol.org/healthy-weight-tool-kit/lighten-up-and-get-moving)
- Healthy Body Calculator, Ask the Dietitian.* Provides a personalized calorie goal based on a person’s physical measurements and activities. [www.dietitian.com/calcbody.php](http://www.dietitian.com/calcbody.php)
- Healthy Eating for Life (HELP) Calculator, Ask the Dietitian.* Creates an eating plan that includes what, how much and when to eat. [www.dietitian.com/calchelp.php](http://www.dietitian.com/calchelp.php)
- Healthy Eating Calculator.* Children’s Nutrition Research Center, Baylor College of Medicine.. Find out how many calories to eat each day and how much of the different food groups are needed to provide those calories for a healthy diet for ages 2 to 20 years. [www.bcm.edu/cnrc-apps/healthyeatingcalculator/eatingCal.html](http://www.bcm.edu/cnrc-apps/healthyeatingcalculator/eatingCal.html)
- Healthy Living Widgets.* Centers for Disease Control and Prevention. [www.cdc.gov/widgets/healthyliving/index.html](http://www.cdc.gov/widgets/healthyliving/index.html)
- How Many Fruits and Vegetables Do You Need?* Centers for Disease Control and Prevention. Calculator to determine people’s recommended daily amount of fruits and vegetables based on age, gender and physical activity.  
[www.cdc.gov/nutrition/everyone/fruitsvegetables/howmany.html](http://www.cdc.gov/nutrition/everyone/fruitsvegetables/howmany.html)
- Interactive DRI for Healthcare Professionals.* U.S. Department of Agriculture. An online tool that calculates an individual’s daily nutrient recommendations based on the Dietary Reference Intakes (DRIs). This tool is intended for use by healthcare professionals (Registered Dietitians (RDs), doctors, nurse practitioners and others) who use these values for dietary planning purposes. <http://fnic.nal.usda.gov/interactiveDRI>
- Nutrition Analysis Tool.* University of Illinois. Web-based program that allows people to analyze the foods they eat for various different nutrients. [www.nat.uiuc.edu/](http://www.nat.uiuc.edu/)
- NutritionData’s Nutrition Facts & Calorie Counter.* Provides nutrient analysis for any food or recipe, including fast foods.  
[www.nutritiondata.com/index.html](http://www.nutritiondata.com/index.html)
- Super Tracker (Choose MyPlate).* U.S. Department of Agriculture. Designed to assist individuals in making changes in their lifestyles to reduce their risk of chronic disease and maintain a healthy weight. <https://supertracker.usda.gov/>
- What’s in Food.* Nuttiion.Gov. [www.nutrition.gov/whats-food](http://www.nutrition.gov/whats-food)
- What’s in the Foods You Eat Search Tool.* U.S. Department of Agriculture, Agricultural Research Service..  
[www.ars.usda.gov/Services/docs.htm?docid=17032](http://www.ars.usda.gov/Services/docs.htm?docid=17032)

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### Interactive Websites for Children

*BAM! (Body and Mind)*. This website from the Centers for Disease Control and Prevention (CDC) was created to answer kids' questions on health issues and recommend ways to make their bodies and minds healthier, stronger and safer. *BAM!* also serves as an aid to teachers, providing them with interactive activities to support their health and science curricula that are educational and fun. [www.bam.gov/](http://www.bam.gov/)

*Best Bones Forever!* Office on Women's Health, U.S. Department of Health and Human Services. Promotes optimal bone health among girls aged 9-12 years in an effort to reduce their risk of osteoporosis later in life. The campaign's purpose is to encourage girls to establish lifelong healthy habits, focusing on increased calcium consumption and weight-bearing physical activity to build and maintain strong bones. [www.bestbonesforever.org/](http://www.bestbonesforever.org/)

*Healthfinder Kids' Sites*. U.S. Department of Health and Human Services.  
<http://healthfinder.gov/FindServices/SearchContext.aspx?topic=14314>

*Kidnetic*. The International Food Information Center's research-based web site to promote healthy eating and physical activity among kids and parents. <http://kidnetic.com/>

*Kids Health*. Nemours Foundation's Center for Children's Health Media. Provides families with accurate, up-to-date and jargon-free health information. Includes separate areas for kids, teens and parents. The *Staying Healthy* section has lots of information on nutrition and physical activity. [www.kidshealth.org/kid/](http://www.kidshealth.org/kid/)

*Sip All Day, Get Decay*. Minnesota Dental Association. Young people can test their knowledge of healthy choices with a colorful and interactive quiz on drinking soda pop. Click on the "Sip All Day, Get Decay" icon (or "For Kids and Teens") to take the quiz, compare the sugar and acid content of various brands of soda pop and calculate the amount of money students feed into vending machines. Also includes resources for teachers (click on "Classroom Activities"). [www.mndental.org/](http://www.mndental.org/)

*Smart-Mouth*. Center for Science in the Public Interest. Designed to teach kids that healthy eating can be fun. Games teach kids (and their parents and teachers) how to eat well and resist the food industry's marketing campaigns. Kids can see how their favorite restaurant foods stack up, play "true or false" with a food industry spokesman and "bite back" by asking food companies and government officials to promote nutrition. <http://Smart-Mouth.org>

*VERB. It's what you do*. Centers for Disease Control and Prevention. A paid media campaign to encourage positive activity – both physical and prosocial activity – among youth ages 9-13. [www.cdc.gov/youthcampaign/index.htm](http://www.cdc.gov/youthcampaign/index.htm)

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## Interdisciplinary Curricula

### Interdisciplinary Curricula

*Agriculture in the Classroom*. U.S. Department of Agriculture. [www.agclassroom.org/](http://www.agclassroom.org/)

*Classroom Connection*, Colorado Department of Education. Helps teachers and food service staff members integrate nutrition education into core curriculum and the cafeteria. [www.cde.state.co.us/cdenutritran/nutricafelessons.htm](http://www.cde.state.co.us/cdenutritran/nutricafelessons.htm)

*Connecticut Ag in the Classroom*. <http://ctaef.org/ag-in-the-classroom/>

*Eat Well & Keep Moving*. Harvard School of Public Health, 2001. An interdisciplinary nutrition and physical activity curriculum aimed at building lifelong healthy habits in upper elementary school students. Focuses on classroom lessons, but can also be used to reinforce healthy practices in the cafeteria, gymnasium, home and community. [www.eatwellandkeepmoving.org/](http://www.eatwellandkeepmoving.org/)

*FoodMASTER: Food, Math and Science teaching Enhancement Resources*. A compilation of hands-on and virtual programs for grades 3-8 that use food to teach math and science skills. Subjects covered include biology, chemistry, microbiology, nutrition, and health, as well as math concepts such as numbers and operations, algebra, geometry, measurement, and problem solving. [www.foodmaster.org/](http://www.foodmaster.org/)

*Gobble Up Math. Fun Activities to Complete and Eat for Kids in Grades K-3*. Sue Mogard and Ginny McDonnell. The Learning Works, Inc., 1994.

