

# Nutrition Hotlist-Nutrition Websites for Teachers

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## 1. Dietary Guidelines

<http://www.health.gov/dietaryguidelines/dga2000/DIETGD.PDF-The> 2000 edition of the dietary guidelines, with detailed explanations about the different sections of the food pyramid, including information about good sources of various nutrients.

## 2. CDC

<http://www.cdc.gov/search.do?action=search&queryText=nutrition>

A very detailed guideline for healthy eating based on the 2005 Dietary Guidelines. Includes chapters on why healthy eating is important, the science of nutrition, and worksheets (e.g. "My Personal Profile," which includes BMI calculation information). This site would be better for secondary or possibly 5<sup>th</sup> grade students.

## 3. Kidnetics

<http://www.kidnetic.com/>

A fun website that includes activities to teach kids about both nutrition and physical activity. Designed for kids aged 9-12.

## 4. National Eating Disorders Association

[http://www.nationaleatingdisorders.org/p.asp?WebPage\\_ID=301](http://www.nationaleatingdisorders.org/p.asp?WebPage_ID=301) A National Eating Disorders Association site with information about "The Prevention Puppet Program," an elementary school-age program designed to prevent eating disorders. The program materials include puppets and scripts along with facilitator guides. It reinforces healthy self-concepts, healthy attitudes about eating, and acceptance of all body shapes and sizes. The shows are also available on video.

## 5. Penn State

<http://nirc.cas.psu.edu/nirclib.cfm?area=230> Pennsylvania State University website from their Nutrition Information and Resource Center. Includes links to information about nutrition and a very nice list of books about child nutrition (including children's books).

## 6. American Dietetic Association

[http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/nutrition\\_350\\_ENU\\_HTML.htm#Kids](http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/nutrition_350_ENU_HTML.htm#Kids)

American Dietetic Association site with booklets for kids and parents. Lots of good information about general nutrition-facts about various nutrients as well as guidelines for healthy eating.

## 7. Smart Body

<http://www.neasmartbody.org/lessons.html> Ideas about how to incorporate more physical activity into the school day, with suggestions divided into various grade levels

8. 5 A Day

[http://www.5aday.com/html/educators/educators\\_home.php](http://www.5aday.com/html/educators/educators_home.php)- includes a curriculum for encouraging children to include 5 fruits and vegetables into their diet every day.

9. Healthy Choices

<http://www.healthychoices.org> - includes activity books which can be printed from online for a variety of nutrition and fitness topics for students. From the Growers of Washington Apples.

10. U.S. Department of Agriculture

<http://www.usda.gov/news/usdakids/index.html> USDA For Kids website. Includes links to information about the Food Guide Pyramid, Basic Nutrition, Food Safety, Gardening, and more.