



# Chapter 4

## Resources

### Wellness Resources:

- American Council on Exercise.....[www.acefitness.org](http://www.acefitness.org)
- American Heart Association.....[www.justmove.org](http://www.justmove.org)
- American Public Health Association.....[www.apha.org](http://www.apha.org)
- American Running Association.....[www.americanrunning.org](http://www.americanrunning.org)
- Association for Worksite Health Promotion.....[www.employerhealth.com](http://www.employerhealth.com)
- Center for Disease Control.....[www.cdc.gov](http://www.cdc.gov)
- Center for Nutrition Policy & Promotion.....[www.cnpp.usda.gov](http://www.cnpp.usda.gov)
- Healthy People 2010.....[www.healthypeople.gov](http://www.healthypeople.gov)
- National Association for Health & Fitness.....[www.physicalfitness.org](http://www.physicalfitness.org)
- National Coalition for Promoting Physical Activity.....[www.ncppa.org](http://www.ncppa.org)
- Office of the Surgeon General.....[www.surgeongeneral.gov](http://www.surgeongeneral.gov)
- The President’s Challenge.....[www.presidentschallenge.org](http://www.presidentschallenge.org)
- Shape Up America.....[www.shapeup.org](http://www.shapeup.org)
- US Department of Health & Human Services.....[www.smallstep.gov](http://www.smallstep.gov)
- Weight-Control Information Network.....[www.niddk.nih.gov/health/nutrit/nutrit.htm](http://www.niddk.nih.gov/health/nutrit/nutrit.htm)
- Wellness Councils of America.....[www.welcoa.org](http://www.welcoa.org)

## Educational Websites:

- Dole 5-A Day**.....[www.dole5aday.com/Teachers/T\\_Index.jsp](http://www.dole5aday.com/Teachers/T_Index.jsp)
- Food Safety Project**.....[www.extension.iastate.edu/foodsafety](http://www.extension.iastate.edu/foodsafety)  
*(Iowa State University Extension)*
- Girl Power**.....[www.girlpower.gov](http://www.girlpower.gov)  
*A national public education campaign sponsored by the US Department of Health and Human Services to help encourage and motivate 9 to 13-year-old girls to make the most of their lives.*
- How to Teach Nutrition to Kids**.....[www.nutritionforkids.com](http://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](http://www.innerbody.com)  
*Labeled diagrams of all parts of the human body (Intellimed International Corp.).*
- Kids Growth**.....[www.kidsgrowth.com](http://www.kidsgrowth.com)
- National Food Service management Institute**.....[www.nfsmi.org](http://www.nfsmi.org)  
*This site has nutrition education materials available for sale.*
- National SafeKids Campaign**.....<http://safekids.org>  
*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](http://www.nutritionexplorations.org)  
*Resources for teachers and school foodservice personnel.*
- Open the Door to a Healthy Heart**.....[www.healthyfridge.org/mainmenu.html](http://www.healthyfridge.org/mainmenu.html)
- Parenting@ivillage**.....  
.....<http://parenting.ivillage.com/tweens/twnutritiontopic/0,,4rxf,00.html>
- MyPyramid Tracker**.....[www.mypyramidtracker.gov](http://www.mypyramidtracker.gov)

**School Menu.Com**.....www.schoolmenu.com  
*Designed primarily for younger kids, this site involves students in games, puzzles, jokes and other quick and colorful activities, all in the name of nutrition and fitness.*

**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).*

**Your Gross and Cool Body**.....http://yuchk.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**.....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  
*Information on MyPyramid and the 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://healthymeals.nal.usda.gov  
*Contains a wealth of information on school meals as well as activities for children.*

**Kansas Body Walk**.....www.bodywalk.org  
*Information on the Body Walk exhibit and scheduling information.*

**Kansas State Department of Education, Child Nutrition & Wellness**.....  
.....www.kn-eat.org  
*Information about Child Nutrition programs and links to many of the websites listed in this chapter.*

**Kansas State Department of Health and Environment**.....[www.kdhe.state.ks.us](http://www.kdhe.state.ks.us)  
*Materials and information on statewide hand washing campaign, "Did You Wash 'Em?" Stickers, signs and posters to download.*

**Kansas State University Research and Extension**.....[www.oznet.ksu.edu](http://www.oznet.ksu.edu)

**KN-TRAIN**.....[www.kn-train.org](http://www.kn-train.org)  
*Kansas State Department of Education resource center loans materials at no charge to persons associated with a Kansas educational organization or child nutrition program. Resources cover a wide variety of topics related to food service management, food service operations, nutrition and nutrition education.*