*Gobble Up Science. Fun Activities to Complete and Eat for Kids in Grades 1-4*. Carol A. Johmann and Elizabeth J. Rieth. The Learning Works, Inc., 1996.

*Healthy Reading Lessons*. Michigan State University Extension and the Michigan Department of Education. Ten one-hour lessons that use popular children's books, taste-testing activities and literacy skill-building strategies to link nutrition education and physical activity promotion with the development of beginning reading skills. [www.michigan.gov/documents/mde/HealthyReadingLessons\\_290280\\_7.pdf](http://www.michigan.gov/documents/mde/HealthyReadingLessons_290280_7.pdf)

*How to Teach Nutrition to Kids*. Connie Evers, RD. 24 Carrot Press, 2012. Promotes positive attitudes about food, fitness and body image. Features hundreds of fun, hands-on nutrition education activities aimed at children ages 5-12, with a focus on integration into existing subject areas. Ordering information. <http://nutritionforkids.com/aboutbook.htm>

*Interdisciplinary Nutrition Education Curriculum (Grades K-12)*. Pennsylvania Department of Education, 2010. [www.portal.state.pa.us/portal/server.pt/community/lesson\\_plans/7486](http://www.portal.state.pa.us/portal/server.pt/community/lesson_plans/7486)

*Maine Nutrition Network Book List 2008-2009*. Lists nutrition-related books and cookbooks and appropriate age levels. [www.maine-nutrition.org/Projects/MNTTBookList.pdf](http://www.maine-nutrition.org/Projects/MNTTBookList.pdf)

*Michigan Team Nutrition Booklist*. Michigan State University Board of Trustees, 2006. Annotated list of more than 400 books about food, healthy eating and physical activity for children in preschool through third grade. Includes a Search-By-Theme cross-reference section allowing the user to search for books related to a specific theme such as Fruits and Vegetables, Dairy, Breakfast, ABCs, Pizza, Soup-making, Outside Activity, Counting and Math, Spanish Translations and more. [www.michigan.gov/documents/mde/UpdatedMichiganTeamNutritionBooklist\\_290287\\_7.pdf](http://www.michigan.gov/documents/mde/UpdatedMichiganTeamNutritionBooklist_290287_7.pdf)

*Michigan Team Nutrition Preschool Booklist*. Michigan State University Board of Trustees, 2006. An annotated list of over 250 books about food, nutrition, healthy eating and physical activity for young children. [www.michigan.gov/documents/mde/PreschoolBooklist\\_290284\\_7.pdf](http://www.michigan.gov/documents/mde/PreschoolBooklist_290284_7.pdf)

*Nutrition Across the Curriculum – Lesson Plans for Grades PreK-12*. Louisiana Department of Education. Designed to help students develop positive attitudes toward good nutritional practices, to establish lifelong healthful eating patterns, to take action for good health and to provide accurate and current nutrition information. A major goal of the project is to integrate nutrition information into content areas across the curriculum. <http://worldcat.org/arcviewer/3/LSL/2010/06/04/H1275596543812/viewer/file2.html>

*Nutrition Education of Texas website (NETX)*. Texas Department of Agriculture Food and Nutrition Division. Resource to help teachers incorporate nutrition education in a wide variety of subject matter for different grade levels. This searchable website provides 152 titles (lesson plans) which are related to many subject matter areas including health, science, mathematics, social studies, vocational education, fine arts, language arts and others. Most of the lesson plans include Lesson Title, Core Subject, Grade Level, Objective, Assessment Criteria, Resources and Materials, Extension Activities, Key Team Nutrition Messages and PDF images. <http://netx.squaremeals.org/>

## Interdisciplinary Curricula

*Planet Health*. Harvard School of Public Health, 2001. An interdisciplinary curriculum focused on improving the health and well-being of sixth through eighth grade students while building and reinforcing skills in language, arts, math, science, social studies and physical education. [www.hsph.harvard.edu/research/prc/projects/planet/](http://www.hsph.harvard.edu/research/prc/projects/planet/)

*Serving Up MyPlate: A Yummy Curriculum*. U.S. Department of Agriculture, 2012. A collection of classroom materials that helps elementary school teachers integrate nutrition education into Math, Science, English Language Arts and Health. This curriculum introduces the importance of eating from all five food groups using the *MyPlate* icon and a variety of hands-on activities. Students also learn the importance of physical activity to staying healthy. <http://teamnnutrition.usda.gov/Resources/servingupmyplate.htm>

*Wellness, Academics and You (WAY)*. Multidisciplinary academic resource that teaches students the importance of physical activity and nutrition while helping teachers to meet state and national education standards (commercial site). <http://i4learning.com/programs.html>

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### Nutrition Education for Preschoolers

