

Teacher Resource List

Internet sites:

CLASSROOM USE:

TEACHER/STUDENTS RESOURCES:

<http://apps.nccd.cdc.gov/dnpabmi/Calculator.aspx> - This site could be used to calculate an student/child's BMI (body mass index) – body fat. It will show if an individual is at a *healthy weight*.

www.k12.bellinstitute.com – A wonderful website which includes, lesson plans (K-5 and PE games), power point presentations showing the importance of selecting whole grain foods and food intake according to age.

www.phf.org - Eagle Books – vividly illustrated by Native American artists – these books are stories that are brought to life by wise animal characters who engage Rain That Dances and his young friends in the joy of physical activity, eating healthy foods and learning from their elders about health and diabetes prevention. (Set of 4 books for \$24.50)

<http://hp2010.nhlbihin.net/portion/servingscard7.pdf> - This site provides students with a visual of *what healthy portions look like*. There are four cards that can be laminated to help remind students not to over eat.

www.getkidsinaction.org/kids - Students can take a quiz to help them identify their interests or choose from twists on traditional favorites, such as Soccer Tag and Pop Fly Relay. Students can track their daily activities and choose a coach to help them meet their goals with Get 60.

www.dairyfarmingtoday.org - This site has virtual tours of the milk cow industry (birth to store)

www.presidentschallenge.org/home_kids.aspx - Earn awards for being active. The President's Challenge encourages children to stay active for 60 minutes a day, 5 days a week, for 6 weeks. Kids can choose from more than 100 activities. They log their activities, and when they achieve their goals they earn awards (stickers, pedometers and T-shirts – small fee to order awards).

www.urbanext.uiuc.edu/firstgarden - The University of Illinois Extension Web site (also available in Spanish) gives information on 15 vegetables, including history and origin, and guidelines on planting, tending and harvesting. Once the garden starts to grow submit their pictures.

<http://www.urbanext.uiuc.edu/hopping/index/.html> - This site has a variety of resources. It also included jump rope activities along with jump rope songs.

www.healthier.us.gov - ***** This site has funny TV ads, a list of sites to help teacher/students keep track of their exercise, physical activity sites for the young and old, games and a section on “Can your food do that?” – which tells the benefits that individual foods has on your body.

www.mypyramid.gov/downloads/MyPyramid_Food_Intake_Patterns.pdf - Students can keep food journals and then use this print out to figure out their food intake patterns (calorie levels as compared to their calorie range based on their age and activity level.

www.nutritionexplorations.org/idex.asp - Nutrition Explorations - a fun and easy way to teach and learn nutrition (teachers, parents and school nutrition professionals)

BOOKS:

Eagle Books: Published by the US Department of Health and Human Services

Tricky Treats

written by Georgia Perez illustrated by Patrick Rolo & Lisa A. Fifield

Through The Eyes of the Eagle

Written by Georgia Perez illustrated by Patrick Rolo & Lisa A. Fifield

Knees Lifted High

Written by Georgia Perez illustrated by Patrick Rolo & Lisa A. Fifield

Plate Full Of Color

Written by Georgia Perez illustrated by Patrick Rolo & Lisa A. Fifield

Showdown At The Food Pyramid – (healthy food characters battle unhealthy foods)

Written and illustrated by Rex Barron ISBN#: 978-0-399-23715-7

The following books use a variety of carved foods to tell a story and/or serve as a picture book.

Fast Food

Written and Illustrated by Saxton Freymann ISBN #: 0-439-11019-X

How Are You Peeling?

Written and illustrated by Saxton Freymann and Joost Elffers ISBN#: 0-439-59841-9

Baby Food

Written and illustrated by Saxton Freymann and Joost Elffers ISBN#: 0-439-11017-3

Dog Food

Written and illustrated by Saxton Freymann and Joost Elffers ISBN#: 0-439-11016-5

One Lonely Sea Horse

Written and illustrated by Saxton Freymann and Joost Elffers ISBN#: 0-439-11014-9

Gus and Button

Written and illustrated by Saxton Freymann and Joost Elffers ISBN#: 0-439-11015-7

Food For Thought (using foods – shapes, colors, numbers, letters and opposites)

Written and illustrated by Saxton Freymann and Joost Elffers ISBN#: 0-439-11018-1

Dr. Pompo's Nose

Written and illustrated by Saxton Freymann and Joost Elffers ISBN#: 0-439-11013-0

COMPUTER GAMES:

www.teamnutrition.usda.gov - ** This site has a nutrition booklet, recipes and a nutritional game called “Food Pyramid Blast Off”. The game teaches students to select a variety of foods to fuel a rocket. If they have a balanced meal the rocket takes off.

www.dole5aday.com - *** This is a great site for a variety of student games

www.fightbac.org - *** This is a great site for student games. The games teach the students about the importance of washing their hands, bacteria, etc.

www.bam.gov - *** Even the youngest children can be successful with the snack recipes and activity ideas at this site.

www.ncaa.org/bbp/basketball_marketing/kids_club - Here children can find basketball drills and activities that will improve their game and help them get more physical activity. (includes video clips, list of drills and explains games such as Horse)

www.getkidsinaction.org/kids - Students can take a quiz to help them identify their interests or choose from twists on traditional favorites, such as Soccer Tag and Pop Fly Relay. Students can track their daily activities and choose a coach to help them meet their goals with Get 60.

www.nichd.nih.gov/milk/milk.cfm - Site is available in English and Spanish, in the Just for Kids section, children find out why they need calcium and what foods are good sources. They'll have fun with games and activities, (coloring book and lessons on care of teeth)

www.fns.usda.gov/eatsmartplayhard - ***** Let the Power Panther lead your students through a total-body exercise routine at this U.S. Department of Agriculture Web site. (games, stories, comic strips with questions, new games, recipes and much more)!

www.nutritionexplorations.org/kids/main.asp - ***** Games and activities teach children about healthy eating.

www.healthierus.gov - ***** This site has funny TV ads, a list of sites to help teacher/students keep track of their exercise, physical activity sites for the young and old, games and a section on "Can your food do that?" – which tells the benefits that individual foods has on your body.

