

## Nutrition and Physical Activity Lesson Resources Elementary School



The nutrition and activity lessons and resources are listed below as tools to help your schools and sites enhance nutrition and physical activity with consistent messages and sound learning activities. All **Arizona Nutrition Network** messages and lessons are developed using credible, scientifically based information about food, nutrition, and physical activity. Information that is not backed by credible research shall not be used.

Name/Website/ Contact Information	Description
<b>Active and Healthy Schools Program</b> (\$) <a href="http://activeandhealthyschools.com">activeandhealthyschools.com</a>	The Active & Healthy Schools™ program (AHS™) is designed to improve the overall health and increase the activity levels of your students by making changes to the "whole school" environment. Many products such as the Playground Activity Cards are available for purchase at the website.
<b>CATCH K-2, 3-5, CATCH Kids Club</b> (\$) <a href="http://www.sph.uth.tmc.edu/catch/">http://www.sph.uth.tmc.edu/catch/</a>	CATCH (Coordinated Approach To Child Health) is a CDC approved Coordinated School Health Program designed to promote physical activity, healthy food choices, and create a healthy environment in graded K-8 school aged children. By teaching children that eating healthy and being physically active every day can be FUN, the CATCH Program has proved that establishing healthy habits in childhood can promote behavior change that carry into adulthood.
<b>Chef Combo's Fantastic Adventure</b> (free) <a href="http://www.nutritionexplorations.org/educators/lessons/chef-combo/chef-combo.asp?tab=1">http://www.nutritionexplorations.org/educators/lessons/chef-combo/chef-combo.asp?tab=1</a>	Take your 4- and 5-year-olds on a nutrition and tasting adventure right inside the classroom! These fun, hands-on nutrition and food tasting activities teach simple nutrition concepts, develop children's cleanliness skills and provide a variety of cooking and tasting experiences. Request your own kit from the AZ Dairy Council online catalog or visit the website to use the handy online lessons,

	activities, downloadable materials, recipes and tasting activities.
<b>Eat Well &amp; Keep Moving</b> (\$)	An interdisciplinary nutrition and physical activity curriculum which includes classroom lessons aimed at building lifelong healthy habits in upper elementary school students.
<b>Eat Smart. Play Hard.</b> (free) <a href="http://www.fns.usda.gov/eatsmartplayhardeducators/materials/index.asp">http://www.fns.usda.gov/eatsmartplayhardeducators/materials/index.asp</a>	Eat Smart. Play Hard.™ provides practical tools to help you motivate children and their caregivers to eat healthy and be physically active. Messages and materials are fun and based on MyPyramid and the Dietary Guidelines for Americans. The Campaign spokes character, Power Panther, and his nephew Slurp are used to communicate the behavior messages. The materials support both the nutrition and physical activity component and are fun for children and informative for caregivers. Lesson topics are available in Spanish and English.
<b>Extension Family Nutrition Education Program</b> (free) Contact Laurel at <a href="mailto:jacobs1@email.arizona.edu">jacobs1@email.arizona.edu</a> to schedule a presentation	Knowledgeable Nutrition Educators can provide interactive, developmentally appropriate presentations in your class on a variety of nutrition topics.
<b>Food and Me, Food Time, and Food Works</b> (\$) <a href="http://www.fns.usda.gov/tn/Resources/scholastic.html">www.fns.usda.gov/tn/Resources/scholastic.html</a>	Activity-based program to build skills and motivate children to make healthy eating choices. Kits have been developed for K, grades 1-2, and grades 3-5, which contain a teacher's guide, resource materials, student magazines, and other resources.
<b>Food Pyramid Creative Pockets</b> (\$) <a href="http://www.creativepockets.com">www.creativepockets.com</a>	A learning tool for children ages 2-10 that gives nutritional messages - 17 activity cards offer over 75 nutrition-based activities.
<b>Go with the Whole Grain for Kids</b> (free) <a href="http://www.bellinstitute.com/bihn/topic/section_index.aspx?cat_1=19&amp;cat_2=4595&amp;SelectCatID=4595&amp;CatID">www.bellinstitute.com/bihn/topic/section_index.aspx?cat_1=19&amp;cat_2=4595&amp;SelectCatID=4595&amp;CatID</a>	Features two Whole Grain Heroes to help children learn about the benefits of whole grains and how they can incorporate whole grains into their diet. Curriculum includes a program designed for children in kindergarten through second grade and a more in depth version