- Captain 5 A Day Nutrition Education Program.* Connecticut Department of Public Health. Preschool nutrition education program to increase fruit and vegetable consumption. Includes parent workbook and video (in both English and Spanish). [www.ct.gov/dph/cwp/view.asp?a=3137&q=390290](http://www.ct.gov/dph/cwp/view.asp?a=3137&q=390290)
- CARE Connection: Nutrition Education in Child Care.* Institute of Child Nutrition. [www.nfsmi.org/ResourceOverview.aspx?ID=207](http://www.nfsmi.org/ResourceOverview.aspx?ID=207)
- Color Me Healthy, Preschoolers Moving & Eating Healthy.* North Carolina Cooperative Extension and the North Carolina Division of Public Health. Provides children ages four and five with fun, interactive learning opportunities on physical activity and healthy eating. [www.colormehealthy.com/](http://www.colormehealthy.com/) (purchasing information)
- Food and Nutrition Fun for Preschoolers.* Food and Nutrition Information Center, U.S. Department of Agriculture, March 2013. [www.nal.usda.gov/fnic/pubs/fun\\_preschool.pdf](http://www.nal.usda.gov/fnic/pubs/fun_preschool.pdf)
- Fruits and Vegetables Lessons for Preschool Children: A Supplement to the Color Me Healthy-Preschoolers Moving & Eating Healthy Curriculum Kit.* North Dakota Department of Public Instruction, 2006. Developed for use as a hands-on, stand-alone curriculum for anybody encouraging preschool children to develop healthy eating and physical activity habits. [www.dpi.state.nd.us/child/cacfp/brochure06.pdf](http://www.dpi.state.nd.us/child/cacfp/brochure06.pdf)
- Grow It, Try It, Like It! Preschool Fun with Fruits and Vegetables.* U.S. Department of Agriculture, Revised 2013. A garden-themed nutrition education kit for child care center. [www.fns.usda.gov/tn/grow-it-try-it-it](http://www.fns.usda.gov/tn/grow-it-try-it-it)
- More than Mud Pies.* National Food Service Management Institute, 2012. Fifty-four lessons organized by season provide opportunities for children ages 3-5 to learn about how foods grow, food preparation and nutrition. Includes list of books to read, songs to sing, videos and references. <http://nfsmi.org/ResourceOverview.aspx?ID=247>
- Nutrition Education Resources for Preschool.* Healthy Meals Resource System, U.S. Department of Agriculture. <http://healthymeals.nal.usda.gov/nutrition-education/nutrition-education-resources-preschool>
- Physical Activities and Healthy Snacks for Young Children.* Iowa Department of Education, 2006. A set of cards developed for caregivers that give specific ideas for nearly 50 physical activities and healthy snacks. [http://healthymeals.nal.usda.gov/hsmrs/Iowa/Physical\\_Activities\\_%20Healthy\\_Snacks.pdf](http://healthymeals.nal.usda.gov/hsmrs/Iowa/Physical_Activities_%20Healthy_Snacks.pdf)
- Setting the Stage: Nutrition and Physical Activity Lessons for Early Childhood Setting.* Iowa Department of Education, 2007. Lesson plans that include the use of *Physical Activities and Healthy Snacks for Young Children* activity cards. <http://healthymeals.nal.usda.gov/hsmrs/Iowa/Setting%20the%20Stage%20Child%20Development%20Homes.pdf>
- Steps to Planning a Nutrition Education Activity.* Mealtime Memo for Child Care, No. 2, National Food Service Management Institute, 2007. [www.nfsmi.org/documentlibraryfiles/PDF/20080609030428.pdf](http://www.nfsmi.org/documentlibraryfiles/PDF/20080609030428.pdf)
- Toddler Nutrition and Health Resource List.* Food and Nutrition Information Center, U.S. Department of Agriculture, August 2009. [www.nal.usda.gov/fnic/pubs/bibs/gen/toddler.pdf](http://www.nal.usda.gov/fnic/pubs/bibs/gen/toddler.pdf)
- The Two-Bite Club.* U.S. Department of Agriculture, Revised October 2012. A storybook to introduce MyPlate to young children. [www.fns.usda.gov/tn/two-bite-club](http://www.fns.usda.gov/tn/two-bite-club)
- Veggie Grant Project: Using Stages of Change Criteria and Critical Thinking Skills to Teach About Vegetables.* Iowa Department of Public Health, 2005. Targeted to parents of 2 to 5 year old children enrolled in the WIC Program, these nutrition education materials are appropriate for a variety of programs providing services to families with young children. Includes a series of 42 nutrition education modules focused on increasing young children's intake of vegetables, available in both English and Spanish. [www.idph.state.ia.us/hpcdp/vg\\_home.asp](http://www.idph.state.ia.us/hpcdp/vg_home.asp)
- WIC Education and Training Materials Database.* WIC Works Resource System, U.S. Department of Agriculture. <https://wicworks.fns.usda.gov/wic-etmd>

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### Nutrition Education for Elementary Students

*A Resource Guide of Nutrition Education and Physical Activity, Curricula for Grades 6-8.* Michigan Team Nutrition, 2007. The purpose of this guide is to provide education professionals with curricula to implement nutrition education/physical activity promotion consistent with the 2005 Dietary Guidelines for Americans and the *HealthierUS School Challenge* criteria. The resources in this guide are categorized into four areas: before/after school programs, classroom nutrition and physical activity curricula, family/communities and extracurricular.

[www.michigan.gov/documents/mde/ResourceGuide\\_290149\\_7.pdf](http://www.michigan.gov/documents/mde/ResourceGuide_290149_7.pdf)

*Choose Health: Food, Fun, and Fitness (CHFFF).* Cornell University Division of Nutritional Sciences. Curriculum for 8 to 12-year-olds that targets those behaviors research shows to be most important for preventing childhood obesity and chronic disease. It supports the 2010 Dietary Guidelines for Americans and USDA's MyPlate initiative, and uses experiential learning to teach healthy eating and active play. [https://fnec.cornell.edu/Our\\_Initiatives/Youth.cfm](https://fnec.cornell.edu/Our_Initiatives/Youth.cfm)

*Dig In! Standards-Based Nutrition Education from the Ground Up.* U.S. Department of Agriculture, 2012. Ten inquiry-based lessons that engage fifth and sixth graders in growing, harvesting, tasting and learning about fruits and vegetables. [http://teamnnutrition.usda.gov/Resources/dig\\_in.html#posters](http://teamnnutrition.usda.gov/Resources/dig_in.html#posters)

*Discover MyPlate: Nutrition Education for Kindergarten.* U.S. Department of Agriculture, 2014. A fun and inquiry-based nutrition education that fosters the development of healthy food choices and physically active lifestyles during a critical developmental and learning period for children. [www.fns.usda.gov/discover-myplate-nutrition-education-kindergarten](http://www.fns.usda.gov/discover-myplate-nutrition-education-kindergarten)

*Food and Nutrition Fun for Elementary-Age Children.* Food and Nutrition Information Center, U.S. Department of Agriculture, March 2013. [www.nal.usda.gov/fnic/pubs/fun\\_elementary.pdf](http://www.nal.usda.gov/fnic/pubs/fun_elementary.pdf)

*Healthy Snacking Teacher's Guide.* Kids Health in the Classroom, Nemours, 2009. <http://kidshealth.org/classroom/index.jsp?Grade=35&Section=personal>