TEACHER SUPPLIES:

www.teachfree.com - *** Teachers can order FREE teaching materials

www.nationaldairycouncil.org/NationalDairy - This site is a wealth of information for teachers, parents and students

www.cookingwithkids.net - This site will provide teachers with free downloads of lesson plans (by grade level) using ideas of cooking with students and the tasting classes looked very interesting.

http://mypyramid.gov/global_nav/order1.html - *** FREE MyPyramid posters

<http://teammnutrition.usda.gov/resources/mypyramideclassroom.html> - *** FREE lesson plans and activities

www.creativepockets.com – This site sells creative aprons for teachers. They also sell an entire teacher's packet that addresses eating healthy (fruits and vegetables)

www.fruitsandveggiesmorematters.org - This site includes coloring sheets showing all kinds of fruits and vegetables, activities and recipes for adults and children.

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recipes and much more)!

PERSONAL & CLASSROOM:

www.tasteofhome.com – Great recipes for your family or to share with parents for party ideas
www.kraftfoods.com - ** Great recipes for your family or recipes for party ideas. You can also sign up to receive a wonderful magazine with great recipes.

www.3aday.org – Recipes, snack ideas, tips, tools and about 3-A-Day

www.usda.gov/cnpp - This site is a wonderful resource for you personally, families and students. On the personal level the “My Pyramid Tracker” is a resource to help individuals’ loose weight. It helps individuals keep track of their dietary intake and physical activity levels.

www.foodallergy.org – Do you know of someone who has food allergies? Check this site out for assistance and/or ideas!

www.youngwomenshealth.org/eating_disorders.html - Do you know of someone who may have an eating disorder? This site may be of assistance.

http://kidshealth.org/teen/food_fitness/nutrition/caffeine.html - Can caffeine hurt my teen?

<http://dietary-supplements.info.nih.gov> – Need information on dietary supplements?

www.tvturnoff.org/week.htm - Celebrate TV-Turnoff Week in April. Site includes ideas to encourage children to become active and involved!

www.mypyramid.gov/downloads/MyPyramid_Food_Intake_Patterns.pdf - Teachers and students can keep food journals and then use this print out to figure out their food intake patterns (calorie levels as compared to their calorie range based on their age and activity level.

Parent Resource List

Educational:

www.nationaldairycouncil.org/NationalDairy - This site is a wealth of information for teachers, parents and students

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<http://hp2010.nhlbihin.net/portion/servingcard7.pdf> - This site provides students with a visual of *what healthy portions look like*. There are four cards that can be laminated to help remind students not to over eat.

www.kidnetic.com - *** This site is full of computer games that won't let children sit still. The Scavenger Hunt asks children to find items in the house, while the computer counts down. The site also has great recipes for families and a whole section on Halloween recipes.

www.bam.gov - *** Even the youngest children can be successful with the snack recipes and activity ideas at this site.

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Personal and Educational:

www.tasteofhome.com – Great recipes for your family or to share with parents for party ideas

www.3aday.org – Recipes, snack ideas, tips, tools and about 3-A-Day

www.nutritionexplorations.org/idex.asp - Nutrition Explorations - a fun and easy way to teach and learn nutrition (teachers, parents and school nutrition professionals)

www.kraftfoods.com - ** Great recipes for your family or recipes for party ideas. You can also sign up to receive a wonderful magazine with great recipes.

www.nichd.nih.gov/milk/milk.cfm - Site is available in English and Spanish, helps families add calcium to their diets – serving calcium rich meals, snacks and increasing physical activity. Also addresses lactose-intolerant or just don’t like milk.

www.foodallergy.org – Do you know of someone who has food allergies? Check this site out for assistance and/or ideas!

www.youngwomenshealth.org/eating_disorders.html - Do you know of someone who may have an eating disorder? This site may be of assistance.

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Student Resource List

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EDUCATIONAL GAMES (NUTRITION)

www.teamnutrition.usda.gov - ** This site has a nutritional game called “Food Pyramid Blast Off”. The game teaches students to select a variety of foods to fuel a rocket. If they have a balanced meal the rocket takes off. Add as your list of favorites and the students can access the game. Currently working on getting this game on the permanent district resource page.

www.usda.gov/cnpp - This site is another site to access “MyPyramid Blast Off” Game. Add it to your list of favorites and remember we are currently working on adding this game to the district resource page.

www.dole5aday.com - *** This is a great site for MANY student nutritional games. Teachers add as your list of favorites and the students can access the game. Currently working on getting this game on the permanent district resource site.

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www.bodybymilk.com - Older students will enjoy this website. Students can meet milk mustache celebrities, star in their own milk mustache ad, download FREE music and win stuff.

www.nichd.nih.gov/milk/milk.cfm - Site is available in English and Spanish, in the Just for Kids section, children find out why they need calcium and what foods are good sources. They'll have fun with games and activities, (coloring book and lessons on care of teeth)

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