
Teacher Resources



Educational Websites

Dole 5-A-Day www.dole5aday.com
Information for kids, parents, and teachers about why fruits and vegetables are so good for you.

Girl Power www.girlpower.gov
A national public education campaign sponsored by the U.S. Department of Health and Human Services to help encourage and motivate 9- to 13- year-old girls to make the most of their lives.

The Healthy Food Magazine: Munch 'n Crunch @ Lunch
..... <http://indigo.ie/~indicom/crunch.htm>
Online health magazine features messages about the basics of a healthful diet; contains printable puzzles. (*Dept. of Health, Dublin, Ireland*)

How to Teach Nutrition to Kids www.nutritionforkids.com
Offers a free "Feeding Kids Newsletter", helpful nutrition tips and activities, and information on ordering publications. (*24 Carrot Press, Connie Evers, RD*)

Human Anatomy Online www.innerbody.com
Labeled diagrams of all parts of the body (*Intellimed International Corp.*)

Kids Growth www.kidsgrowth.com

National Food Service Management Institute www.nfsmi.org
This site has nutrition and nutrition education materials available for sale (including Pyramid Builders, a nutrition education program for K-5 developed by Nutrition Services, Kansas State Department of Education).

National SafeKids Campaign www.safekids.org
Website has information on how to keep kids safe.

Neuroscience for Kids <http://faculty.washington.edu/chudler/neurok.html>
Students and teachers who would like to learn more about the brain and spinal cord will enjoy this site. It includes images, useful diagrams and practical activities including instructions on how to make a model brain. (*Developed by faculty at the University of Washington*)

Nutrition Café <http://exhibits.pacsci.org/nutrition>
Interactive site for kids offers several fun games (*Pacific Science Center*)

Nutrition Explorations..... www.nutritionexplorations.org
Resources for teachers and school foodservice personnel

Nutrition Fast Food Finder www.olen.com/food
An easy to use database provides nutrient content of many fast foods (*Based on the book Fast Food Facts by the Minnesota Attorney General's Office*)

Nutrition Navigator <http://navigator.tufts.edu>
This excellent site lists, rates and describes dozens of websites with nutrition and nutrition-related information. (*Tufts University*)

Open the Door to a Healthy Heart www.healthyfridge.org

Parentsplace.com..... www.parentsplace.com/expert/nutritionist

Pyramid Tracker..... www.idd-inc.com/pyramidtracker
Designed to help kids, ages 7-10, evaluate their diets and learn more about the USDA Food Guide Pyramid. (*Virginia Department of Health and Virginia Cooperative Extension*)

SPARK – Sports, Play and Active Recreation for Kids
..... www.sparkpe.org/index.jsp
SPARK features a collection of exemplary, research-based physical activity programs, including an innovative elementary physical education curriculum. (*San Diego State University*)

Tobacco vs. Kids..... www.tobaccofreekids.org
Provides access to resources for tobacco use prevention (*Campaign for Tobacco-Free Kids*).

Your Gross and Cool Body <http://yucky.kids.discovery.com/body>
Everything you ever wanted to know about spit, belches, snores and more! Site combines a fun presentation style with sound information backed by science concepts. (*The Discovery Channel*)

Yum Yum <http://yumyum.com>
A database of healthy recipes with links to other sites offering over a million recipes

Government Websites

Center for Nutrition Policy and Promotion (USDA). www.usda.gov/cnpp

Centers for Disease Control and Prevention..... www.cdc.gov

Consumer Information Center..... www.pueblo.gsa.gov

Food and Nutrition Information Center (USDA) www.nal.usda.gov/fnic
Website has information on the Food Guide Pyramid and Dietary Guidelines for Americans as well as detailed nutrient information on foods.

Food Safety and Inspection Service (FSIS)..... www.fsis.usda.gov

Healthfinder..... www.healthfinder.gov

Healthy School Meals Resource System (USDA) . <http://schoolmeals.nal.usda.gov>
Contains a wealth of information on school meals as well as activities for children

State Websites

Illinois School Board of Education www.isbe.net/nutrition
The website has Information about Nutrition Programs and Support Services.

Illinois Department of Public Health www.idph.state.il.us
Promote the health of the people of Illinois through the prevention and control of disease and injury.

Illinois Nutrition Education & Training Program www.kidseatwell.org
A nutrition education link for teachers, food service staff, students and parents

University of Illinois Extension <http://web.extension.uiuc.edu/extension/health.asp>

Organization Websites

National Cancer Institute.....	www.nci.nih.gov
National Cholesterol Education Program.....	www.nhlbi.nih.gov/about/ncep
National Heart, Lung, and Blood Institute	www.nhlbi.nih.gov
National Institute of Diabetes and Digestive and Kidney Diseases	www.niddk.nih.gov
Sci 4 kids (<i>USDA's Agricultural Research Service</i>)	www.ars.usda.gov/is/kids
Power Panther (<i>USDA</i>).....	www.fns.usda.gov/eatsmartplayhard/Zone/bio.html
Team Nutrition (<i>USDA</i>).....	www.fns.usda.gov/tn
Team Nutrition information and materials	
American Diabetes Association	www.diabetes.org
American Cancer Society	www.cancer.org
American Dietetic Association	www.eatright.org
American Heart Association.....	www.americanheart.org
American Lung Association	www.lungusa.org
American Medical Association	www.ama-assn.org
American School Food Service Association	www.asfsa.org
Arbor Nutrition Guide	www.arborcom.com
Ask the Dietitian	www.dietitian.com
Beef Nutrition	www.beefnutrition.org
Dairy Management Inc.....	www.dairyinfo.com
Dietitians of Canada.....	www.dietitians.ca
Fight Bac!.....	www.fightbac.org
Foodservice	www.foodservice.com
Grains Nutrition Information Center	www.wheatfoods.org

Illinois Beef Association	www.illinoisbeef.com
Illinois Pork Producers	www.ilpork.com
Illinois Soybean Association	www.ilsoy.org
Illinois Wheat Association	www.illinoiswheat.org
Mayo Clinic	www.mayoclinic.com
Midwest Dairy Association	www.midwestdairy.com
National Cattlemen's Beef Association	www.beef.org
National Dairy Council	www.nationaldairyCouncil.org
National Dairy Council's Parents of Children	http://familyfoodzone.com
National Kidney Foundation	www.kidney.org
National Osteoporosis Foundation	www.nof.org
National Pork Producers Council	www.nppc.org
National Restaurant Association's Educational Foundation	www.nraef.org
Tufts University Nutrition Navigator	www.navigator.tufts.edu
Vegetarian Resource Group	www.vrg.org

