

<http://kidnetic.com/>

International Food Information Council (IFIC) Foundation
This site is intended to encourage kids and their parents to begin the process of behavior change toward healthy lifestyles. Grades 3 through 6. Spanish materials available.



<http://classroom.kidshealth.org/>

Nemours Center for Children's Health Media. This site offers free health curriculum for teachers of all grades and subject areas via registration. Every other week, subscribers will receive an e-mail that links to a free *KidsHealth in the Classroom* teacher's guide with discussion questions, activities, and reproducible handouts.

www.cln.org

Community Learning Network. This site contains over 5,800 links to sites containing free educational resources. Select the *Subject Areas* then [Health, Nutrition, and Personal Planning](#) links to access a general nutrition resource list. Grades K-12.

<http://namasteshares.org>

Namaste Charter School, Chicago, IL. Learn how this charter school incorporates nutrition and physical activity into their daily curriculum to ensure literacy, numeracy, and a lifelong love of learning. Select *Educators*, create a log-in, then *Tips and Ideas* to access suggestions on incorporating Namaste principles in your classroom.

FACT SHEET #06-54

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University of Nevada
Cooperative Extension

Online Nutrition Education Resources for Elementary School Teachers

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*Selected websites to promote nutrition education
in the classroom*

General Information

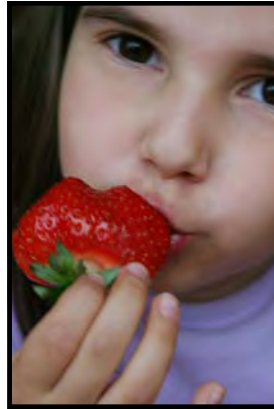
www.washoe.k12.nv.us

Washoe County School District. Select the *Parents* link, then *Student Wellness* to access materials on the WCSD Wellness Policy, including allowed, disallowed, and celebration food / beverage printouts, alternatives to using food as a reward, and a "snack calculator" to determine if a snack item falls within the WCSD nutritional standards. Spanish materials available.



www.eatright.org

American Dietetic Association (ADA). This site provides general nutrition information, daily nutrition tips, links to local nutrition professionals, and other consumer resources. Spanish materials available.



www.ific.org

International Food Information Council Foundation (IFIC). This site provides science-based information on food safety and nutrition to health professionals, educators, journalists, and government officials. Spanish materials available.

Classroom Resources and Curricula

www.nutrition.gov

U.S. Department of Agriculture (USDA). This site provides easy access to the best food and nutrition information from the federal government, and contains more than 1000 links to current and reliable nutrition information, such as:



- *MyPyramid.gov*. This site offers links to MyPyramid campaign overview and materials. Select *For Kids* link then *Classroom Materials* to access *MyPyramid for Kids* teaching resources, lesson plans, reproducible worksheets, and games. Grades 1 through 6.
- *Eat Smart. Play Hard™*. Uses the “Power Panther” to help motivate and inform children and their caregivers about healthy eating and physical activity. Pre-kindergarten through grade 6 appropriate. Spanish materials available.

www.bam.gov

Centers for Disease Control and Prevention (CDC). U.S. Department of Health and Human Services. This site is designed to help students make healthy lifestyle choices using games, quizzes, and other interactive features. It also provides teachers with interactive, educational, and fun activities linked to the national education standards for science and health. Grades 3 through 8.



www.nutritionexplorations.org/

National Dairy Council. This site contains links to interactive lesson plans and activities from Dairy Council's most popular programs, including *3-A-Day* and *Nutrition Expedition*. Select the *Educators* then *Nutrition Lessons* links. Kindergarten through grade 6.

www.smallstep.gov

U.S. Department of Health and Human Services (HHS). These materials have been designed to help students build language arts and math skills as they learn about health and fitness. Grades 2 through 5, Spanish materials available.



www.5ADay.org

Produce for Better Health Foundation (PBH). This site has resources for teaching healthy eating habits to kids. Select either the *Educators* or *Kids* links to find games, activity sheets, take-home literature, and certificates that encourage kids to eat more fruits and vegetables. Kindergarten through grade 6.