*Lesson Plans for Teachers.* Texas Department of State Health Services. Lessons for grades K-5 on topics including anatomy

*Nutrition Education Resources for Elementary School.* Healthy Meals Resource System, U.S. Department of Agriculture. <http://healthymeals.nal.usda.gov/nutrition-education/nutrition-education-resources-elementary-school>

*Serving Up MyPlate: A Yummy Curriculum.* U.S. Department of Agriculture, 2012. A collection of classroom materials that helps elementary school teachers integrate nutrition education into Math, Science, English Language Arts and Health. This curriculum introduces the importance of eating from all five food groups using the *MyPlate* icon and a variety of hands-on activities. Students also learn the importance of physical activity to staying healthy. <http://teamnnutrition.usda.gov/Resources/servingupmyplate.htm>

*There's a Rainbow on My Plate.* Produce for Better Health Foundation, 2003. A free nutrition education curriculum that encourages kindergarten through sixth grade students to develop healthy eating habits and focuses on the importance of eating five or more servings fruits and vegetables every day. [www.pbhfoundation.org/pub\\_sec/edu/cur/rainbow/](http://www.pbhfoundation.org/pub_sec/edu/cur/rainbow/)

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### Nutrition Education for Middle and High Students

*Bridges to Wellness: Connecting School Meals and Classroom Learning*. School Nutrition Association and National Dairy Council. Interactive, nutrition education lessons for students in grades 5-10 designed to provide classroom instruction with school nutrition program-based application activities. [www.schoolnutrition.org/Content.aspx?id=8448](http://www.schoolnutrition.org/Content.aspx?id=8448)

*Discovering the Food System: An Experiential Learning Program for Young and Inquiring Minds*. Cornell University. An on-line curriculum designed for teachers and leaders of middle and high school students. [www.discoverfoodsys.cornell.edu/](http://www.discoverfoodsys.cornell.edu/)

*Empowering Youth with Nutrition & Physical Activity*. U.S. Department of Agriculture, May 2007. A manual for use in after school programs and classrooms with youth 11-18 years old. It contains current nutrition and physical activity information to enhance leader knowledge; fun, hands-on activities that teach nutrition concepts; ideas to include nutrition education and physical activity into youth programs and events; resources to help youth develop a nutrition or physical activity related community project; and tips, worksheets, handouts and discussion prompters. <http://teamnnutrition.usda.gov/Resources/empoweringyouth.html>

*Nutrition Education Resources for Middle and High School*. Healthy Meals Resource System, U.S. Department of Agriculture. <http://healthymeals.nal.usda.gov/nutrition-education/nutrition-education-resources-middle-and-high-school>

*Nutrition Essentials. Teaching Tools for Healthy Choices (Nutrition Education Ideas for Secondary School Teachers)*. US Department of Agriculture, 2007. Includes lessons and tools to help make healthful eating and physical activity choices. Includes posters and an interactive CD with games and nutrition education information. [www.fns.usda.gov/tn/Resources/nutritionessentials.html](http://www.fns.usda.gov/tn/Resources/nutritionessentials.html)

*Nutrition Voyage: The Quest To Be Our Best*. US Department of Agriculture, July 2012. An exploratory journey into school wellness with three inquiry-driven lessons for each grade that include: engaging ways for students to learn about making healthy nutrition and physical activity choices; standards-aligned activities for Math, Science and English Language Arts; and opportunities for students to investigate, participate in a challenge, evaluate and reflect. [www.teamnnutrition.usda.gov/Resources/nutritionvoyage.htm](http://www.teamnnutrition.usda.gov/Resources/nutritionvoyage.htm)

*Responsible Healthy Lifestyles Nutrition Education Curriculum Grades 7-12*. Utah State Office of Education, 1997 to 1999. [www.uen.org/Lessonplan/LPview?core=7](http://www.uen.org/Lessonplan/LPview?core=7)

*The Power of Choice. Helping Youth Make Healthy Eating and Fitness Decisions, A Leader's Guide*. Health and Human Services and U.S. Department of Agriculture, 2003. Intended for after-school program leaders working with young adolescents. Contains 10 interactive sessions, a recipe booklet, parent letter and Nutrition Facts cards. The CD contains additional activities, tips for improved communication with adolescents, a training video for the adult leaders and a song for pre-teens. [www.fns.usda.gov/tn/Resources/power\\_of\\_choice.html](http://www.fns.usda.gov/tn/Resources/power_of_choice.html)

*yourSELF Middle School Nutrition Education Kit*. U.S. Department of Agriculture, 1998. Contains materials for health education, home economics or family living classes that will help 7th and 8th grade students learn to make smart choices about eating and physical activity. The materials convey respect for adolescents' power of choice and their increasing control over their own health. [www.fns.usda.gov/tn/educators/yourself.html](http://www.fns.usda.gov/tn/educators/yourself.html)

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### Nutrition Education for Multiple Ages

*Eat Smart Live Strong: Nutrition Education for Older Adults.* SNAP-Ed Connection, U.S. Department of Agriculture, 2008.  
<http://snap.nal.usda.gov/resource-library/nutrition-education-materials-fns/eat-smart-live-strong>

*Education World Lesson Planning Center.* George Washington University. Search for nutrition lessons in the Health and Safety section. [www.education-world.com/a\\_lesson/archives/health.shtml](http://www.education-world.com/a_lesson/archives/health.shtml)

*Families, Food and Fitness.* USDA Cooperative Extension. Provides education and skills to help families make informed decisions about healthy eating and physical activity by providing them with evidence research based information and interactive learning opportunities. [www.extension.org/families\\_food\\_fitness](http://www.extension.org/families_food_fitness)

*Healthier Middle Schools: Everyone Can Help.* U.S. Department of Agriculture, 2011. A series of communication tools designed to engage teachers, principals, parents, food service managers and students in school wellness efforts. The resource includes an audience-tested video and a print handout for teachers, principals, parents, food service managers and students. <http://teamnutrition.usda.gov/Resources/healthiermiddleschools.htm>

*HealthSmart,* ETR Associates. A commercial comprehensive K–12 health education program that gives children and youth the knowledge and skills to make healthy choices and establish life-long healthy behaviors.  
[www.etr.org/healthsmart/](http://www.etr.org/healthsmart/)