<p><a href="#">=4595</a></p>	<p>for children in grades three through five.</p>
<p><b>Learn to be healthy</b> (free) <a href="http://www.learntobehealthy.org/">http://www.learntobehealthy.org/</a></p>	<p>This site provides interactive student health science activities and teacher lesson plans for FREE that include: Teacher-led Activities, Student Games and Webquests. LearntobeHealthy's web-based kits meet National and State Education Standards and make health education fun. Teachers are able to create classroom accounts so each student can be assigned the same username and password to log in and access activities. Some of the elementary activities include dental health, eating healthy e-learning kit, Nutrition and physical activity e-learning kit, food and fitness field day kit, and the five senses kit.</p>
<p><b>MyPyramid MyPyramid for Kids Classroom Materials</b> USDA (free) <a href="http://teamnnutrition.usda.gov/Resources/mypyramidclassroom.html">http://teamnnutrition.usda.gov/Resources/mypyramidclassroom.html</a></p>	<p>Educational materials developed at the elementary school level to help children learn the <i>MyPyramid</i> food guidance system. Lesson plans for teachers are available in three levels: Level 1 (grades 1-2); Level 2 (grades 3-4); and Level 3 (grades 5-6). Classroom materials include the following: Teacher's Guide including lesson plans with reproducible worksheets. Also includes: <i>A Close Look at MyPyramid for Kids</i>, a step-by-step explanation of the key concepts of the <i>MyPyramid for Kids</i> symbol, CD with the <i>MyPyramid Blast Off Game</i>, <i>MyPyramid for Kids</i> poster, <i>Tips for Families</i> (25 copies), Fruit and Vegetable Challenge poster packet (Level 1 only), and CD including the lesson plans, reproducible worksheets.</p>
<p><b>NASPE Teacher Toolbox</b> (free) <a href="http://www.aahperd.org/naspe/publications/teachingTools/toolbox/index.cfm">http://www.aahperd.org/naspe/publications/teachingTools/toolbox/index.cfm</a></p>	<p>Every month NASPE will have a fitness calendar for you to send home with your students, bulletin board ideas, and information about the nation's health observances.</p>

<p><b>Nutrition and Physical Activity Energizers</b> (free/\$) <a href="http://ncpe4me.com/energizers.html">ncpe4me.com/energizers.html</a></p>	<p>Energizers are classroom based physical activities for K-5 teachers that integrate physical activity, and nutrition with academic concepts. These are short (about 10 minutes) activities that classroom teachers can use to provide activity and nutrition education to children to meet National Wellness Policy Guidelines.</p>
<p><b>Nutrition Explorations</b> (free) <a href="http://www.nutritionexplorations.org/educators/lessons-main.asp">www.nutritionexplorations.org/educators/lessons-main.asp</a></p>	<p>Teaches children about good nutrition using fun, interactive activities for lower and upper elementary students based on good eating habits, sound nutrition, and basic Food Guide Pyramid concepts.</p>
<p><b>Professor Popcorn</b> (\$) <a href="http://www.ces.purdue.edu/cfs/topics/EFNEP/professorpopcorn.htm">www.ces.purdue.edu/cfs/topics/EFNEP/professorpopcorn.htm</a></p>	<p>Research-based nutrition curriculum entails five one-hour lessons based on the Food Pyramid and includes food demonstrations on preparing healthy snacks.</p>
<p><b>Start Smart Eating &amp; Reading</b> (free)</p>	<p>A fun-filled breakfast, nutrition and reading program for K-2<sup>nd</sup> grade students that combines nutrition education and literacy for an all-around healthy classroom designed to help students discover the importance of breakfast through reading and discussion of various children's books</p>
<p><b>Take 10!</b> (\$) <a href="http://take10.net">take10.net</a></p>	<p>TAKE 10!® is a classroom-based physical activity program created by teachers for teachers and students. Materials contain safe and age-appropriate 10-minute physical activities.</p>
<p><b>Team Nutrition Classroom Materials</b> (free )  <a href="http://www.teamnutrition.usda.gov">www.teamnutrition.usda.gov</a></p>	<p>Educational materials developed at the elementary school level to help children learn the <i>MyPyramid</i> food guidance system.</p>

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