**National Cancer Institute**.....[www.cancer.org](http://www.cancer.org)

**National Cholesterol Education Program**.....[www.nhlbi.nih.gov/about/ncep](http://www.nhlbi.nih.gov/about/ncep)

**National Heart, Lung, and Blood Institute**.....[www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

**National Institute of Diabetes and Digestive and Kidney Diseases**.....  
.....[www2.niddk.nih.gov](http://www2.niddk.nih.gov)

**Sci4Kids (USDA's Agricultural Research Service)**.....[www.ars.usda.gov/is/kids](http://www.ars.usda.gov/is/kids)

**Power Panther (USDA)**.....[www.fns.usda.gov/eatsmartplayhard/](http://www.fns.usda.gov/eatsmartplayhard/)  
*Power Panther information and materials for kids, parents and educators.*

**Team Nutrition (USDA)**.....[www.fns.usda.gov/tn](http://www.fns.usda.gov/tn)  
*Team Nutrition information, materials and resources.*

### **Organization Websites:**

**American Diabetes Association**.....[www.diabetes.org](http://www.diabetes.org)

**American Cancer Society**.....[www.cancer.org](http://www.cancer.org)

**American Dietetic Association**.....[www.eatright.org](http://www.eatright.org)

**American Heart Association**.....[www.americanheart.org](http://www.americanheart.org)

**American Lung Association**.....[www.lungusa.org](http://www.lungusa.org)

**American Medical Association**.....[www.ama-assn.org](http://www.ama-assn.org)

**American School Food Service Association**.....[www.asfsa.org](http://www.asfsa.org)

**Ask the Dietitian**.....[www.dietitian.com](http://www.dietitian.com)

**Beef Nutrition**.....[www.beefnutrition.org](http://www.beefnutrition.org)

**Dairy Management Inc.**.....[www.dairyinfo.com](http://www.dairyinfo.com)

**Fight Bac!**.....[www.fightbac.org](http://www.fightbac.org)

**Kansas Beef Council**.....[www.kansasbeef.org](http://www.kansasbeef.org)

**Kansas Pork Association**.....[www.kspork.org](http://www.kspork.org)

**Kansas Soybean Commission and Association**.....[www.kansassoybeans.com](http://www.kansassoybeans.com)

**Kansas Wheat Commission**.....[www.kswheat.com](http://www.kswheat.com)

**Mayo Clinic**.....[www.mayoclinic.com](http://www.mayoclinic.com)

**Midwest Dairy Association**.....[www.midwestdairy.com](http://www.midwestdairy.com)

**National Cattlemen’s Beef Association**.....[www.beef.org](http://www.beef.org)

**National Dairy Council**.....[www.nationaldairycouncil.org](http://www.nationaldairycouncil.org)

**National Dairy Council’s Parents of Children**.....[familyfoodzone.com](http://familyfoodzone.com)

**National Fluid Milk Processors Promotion Board**.....[www.whymilk.com](http://www.whymilk.com)

**National Kidney Foundation**.....[www.kidney.org](http://www.kidney.org)

**National Osteoporosis Foundation**.....[www.nof.org](http://www.nof.org)

**Nationals Pork Producers Council**.....[www.nppc.org](http://www.nppc.org)

**National Restaurant Association’s Educational Foundation**.....[www.nraef.org](http://www.nraef.org)

**Vegetarian Resource Group**.....[www.vrg.org](http://www.vrg.org)

## Books, articles, websites and resources used in the development of Power Panther Professionals:

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Farm to School Program. <http://www.farmtoschool.org>

*Get on the Grain Train. Dietary Guidelines For Americans*. Retrieved August 22, 2006 from [http://www.pueblo.gsa.gov/cic\\_text/food/grain/train.htm](http://www.pueblo.gsa.gov/cic_text/food/grain/train.htm)

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Hales, D. (2006). *Personal Health Self-Assessments and Health Almanac for An Invitation to Health Brief 4<sup>th</sup> ed.* Belmont: Thomson Wadsworth.

Kansas Wheat Commission. <http://www.kswheat.com>

Kansas Tobacco Use Prevention Program, Kansas Department of Health and Environment. To order Tobacco Use Prevention materials, contact 130 S. Market, Suite 6050, Wichita, KS 67202 or call 316-337-6050.

Kids a Cookin' (K-State Research and Extension). <http://www.kidsacookin.com>

Midwest Dairy Council. <http://www.midwestdairy.com>

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- United States Department of Agriculture Food and Nutrition Service. (2005). *Popular Team Nutrition Events An Idea Book*.