*HealthTeacher.com.* Provides a comprehensive, sequential K-12 health education curriculum that consists of almost 300 lesson guides that meet National Health Education Standards and provide skills-based assessment methods.  
[www.healthteacher.com/](http://www.healthteacher.com/)

*Kids Health in the Classroom.* The Nemours Foundation/KidsHealth. Free health curriculum materials for all grades and subject areas. Each Teacher's Guide includes discussion questions, activities and reproducible handouts and quizzes that are aligned to national health education standards. <http://kidshealth.org/classroom/>

*Kids in the Kitchen.* Nutrition.gov. [www.nutrition.gov/life-stages/children/kids-kitchen](http://www.nutrition.gov/life-stages/children/kids-kitchen)

*MyPlate for My Family: SNAP Nutrition Education.* U.S. Department of Agriculture, 2014. This resource is based on recommendations from the Dietary Guidelines for Americans. It is targeted to parents and caregivers who are SNAP participants or eligible for SNAP, and play a key role in planning, purchasing and preparing food for their families. <http://snap.nal.usda.gov/resource-library/nutrition-education-materials-fns/myplate-my-family>

*Portion Sizes and School-Age Children: Trends, Effects. Solutions.* North Carolina School Nutrition Action Committee, 2003. This kit provides a planned approach to address the issue of portion sizes in schools. It includes strategies and resources to help improve the school nutrition environment. [www.fns.usda.gov/tn/Healthy/nc\\_portions.html](http://www.fns.usda.gov/tn/Healthy/nc_portions.html)

*Team Nutrition,* U.S. Department of Agriculture. List of nutrition education materials and resources.  
[www.fns.usda.gov/tn/](http://www.fns.usda.gov/tn/)

*The Children's Health Fund.* Creates low-literacy health education materials to assist children and their families in learning about a variety of health related topics. Available in English and Spanish, these culturally relevant booklets and brochures are a resource appropriate for one-on-one teaching as well as instruction in a group or classroom setting.  
[www.childrenshealthfund.org/publications/healthed.php](http://www.childrenshealthfund.org/publications/healthed.php)

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### Nutrition Education Resources

- Be Wise About Your Portion Size.* Florida Interagency Food and Nutrition Committee. Resources (including lesson plans, activities and brochures) targeted to a wide variety of audiences to encourage awareness of portions consumed, as well as total daily intake of food. <http://wellnessproposals.com/wellness-library/nutrition/nutrition-program-be-wise-about-your-portion-size/>
- Eat Smart Play Hard.* U.S. Department of Agriculture. A national nutrition education and promotion campaign designed to convey science-based, behavior-focused and motivational messages about healthy eating and physical activity based on the Dietary Guidelines for Americans. [www.fns.usda.gov/eatsmartplayhard/](http://www.fns.usda.gov/eatsmartplayhard/)
- Dairy Council of California.* Nutrition education resources for teachers, parents and children, [www.dairycouncilofca.org/](http://www.dairycouncilofca.org/)
- Dole Superkids.* Lesson plans, games and activities about fruits and vegetables from the Dole Company. [www.dole.com/superkids](http://www.dole.com/superkids)
- Food History.* Chronicles the history of food. [www.foodtimeline.org/](http://www.foodtimeline.org/)
- Fruits & Veggies More Matters.* Centers for Disease Control and Prevention. The Fruits & Veggies-More Matters™ campaign takes the place of the 5 A Day program. [www.fruitsandveggiesmatter.gov/](http://www.fruitsandveggiesmatter.gov/)
- How Stuff Works.* Information on how things work for a huge variety of topics including food and the body. [www.howstuffworks.com/](http://www.howstuffworks.com/)
- Interactive Tools.* Food and Nutrition Information Center, U.S. Department of Agriculture. Includes Web sites with nutrition calculators and other tools for dietary assessment and planning, checking personal health risks, testing knowledge and evaluating needs. <http://fnic.nal.usda.gov/dietary-guidance/interactive-tools>
- MyPlate.* U.S. Department of Agriculture. [www.choosemyplate.gov/](http://www.choosemyplate.gov/)
- National Cattlemen's Beef Association.* Provides free nutrition education kits and resources for educators of preschool through 12th grade. [www.teachfree.org](http://www.teachfree.org)
- New England Dairy & Food Council (NEDFC).* Geared toward educators, health professionals, school food service professionals and consumers. Includes nutrition education materials, milk promotion ideas, incentives for school cafeteria promotions and access to Mealtime Sampler, NEDFC's publications for school food service. [www.newenglanddairycouncil.org](http://www.newenglanddairycouncil.org)
- Nutrition Education.* Healthy Meals Resource System, U.S. Department of Agriculture. <http://healthymeals.nal.usda.gov/nutrition-education-9>
- Nutrition Library.* Wellness Proposals. Links to many resources including handouts, presentations and other tools. <http://wellnessproposals.com/wellness-library/nutrition/>
- Oregon Dairy Council.* Many free and low cost nutrition education materials and resources for all ages. Includes links to websites geared toward kids, teens, parents and others. [www.oregondairycouncil.org/](http://www.oregondairycouncil.org/)
- Sources of Free or Low-Cost Food and Nutrition Materials.* Food and Nutrition Information Center. <http://fnic.nal.usda.gov/professional-and-career-resources/nutrition-education/sources-free-or-low-cost-materials>
- State Sharing Center.* Healthy Meals Resource System, U.S. Department of Agriculture. <http://healthymeals.nal.usda.gov/state-sharing-center-0>
- Wellness Library.* Wellness Proposals. Thousands of free resources on health and wellness including handouts, posters, presentations, newsletters and more. <http://wellnessproposals.com/>
- Wellness Wakeup Call: Empowering Messages for Morning Announcements.* New York Coalition for Healthy School Food. Thirty months of nutrition education messages with a different topic each month. (Cost for schools outside of New York.) [www.healthyschoolfood.org/wellnesswakeup.htm](http://www.healthyschoolfood.org/wellnesswakeup.htm)

