

Where to go . . .

Websites:

www.eduplace.com A general education site that has clever nutrition education lesson plans. The best way to get to them is to click on “Activity Search,” then “Monthly Themes.” (Bottom of page) March is Nutrition Month, so all the great lessons can be found there!

www.navigator.tufts.edu Ever wondered how to find the most reputable (or least reputable) nutrition sites? Tufts Navigator does it for you! This is a ranked list of the best and worst nutrition sites with numerical scores and detailed explanations.

www.library.umaine.edu/lmc/herc The University of Maine’s Health Education Resource Library. Have available materials mailed directly to you on loan. All you pay for is return postage!

Teaching Guides/Curriculum Programs:

1. Mind Your Body Youth Program: Lessons to teach kids about nutrition, exercise, body awareness, etc. Available for grades 3-5, grades 6-8 and grades 9-12. Order form available.
2. Teach & Talk: Nutrition & Activity for grades K-4, and Health Facts: Nutrition & Physical Activity. Teach & Talk provides teachers with background information, ideas and activities for making learning about nutrition and activity fun. Health Facts gives clear, user-friendly information on today’s important health topics. Both are available from www.etr.org.

Other Helpful Tools:

1. Creative Pockets: Available through www.shop5aday.com
2. School-to-Home Idea Bags: Available from Neat Solutions catalog or www.Mhteachers.com
3. Overcoming Childhood Obesity: Available from the NCES catalog
4. Rescuing the Emotional Lives of Overweight Children: Available from the NCES catalog

*All other books and items are available in the catalogs located in the Blue School Resource Packet. (These are sent with curriculum programs, one per school)