

## **Where to go . . .Middle School**

### **Websites:**

[www.coolfoodplanet.org](http://www.coolfoodplanet.org) A good site to send your students to for interactive nutrition information.

<http://www.girlpower.gov/girlarea/bodywise/index.htm> Sensible information targeted to girls ages 9-14. Includes info on eating disorders, the importance of calcium, and tips on eating right.

[www.teengrowth.com](http://www.teengrowth.com) A team of health professionals answer teens' questions on a range of topics, including weight control, eating disorders, and dietary supplements.

### **Teaching Guides/Curriculum Programs:**

#### Elementary/Middle School

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.

#### Middle School

1. Exercise Your Options: A Food Choice and Activity Program for Middle School Students. Available at: [www.dairycouncilofca.org](http://www.dairycouncilofca.org)
2. Eat Fit: Middle School Student Magazines and Teacher Curriculum from the University of California, Davis. Available at: <http://anrcatalog.ucdavis.edu> or email [anrcatalog@ucdavis.edu](mailto:anrcatalog@ucdavis.edu)

### **Other Helpful Tools:**

1. Overcoming Childhood Obesity: Available from the NCES catalog
2. Rescuing the Emotional Lives of Overweight Children: Available from the NCES catalog