

Nutrition and Physical Activity Lesson Resources High 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
<p>Empowering youth with nutrition and physical activity (free) http://teamnutrition.usda.gov/Resources/empoweringyouth.html</p>	<p>Empowering youth is 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 and help incorporate hands-on activities that teach nutrition concepts. It also provides ideas to include nutrition education and physical activity into youth programs and events and the resources to help youth develop a nutrition or physical activity related community project. Lesson materials may be ordered from Team Nutrition or downloaded from the website.</p>
<p>Food and Drug Administration/Center for food Safety and Applied Nutrition- Science and our Food Supply (FDA-CFSAN) (free) http://www.fda.gov/food/default.htm</p>	<p>Science and our Food Supply, is a free supplemental curriculum that offers an interactive and innovative way to incorporate food science and safety into middle school and high school science courses. This material can easily be incorporated into biology, life sciences, or other science classrooms and includes a teacher guide, interactive video, and A-Z reference guide on food safety. The material is also available online in PDF form.</p>
<p>Fitness for Life</p>	<p>Comprehensive program designed specifically to help students to become active, fit, healthy, and follow dietary guidelines. Trainings</p>

<p>(\$) www.fitnessforlife.org</p>	<p>include physical education, health, and home room teachers in low income middle schools.</p>
<p>Food Science Curriculum (free) http://www.isbe.net/career/pdf/fcs_guide.pdf</p>	<p>This is an in-depth curriculum developed by the Illinois Board of Education that focuses on different aspects of food science. The curriculum includes seven units: new food product, lipids and proteins, food additives, food irradiation, food packaging, food biotechnology, and food poisoning. The units use many experiments and projects to teach students about the various aspects of food science.</p>
<p>Kid's Health in the Classroom (free) http://classroom.kidshealth.org/index.jsp?Grade=912&Section=personal</p>	<p>This site has the option to pick grade appropriate lessons anywhere between preschool -12th grade. The middle school and high school lessons focus on food safety issues and making healthy eating choices at home and at school. The lessons include handouts, related articles geared at the appropriate age level, as well as discussion questions to encourage class participation and interaction.</p>
<p>Learn to be healthy (free) http://www.learntobehealthy.org/</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 high school activities include fuel your performance a lesson that focuses on the importance of nutrition and physical activity for maintaining a healthy body, a physical activity and nutrition lesson relating to balance, and lessons in channeling creative energy into journaling and physical activity.</p>
<p>Milk Matters (free) www.nichd.nih.gov/milk/teachers/</p>	<p>These activities combine hands-on classroom lessons with take-home assignments, classroom discussion, and more to help teach your students about the role of calcium in nutrition and bone health. All classroom activities correlate with National Health Education</p>

	Standards.
<p>The Mountain on the Move Climbers Club (\$) (based on availability) Contact Jen Martinez at jmm3@email.arizona.edu</p> <p>for information and school requirements for scheduling the event.</p>	<p>A 25' automatic belay 5 person climbing wall travels to schools and events and promotes nutrition education and physical and social skills development which transfers as cooperative behavior thus enhancing the academic learning environment and health of youth. Team Building Nutrition and Physical Activities will be included in this field day experiential learning event.</p>
<p>NASPE Teacher Toolbox (free) http://www.aahperd.org/naspe/publications/teachingTools/toolbox/index.cfm</p>	<p>Every month we 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>Nutrition Explorations (free) http://www.nutritionexplorations.org/educators/lessons/bridges/bridges-main.asp?tab=1</p>	<p>Teaches youth about good nutrition using fun, interactive activities for 9th and 10th graders based on good eating habits, sound nutrition, and basic Food Guide Pyramid concepts.</p>
<p>Physical Best (\$) http://www.humankinetics.com/products/showproduct.cfm?isbn=9780736048057</p>	<p>Physical Best was designed to educate, challenge, and encourage all children to develop the knowledge, skills and attitudes for a healthy and fit life through active physical activity and nutrition lessons. The goal of the program is to move students from dependence to independence for their own fitness, nutrition, and health by promoting regular, enjoyable physical activity and applied behavioral skills.</p>
<p>The Power of choice (free) http://teamnutrition.usda.gov/Resources/power_of_choice.html</p>	<p>HHS' Food and Drug Administration and USDA's Food and Nutrition Service developed the Power of Choice. It is intended for after-school program leaders working with young adolescents. Everything you need to know is in the Leaders' Guide, including most activity</p>

	<p>materials. It's full of quick, simple things to do with kids; many activities take little or no pre-planning. A CD containing 10 interactive sessions based on six posters. Included in the Leader's Guide are a recipe booklet, parent letter, and Nutrition Facts cards The intended outcomes of this program are to set specific goals for healthful living and to help plan changes in their eating and physical activity patterns to promote growth and overall health. Lesson materials may be ordered by middle or high schools or downloaded at the website.</p>
<p>Take charge! Be healthy (free) http://www.takechargebehealthy.org/home.asp</p>	<p>Take Charge! is an all new interactive standards-based website that teaches teens about physical activity, nutrition, and healthy lifestyles. Before teens can participate in Take Charge!, teachers (or group leaders) must register to use the instructional module. Teens can learn all about the three topics, participate in on-line polls, read newsletters, take on-line surveys,, activity trackers, diet diaries, and much more. Some of the topics areas include why we need physical activity, what physical activity is, how to incorporate physical activity, how physically active we should be, and healthy body image and weight.</p>

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