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## Nutrition Handouts

- Breakfast: Key to Academic Excellence.* Connecticut State Department of Education and New England Dairy and Food Council, 2002 (Revised 2009). [www.sde.ct.gov/sde/LIB/sde/pdf/deps/Nutrition/SBP/Breakfast1\\_Home.pdf](http://www.sde.ct.gov/sde/LIB/sde/pdf/deps/Nutrition/SBP/Breakfast1_Home.pdf)
- Dietary Guidelines for Americans.* U.S. Department of Agriculture and U.S. Department of Health and Human Services, 2010. [www.health.gov/DietaryGuidelines/](http://www.health.gov/DietaryGuidelines/)
- Eat Smart. Play Hard.™ Healthy Lifestyle!* U.S. Department of Agriculture. [www.fns.usda.gov/eat-smart-play-hard](http://www.fns.usda.gov/eat-smart-play-hard)
- Eating Smart. A Nutrition Resource List for Consumers.* Food and Nutrition Information Center, U.S. Department of Agriculture, September 2010. <http://pubs.nal.usda.gov/eating-smart-nutrition-resource-list-consumers>
- Free Handouts for Nutrition Education.* Food and Health Communications. A variety of handouts on topics such as nutrition, fad diets, health and wellness. <http://foodandhealth.com/handout.php>
- Food on the Run. Healthy Eating and Physical Activity for Your Teenager.* California Project LEAN, 2002. [www.californiaprojectlean.org/docuserfiles//FoodOnTheRun%20Brochure.pdf](http://www.californiaprojectlean.org/docuserfiles//FoodOnTheRun%20Brochure.pdf)
- Fruits & Veggies More Matters Campaign.* Centers for Disease Control and Prevention. Several easy-to-read handouts on increasing fruits and vegetables (including *Encourage Kids to Eat More Fruits & Veggies*), available in English and in Spanish. [www.fruitsandveggiesmatter.gov/publications/index.html](http://www.fruitsandveggiesmatter.gov/publications/index.html)
- Get on the Grain Train.* U.S. Department of Agriculture, Revised March 2008. [www.cnpp.usda.gov/Publications/DietaryGuidelines/2000/GrainTrain-revisedMar08.pdf](http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2000/GrainTrain-revisedMar08.pdf)
- Healthy Families Media Campaign.* Eat Right Montana. Monthly newsletters and handouts related to promoting healthy eating and physical activity for children and families. [www.eatrightmontana.org/eatrighthealthyfamilies.htm](http://www.eatrightmontana.org/eatrighthealthyfamilies.htm)
- Healthy K.I.D.S. (Knowledge Improving Diet and Strength).* Developed by the Children's Health Fund, these English and Spanish newsletters provide simple, accurate and culturally information on nutrition and fitness. [www.childrenshealthfund.org/publications/healthed.php#kids](http://www.childrenshealthfund.org/publications/healthed.php#kids)
- Healthy Snacks.* Center for Science in the Public Interest, 2005. Provides healthy snack ideas for teachers, parents and others to provide in the classroom, after-school programs and outside of school. <http://cspinet.org/healthysnacks/> (A shorter one-page version is available at [www.cspinet.org/nutritionpolicy/snacks\\_summary.pdf](http://www.cspinet.org/nutritionpolicy/snacks_summary.pdf))
- Helping Your Child: Tips for Parents.* National Institute of Diabetes and Digestive and Kidney Disease. [www.niddk.nih.gov/health-information/health-topics/weight-control/helping-your-child-tips-parents/Pages/helping-your-child-tips-for-parents.aspx](http://www.niddk.nih.gov/health-information/health-topics/weight-control/helping-your-child-tips-parents/Pages/helping-your-child-tips-for-parents.aspx)
- How Much Are You Eating?* U.S. Department of Agriculture, March 2002. Tips on determining and eating sensible portion sizes. [www.cnpp.usda.gov/Publications/DietaryGuidelines/2000/2000DGBrochureHowMuch.pdf](http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2000/2000DGBrochureHowMuch.pdf)
- Iowa State University Food and Nutrition Handouts.* Lots of handouts on various nutrition topics. <https://www.extension.iastate.edu/store/ListCategories.aspx?TopicID=6>
- Make Family Time an Active Time.* U.S. Department of Agriculture. [www.fns.usda.gov/eatsmartplayhardhealthylifestyle/PlayHard/makefamilytimeanactivetime.htm](http://www.fns.usda.gov/eatsmartplayhardhealthylifestyle/PlayHard/makefamilytimeanactivetime.htm)
- Oregon Nutrition Education Program.* Oregon State University. <http://extension.oregonstate.edu/nep/osu-edmaterials/>
- Nutrition and Health Publications.* Penn State University. Numerous publications on various health and nutrition topics. <http://pubs.cas.psu.edu/Publications.asp> (scroll down to "Nutrition and Health")
- Nutrition Education Handouts.* Dairy Council of California. Handout topics include tips for healthy eating, healthy meals and snacks, physical activity, probiotics, whey protein, getting adequate calcium and vitamin D and more. [www.dairycouncilofca.org/Tools/Downloads.aspx](http://www.dairycouncilofca.org/Tools/Downloads.aspx)
- Oregon Dairy Council.* Dozens of handouts on healthy eating for children and infants. [www.oregondairycouncil.org/resources/free\\_downloads/](http://www.oregondairycouncil.org/resources/free_downloads/)
- Parent Handouts.* New England Dairy & Food Council. Handouts on topics such as milk, calcium, nutrient-rich foods and school breakfast. [www.nutritionexplorations.org/sfs/cafeteria\\_parents.asp](http://www.nutritionexplorations.org/sfs/cafeteria_parents.asp)
- Parents' Resource Center: Nutrition & Fitness.* The Center for Health and Health Care in Schools. [www.healthinschools.org/Educators-and-Families/Parents.aspx](http://www.healthinschools.org/Educators-and-Families/Parents.aspx)

