

Nutrition HotList for English Lesson
John Barton

I teach high school English; it would be easy to use a nutritional hot list as the basis of a lesson - whenever we use the internet for research, we provide a hotlist to focus the search. Here it goes:

<http://www.4woman.gov> - a site with tips on nutrition and exercise focusing on how diet, weight, and exercise affect the heart.

<http://familydoctor.org> - This site has info on serving sizes and offers some easy, healthy options for dieters.

<http://nutrition.about.com> - Offers daily nutrition tips, a calorie calculator and how to advice on shopping for healthy groceries.

<http://www.dietforum.com> - This site offers low carb recipes and numerous articles discussing personal diet plans.

<http://www.nhlbi.gov> - This site focuses on eating and blood pressure. It also deals with health issues for women and the questions of fat and salt in the diet.

<http://www.annecollins.com/modern-diet.htm> - This is an interesting site that compares modern diets with the diet of stone age hunter/gatherers.

<http://www.mayoclinic.com> - There is a site at this address that deals with the nutritional possibilities of vegetarian diets - it explains the different types of vegetarians.

<http://www.help.org> - This site discusses new variations on the old food pyramid concept.

<http://www.bbc.co.uk> - This site from England discusses the issues around various kinds of detox diets, foods and ways of eating to cleanse the body.

<http://www.e-guana.net> - This site deals with my favorite - the Mediterranean diet - olive oil, fish, herbs yum!