

Nutrition and Fitness Hotlist
Kari-Hanson-Smith

<http://www.canfit.org/>

California Adolescent Nutrition and Fitness Program. Provides resources for teachers and other non-profit organizations who work with low income minority students.

<http://www.nal.usda.gov/fnic/pubs/bibs/edu/preschool.html>

National Agricultural Library. Provides a number of lesson plans and curriculum resources, for loan, to help in the creation of age appropriate units of instruction. Very detailed!

<http://www.health.state.mn.us/fitness/>

Minnesota Dept. of Health (I live in MN). Resources and links for adults, kids and professionals. A ton to look at!!

http://www.generalmills.com/corporate/commitment/champions_grant_recipients_minnesota.aspx

General Mills, a Minnesota based company. This site has information about grants that GM offers (\$10,000) for companies and schools that support innovative programs that help children develop lifelong nutrition and physical fitness habits. There are also recipes and links!

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

From the CDC- a great site of kids... all about physical activity and ways to get moving!

<http://www.mda.state.mn.us/default.htm>

Minnesota Dept. of Agriculture. So much here, good articles, recipes and information about all things food from a state that is all about food production. Who knew that corn and soy beans were in so many things?!

<http://www.5aday.com/>

Produce for Better Health Foundation. Wonderful colorful resources about fruits and veggies- lots of stuff for teachers.

<http://edstar.ncrel.org/mn/TSSubj.asp?SubjID=28>

Resources for Physical Education teachers with articles about assessment, curriculum and themes in Phy. Ed.

<http://www.wvda.org/calcs/>

West Virginia Dietetic Association. A useful dietary calculator for calories and Body Mass Index.

<http://www.dnr.state.mn.us/education/teachers/activities/health.html>

Minnesota Department of Natural Resources. Information about involving the outdoors in your health curriculum!

<http://www.csc.unc.edu/taag/dirc.php>

Trial of Activity for Adolescent Girls. An interesting grant program for Physical Activity that my school is a part of.