## Nutrition Handouts

- Physical Activity and the Health of Young People.* Centers for Disease Control and Prevention, March 2005.  
[www.cdc.gov/HealthyYouth/PhysicalActivity/](http://www.cdc.gov/HealthyYouth/PhysicalActivity/)
- Physical Activity Factsheets.* National Coalition for Promoting Physical Activity.  
<http://stage.ncppa.org/resources/factsheets/>
- Playbook for Prevention. The Winning Game Plan for Kids and Connecticut.* Connecticut Commission on Children, 2008.  
Provides a range of strategies for parents, educators, care providers and policymakers that are part of a comprehensive approach to achieving the lifetime well being of Connecticut's children.  
[www.cga.ct.gov/COC/playbook\\_home.htm](http://www.cga.ct.gov/COC/playbook_home.htm)
- Portion Sizes and School-Age Children: Trends, Effects, Solutions.* North Carolina School Action Committee, 2003. Many handouts on supersized foods, portion distortion and portion sizes.  
[www.fns.usda.gov/tn/Healthy/nc\\_portions.html](http://www.fns.usda.gov/tn/Healthy/nc_portions.html)
- Read It Before You Eat It.* U.S. Department of Agriculture, March 2003. Provides a quick lesson on how to read a nutrition facts label. [www.fns.usda.gov/tn/Resources/readit\\_eatit.html](http://www.fns.usda.gov/tn/Resources/readit_eatit.html)
- School Breakfast: Key to Academic Excellence.* Connecticut State Department of Education and New England Dairy and Food Council, 2002 (Revised 2009). [www.sde.ct.gov/sde/LIB/sde/pdf/deps/Nutrition/SBP/Breakfast2\\_SBP.pdf](http://www.sde.ct.gov/sde/LIB/sde/pdf/deps/Nutrition/SBP/Breakfast2_SBP.pdf)
- Score Big with Breakfast.* Oregon Dairy Council, 2004. Handout for parents and kids. The two weeks of breakfast ideas can be fixed quickly by kids, as well as the pictorial recipe on the back. Quotes focus on breakfast importance for better math and reading scores, classroom behavior and attendance.  
[www.oregondairycouncil.org/resources/free\\_downloads/downloads/score\\_big\\_with\\_breakfast.pdf](http://www.oregondairycouncil.org/resources/free_downloads/downloads/score_big_with_breakfast.pdf)
- Ten Tips Nutrition Education Series.* U.S. Department of Agriculture. A series of one-page handouts with 10 tips on different nutrition topics, including Choose MyPlate; Add More Vegetables to Your Day; Focus on Fruits; Make Half Your Grains Whole; Got Your Dairy Today?; With Protein Foods, Variety Is Key; Build a Healthy Meal; Healthy Eating for Vegetarians; Smart Shopping for Veggies and Fruits; Liven up Your Meals With Vegetables and Fruits; Kid-Friendly Veggies and Fruits; Be a Healthy Role Model for Children; Cut Back on Your Kid's Sweet Treats; Salt and Sodium; Eat Seafood Twice a Week; Eating Better on a Budget; Use SuperTracker Your Way; Enjoy Your Food, But Eat Less; Make Better Beverage Choices; Make Celebrations Fun, Healthy & Active; The School Day Just Got Healthier; Choosing Whole-Grain Foods; and Be Food Safe.  
[www.choosemyplate.gov/tipsresources/tentips.html](http://www.choosemyplate.gov/tipsresources/tentips.html)
- The Kids' Activity Pyramid.* Pennsylvania State University, 2006. <http://pubs.cas.psu.edu/freepubs/pdfs/uk076.pdf>
- The School Environment. Helping Students Learn to Eat Healthy.* U.S. Department of Agriculture, July 2000. Overview of what schools and communities can do to promote a healthy school nutrition environment.  
[www.fns.usda.gov/tn/Resources/helpingstudents.html](http://www.fns.usda.gov/tn/Resources/helpingstudents.html)
- The Tween Scene.* Cattlemen's Beef Board and National Cattlemen's Beef Association. Information about the nutrition and health needs of 8- to 12-year-olds (twens) developed by health professionals and the beef industry.  
[www.beefnutrition.org/cmdocs/beefnutrition/thetweenscene.pdf](http://www.beefnutrition.org/cmdocs/beefnutrition/thetweenscene.pdf)
- Tip Sheets.* Dairy Council of California. Nutrition education handouts appropriate for use in both health professional and classroom settings, as well as parent education and after-school youth activities. English and Spanish.  
[www.dairycouncilofca.org/Tools/Downloads.aspx](http://www.dairycouncilofca.org/Tools/Downloads.aspx)
- 10 Easy Ways to Improve Your Family's Eating Habits.* Texas Department of Agriculture, 2004. English and Spanish.  
[www.squaremeals.org/Portals/8/files/publications/10%20Ways%20Eating%20Habits\\_Eng.pdf](http://www.squaremeals.org/Portals/8/files/publications/10%20Ways%20Eating%20Habits_Eng.pdf)
- 10 Ways to Make Calories Count.* Texas Department of Agriculture, 2007. English and Spanish.  
[www.nisdtx.org/cms/lib/TX21000351/Centricity/Domain/1555/Make\\_Calories\\_Count.pdf](http://www.nisdtx.org/cms/lib/TX21000351/Centricity/Domain/1555/Make_Calories_Count.pdf)
- 33 Tasty Snack Ideas.* National Dairy Council.  
[www.nationaldairycouncil.org/SiteCollectionDocuments/education\\_materials/three\\_every\\_day/33%20Tasty%20Snack%20Ideas%202010.pdf](http://www.nationaldairycouncil.org/SiteCollectionDocuments/education_materials/three_every_day/33%20Tasty%20Snack%20Ideas%202010.pdf)

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## Nutrition Presentations

### Nutrition Presentations

*Free Food, Nutrition, Fitness, and Food Safety Educational PowerPoints and Handouts.* University of Nebraska Cooperative Extension. <http://food.unl.edu/free-food-nutrition-fitness-and-food-safety-educational-powerpoints-and-handouts>

*Prevent Portion Distortion.* University of Nebraska Cooperative Extension. <http://food.unl.edu/free-prevent-portion-distortion-powerpoint>

*Hitting for Home Plate.* University of Nebraska Cooperative Extension. PowerPoint presentation that teaches about eating naturally nutrient-rich foods. <http://food.unl.edu/web/fnh/hitting-for-home-plate>

*How Should You Spend Your Calorie Salary?* University of Nebraska Cooperative Extension. <http://food.unl.edu/web/fnh/calorie-salary-powerpoint>

*PowerPoint Slide Shows.* Nebraska Department of Education. [www.education.ne.gov/ns/slide\\_shows.html](http://www.education.ne.gov/ns/slide_shows.html)

*Portion Distortion Slides.* National Health, Lunch and Blood Institute. PowerPoint presentation on the impact of portion sizes on calories and other nutrients. [www.nhlbi.nih.gov/health/educational/wecan/eat-right/portion-distortion.htm](http://www.nhlbi.nih.gov/health/educational/wecan/eat-right/portion-distortion.htm)

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### Nutrition Promotions

*Dining Room Demos. Short Interactive Nutrition Lessons for the Cafeteria.* American School Food Service Association, 2003.

