Nutrition, Health, and Physical Fitness for Elementary School R. G. Lewis

### 1. www.fatcalories.com

This website is a fast food menu item calculator which allows you to select from 12 of the leading fast food restaurants and sort the items it "feeds you" in a number or different ways – calories, fat content, sodium, etc. I think this would be a fascinating site for older students (5th/6th and older). The focus on this site is to "know what you are eating before you order", so if used properly, it could provide students with a sense of power over their own lives and the decisions they are making.

## 2. www.nutri-facts.com

This is an excellent and extensive website that includes information about the USDA, the new food pyramid, body mass and calorie calculators. It also has a very good food search that allows you to find specific foods or types (i.e. fast foods, vegetables, etc.) and see the calories, fat content, etc. of each. It doesn't go to the brand name level like the previous site, but still would be very interesting to older students.

## 3. Kidshealth.org

This site has different sections for parents, teens, and kids. The "Kids" section includes health movies, quizzes, memory games, homework help, and a variety of other features. It is very well organized and I especially like how it also deals with emotions, adult illnesses, and other health issues, but from a kid's perspective. It also has a Spanish version which would be very useful at my school.

### 4. www.caprojectlean.org

California Project Lean is an organization who's mission is to increase healthy eating and physical activity among teens as a way to improve health and reduce the risk of chronic disease. This website is geared toward teens and focuses on the relationship between good eating habits, exercise and energy level. I like the site because it presents positive images, focusing more on what students CAN do instead of what they SHOULDN'T do. I think teens are more willing to try to change their habits if they feel they are making choices themselves. There are several examples of teens "making a difference"

### 5. www.nutritionexploration.org

This is another excellent website developed by the National Dairy Council (NDC) geared towards teachers, parents, and kids. The teacher section includes lesson plans and activities, while the parent pages provide advice, recipes, and other food facts. The Kids' section is even better, including a Kids' Panel of nutrition experts, a great musical "nutrition mixer", a number of games and activities, a lot of information about the food pyramid, etc.

#### 6. www.dole5aday.com

This website is sponsored by Dole (makers of a lot of fruit drinks, canned fruits, etc.) so you might want to be careful here. However, I took a look and I was impressed with much of what I saw on the Kid's Pages. There is a Fruit and Vegetable Encyclopedia, a lot of emphasis on the "5-A-Day" theme (students should eat 5-9 helpings of fruits and vegetables each day), and several connections to physical activity and it's relationship to physical fitness. I think younger kids will especially like the "Select-O-Meter" which allows them to find and sort foods by color or taste and texture (i.e. crunchy and crispy).

#### 7. www.got-milk.com

This site emphasizes (obviously) the health benefits of milk, and has links to what I think is a parent site (www.gotmilk.com). The Kids site is geared toward younger students (K-6) and has a number of good milk-related activities, games, recipes, etc. I think it is beneficial for students to see a semi-commercial website that is trying to sell them something healthy (for a change). One thing to watch out for is a connection (through the "write to us link") to www.whymilk.com, the

organization that does the milk mustache commercials. It is much more commercial and has ads for movies, etc.

# 8. www.lausdnutritionnetwork.org

This is L.A. Unified's Nutrition Network page. While it is geared more towards teachers and adults, there are some areas that students would enjoy as well, especially the "Art Gallery" (on the "Students" tab), some interesting short videos (Walk to School Day, Farm to School, etc.) and a link (on the Resources tab) to numerous Kids Sites. Several of the ones I mentioned in 1-7 above showed here. Teachers who use the Open Court Reading Program will be interested in the Nutrition Connects document as well.

## 9. www.usda.gov/news/usdakids

The U.S. Department of Agriculture hosts this site. In addition to a strong environmental and science emphasis (including Smokey the Bear), it has several areas that focus on health and nutrition. The Food Pyramid link has an area for adults and older children, but also has "Young Children" area that includes printable/reproducible graphics and posters. Other good kid areas or activities are "Team Nutrition", "Food for Thought", "Agriculture for Kids", and an excellent "USDA Photos" area. There are also several activities or pages that are available in either English or Spanish.

## 10. www.kidsource.com/health/snack.smart.html

This is an excellent website for older students as well as teachers because it focuses on tooth decay, an area of student health that isn't really covered much in the book (at least so far). In addition to discussions about how sugary snacks affect dental health, it includes a "Smart Snack Foods" list, forums concerning nutrition and kids, and links to some excellent articles (including one about Advertising, Nutrition, and Kids). It is part of a larger website, but I though this was the most pertinent.