

## Nutrition Links

<http://exhibits.pacsci.org/nutrition/>

This website, called Nutrition Café, is a fun and interactive site for kids. It tests student's knowledge about nutrition.

<http://www.nutritionexplorations.org/index.asp>

This website is geared to teachers, parents, and the food service industry. It has valuable lesson plans for teachers, tips and recipes for parents, and information about different vending programs that are now available to the food service industry.

[http://www.sustainweb.org/grab5\\_index.asp](http://www.sustainweb.org/grab5_index.asp)

This is a valuable resource for teachers and school districts that are trying to implement and promote nutrition education into their curriculum. The website shows you how to implement a program and has created materials to use in implementation.

<http://www.fns.usda.gov/tr/>

This website helps focus "attention on the important role nutritious school meals, nutrition education and a health-promoting school environment play in helping students learn to enjoy healthy eating and physical activity. It will provide the framework for team efforts by school nutrition staff, teachers, parents, the media and other community members." It liked this site because it showed how to build a home/school connection to teach and implement a health program.

[http://www.brainpop.com/health/growthanddevelopment/nutrition/index.weml?&tried\\_cookie=true](http://www.brainpop.com/health/growthanddevelopment/nutrition/index.weml?&tried_cookie=true)

The Brainpop website is an interactive site where you can watch cartoon style movies on any educational topic. It also features "Bob, the ex-lab rat." When you click on Bob he will provide you with an experiment that relates to the topic and would be easy to implement in the classroom

<http://www.got-milk.com/>

This website promotes getting the proper amount of calcium in your diet. The site has some puzzles, word scrambles, and mazes that might be fun for you students.

### General Health Links

<http://www.girlpower.gov/>

This is an informational website for grown-up and girls between the ages of 9 and 13. It promotes awareness and takes a realistic look at health for this intermediate age group, specifically focusing on attitudes and body image.

<http://www.cdc.gov/ncbddd/kids/>

This website is also an informational website for kids. It addresses disabilities that children may face and challenges kids to look at disabilities from a new perspective.

### Fitness Links

<http://www.sports-media.org/links/data/index.html>

This website was a little harder to search through, but if you stick with it there are some worthwhile lesson plans and sport training regimens.

<http://www.asthmabusters.org/aboutUS.htm>

AsthmaBusters is a free club for children ages 7 to 14 who have asthma. Members are awarded prizes for completing club activities that help them manage their asthma. Through online games and activities sent to them by mail, members earn "Asthmabucks" to spend on available prizes at the end of the club year. The club operates annually from January 1 through April 30.

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

This website is designed to encourage middle and high school students to increase their physical activity participation. This is a site that you would register as a class and use a password to log into the site. I liked site because it had a "long-term" project feel to it. It seems like a site that the kids could use at school and then check sign in from home as well.

<http://www.teachersfirst.com/autoframe.htm?http://members.tripod.com/~pazz/lesson.html>

This website listed over 60 lesson plans that you could try with your students during your physical education period. The lessons looked user friendly and they looked like a lot of fun.

<http://www.pecentral.org/lessonideas/searchresults.asp?category=52>

This "P.E. Central" website had a variety of links to help educators. The site above takes you to the fitness page which has a long list of lesson plans that would be easy to incorporate into your curriculum.