Nutrition education displays that can be set up in the cafeteria to educate students with quick and easy health messages while they are waiting in line or passing through the cafeteria. Include objectives, resources and step-by-step directions for successful cafeteria displays in four areas. Shopping Tips; Reading Your Label; Take Five to Read the Facts; and Shopping Scorecard. [www.schoolnutrition.org/Content.aspx?id=756&terms=dining+room+demos](http://www.schoolnutrition.org/Content.aspx?id=756&terms=dining+room+demos)

*Food and Health Calendar.* List of nationally recognized food, nutrition and health days for each month.

<http://foodandhealth.com/calendar/>

*Food Theme Monthly Calendars Links.* University of Nebraska-Lincoln Cooperative Extension.

<http://food.unl.edu/web/fnh/seasonal-ideas>

*HealthierUS School Challenge:Smarter Lunchrooms.* Standards established by USDA to recognize schools that take specific steps to improve their school nutrition environment and address obesity. [www.fns.usda.gov/hussc/healthierus-school-challenge-smarter-lunchrooms](http://www.fns.usda.gov/hussc/healthierus-school-challenge-smarter-lunchrooms)

*Nutrition and Physical Activity Monthly Theme Toolkits for Schools.* Shasta County Public Health Department. Monthly toolkit dedicated to increasing the nutritional quality of foods and increasing opportunities for physical activity at school. The monthly themes include. *Health is Academic; Healthy Classrooms; Portion Distortion; How Much Are You Really Eating & Moving?; Good vs. Bad Fats; Go for Color, Active Learning; and Stop the Pop.* The goal of the project is to provide a coordinated, consistent message about nutrition and physical activity to schools.

[www.co.shasta.ca.us/index/hhsa\\_index/Community\\_partnerships/Education-prof/Toolkits\\_for\\_schools.aspx](http://www.co.shasta.ca.us/index/hhsa_index/Community_partnerships/Education-prof/Toolkits_for_schools.aspx)

*National Health Observances.* U.S. Department of Health and Human Services. Lists national health observances (days, weeks or months), along with the sponsoring organizations and information about supporting materials that will be available. <http://healthfinder.gov/nho/default.aspx>

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### Training for Teachers and Staff

- Center of Excellence for Training and Research Translation.* University of North Carolina. Web-based trainings designed specifically for public health practitioners working in nutrition, physical activity, obesity and chronic disease prevention programs. [www.center-trt.org/index.cfm?fa=webtraining.web](http://www.center-trt.org/index.cfm?fa=webtraining.web)
- Computer-Based Training for Food Service.* Healthy Meals Resource System, U.S. Department of Agriculture. <http://healthymeals.nal.usda.gov/> (click on “Topics A-Z” then “Computer-Based Training for Food Service”)
- Computer-Based Training Nutrition Education.* Healthy Meals Resource System, U.S. Department of Agriculture. <http://healthymeals.nal.usda.gov/> (click on “Topics A-Z” then “Computer-Based Training Nutrition Education”)
- Cornell Nutrition Works.* Cornell University [www.nutritionworks.cornell.edu/home/](http://www.nutritionworks.cornell.edu/home/)
- Eat Smart Lessons.* Louisiana State University Ag Center. A Web-based nutrition curriculum that includes Basic Nutrition; The Nutrients; Stretching Your Food Dollars; Nutrition & Chronic Disease; Nutrition & the Life Cycle; and Food Safety. [www.lsuagcenter.com/en/food\\_health/education\\_resources/eatsmart/lessons/](http://www.lsuagcenter.com/en/food_health/education_resources/eatsmart/lessons/)
- Empowering Youth with Nutrition and Physical Activity.* U.S. Department of Agriculture. Online modules to assist middle and high school teachers, mentors and caregivers of youth in after school and other youth programs in teaching the *Empowering Youth with Nutrition and Physical Activity* program. <http://healthymeals.nal.usda.gov/hsmrs/EY/index.htm>
- Interactive Nutrition Tutorials.* Oklahoma State University <http://nutrition.okstate.edu/>
- Institute of Child Nutrition Resource Center.* Comprehensive resource catalog of training materials for personnel working with Child Nutrition Programs. [www.nfsmi.org/Templates/TemplateDivision.aspx?qs=cEIEPTI](http://www.nfsmi.org/Templates/TemplateDivision.aspx?qs=cEIEPTI)
- Institute of Child Nutrition Online Course System.* Continuing education courses to support the professional development and training of child nutrition program personnel at all levels of responsibility. <http://www.nfsmi.org/Templates/TemplateDefault.aspx?qs=cEIEPTM=>
- Nutrition Essentials Food & Nutrition Courses.* Texas A&M Agrilife Extension. Seven free self-paced online education sessions on basic nutrition, including Overview, Carbohydrates, Protein, Fat, Vitamins, Minerals and Water, Alcohol & Other Beverages. [https://extensiononline.tamu.edu/courses/food\\_nutrition.php](https://extensiononline.tamu.edu/courses/food_nutrition.php)
- Nutrition 101: A Taste of Food and Fitness.* National Food Service Management Institute, 2012. Training materials on basic nutrition including an instructor’s manual, a participant’s workbook and PowerPoint presentations. <http://nfsmi.org/ResourceOverview.aspx?ID=90>
- Online Nutrition Education.* University of Massachusetts Extension. Online nutrition and food safety courses and workshops for K-12 Teachers, family child care providers, nutritionists and dietitians, health educators, college students, foodservice staff and other health and social service professionals. [www.umassone.net/](http://www.umassone.net/)
- Online Professional Development Center for Educators.* Framingham State College. [www.framingham.edu/graduate-and-continuing-education/programs-for-educators/online-professional-development.html](http://www.framingham.edu/graduate-and-continuing-education/programs-for-educators/online-professional-development.html)
- Teacher Training Program.* Dairy Council of California. Provides a basic overview of nutrition information to help teachers feel comfortable and confident to teach nutrition in the classroom (kindergarten through grade 8). [www.dairycouncilofca.org/Educators/Teacher-Training.aspx](http://www.dairycouncilofca.org/Educators/Teacher-Training.aspx)
- Teaching Nutrition – Background Information About Nutrition, the Nutrients and Healthy Eating Habits.* Texas Department of Education. [http://netx.squaremeals.org/teaching\\_nutrition.html](http://netx.squaremeals.org/teaching_nutrition.html)

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