

## **Nutrition and Physical Activity Resource Lists**

### **School Foods: Planning Guides, Tool Kits, and Planning Resources:**

Changing the Scene: Improving the school Nutrition Environment: A local action guide with sample materials to create, promote and carry out plans.

[www.fns.usda.gov/tn/Resources/changing.html](http://www.fns.usda.gov/tn/Resources/changing.html)

Rethinking School Lunch: Tool Kit for improving school lunch using local foods.

[www.ecoliteracy.org/programs/rsl-guide.html](http://www.ecoliteracy.org/programs/rsl-guide.html)

School Foods Tool Kit: Planning guide for improving school foods.

[www.cspinet.org/schoolfoodkit/](http://www.cspinet.org/schoolfoodkit/)

School Health Index: A Self Assessment and Planning Guide: A survey-based planning tool and scorecard from the Center for Disease Control and Prevention.

<http://apps.nccd.cdc.gov/shi/Static/paper.aspx>

School Nutrition By Design: California Dept of Education offers a practical tool for creating a healthy school nutrition environment.

[www.cde.ca.gov/re/pn/fd/documents/schnutrtn071206.pdf](http://www.cde.ca.gov/re/pn/fd/documents/schnutrtn071206.pdf)

“Fit Healthy and Ready to Learn A school Health Policy Guide” from the National Association of State Boards of Education Designed to help educators establish effective policies that promote high academic achievement and healthy life style habits.

<http://www.nasbe.org/HealthySchools/fithealthy.html>

The Vermont Healthy Schools Resource: Suggestions and Resources for school health and Wellness Committees to improve the nutrition and physical activity environment in schools. This site contains a wealth of resources in addition to a link to nutrition and physical activity policy guide lines.

<http://healthymeals.nal.usda.gov>

Making It Happen! A joint project of USDA’s Team Nutrition and the Department of Health and Human Services Center for Disease Control and Prevention: A wide variety of approaches that schools have taken to improve school nutrition.

<http://www.fns.usda.gov/tn/Resources/makingithappen.html>

Feeding the Children: On line issue of Rethinking Schools explores the barrage of messages students take in from: foods served in school, classroom lessons, and advertisements. It also explores the politics surrounding school lunch.

[www.rethinkingschools.org/archive/20\\_04/feed204.shtml](http://www.rethinkingschools.org/archive/20_04/feed204.shtml)

The Obesity Epidemic: This article cites examples on how school food service policies can contribute to the current obesity epidemic.

<http://www.foodstudies.org/NewsAndViews/ObesityEpidemic.pdf>

### **School Breakfast and Lunch/ Food Service Resources:**

Alliance For A Healthier Generation. The American Heart Association and the Clinton Foundation partnered to create this free resource to identify cafeteria foods that meet the alliance's guidelines.

[www.healthiergeneration.org/schools.aspx](http://www.healthiergeneration.org/schools.aspx)

Developing School Salad Bars: Facts, figures and tips to develop and promote a school salad bar: How to Develop a Salad Bar for School Lunch Menu Programs.

<http://socialmarketing-nutrition.ucdavis.edu/Downloads/SaladBarDev.PDF>

The Crunch Lunch Manual (a case study and fiscal analysis).

[www.sarep.ucdavis.edu/cdpp/farmentoschool/crunchlunch32003.pdf](http://www.sarep.ucdavis.edu/cdpp/farmentoschool/crunchlunch32003.pdf)

Department of Defense Fresh Fruit and Vegetable Program.

[www.fns.usda.gov/fdd/programs/dod/default.htm](http://www.fns.usda.gov/fdd/programs/dod/default.htm)

Food is Elementary: Features healthy, low cost and multicultural recipes that use commodity ingredients. Includes nutrient contents and cost per serving.

[www.healthylunches.org/foodre.htm](http://www.healthylunches.org/foodre.htm)

Fruits and Vegetables Galore: Published by the USDA, this tool has tips on planning, purchasing, preparing, presenting, and promoting fruits and vegetables.

[www.fns.usda.gov/tn/Resources/fv\\_galore.html](http://www.fns.usda.gov/tn/Resources/fv_galore.html)

Fruits and Veggies--More Matters: Provides snack and recipe ideas along with nutritional information, features a new fruit or vegetable of the month.

[www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

The A-List of Acceptable Vending items: A comprehensive list that also includes food choices for a la carte and cafeteria sales.

<http://www.johnstalkerinstitute.org/vending%20project/alist.pdf>

Healthy Eating Resources for Teachers, Parents and Food Service: this website provides snack ideas and alternatives along with school newsletter additions to promote healthy eating.

<http://www.coopfoodstore.com/content/welcome-co-ops-kids>

How to Improve School Foods, from the Center for Science in Public Interest. Addresses all school foods and contains information on promoting physical activity in the school setting.

<http://www.cspinet.org/schoolfoods>

### **School Gardens Source for Books and Planning Materials:**

Planning Materials and books for curriculum. Many books based on nutrition, as well.  
[www.kidsgardeningstore.com](http://www.kidsgardeningstore.com)

Edible Schoolyard: Features the Edible School in Berkley, California, the web site has guidelines, lessons, and other resources for setting up a school garden.  
[www.edibleschoolyard.org](http://www.edibleschoolyard.org)

School Garden Materials and Resource Guide: This planning tool outlines materials, costs and budgets to get a school garden started.

[www.csgn.org/pdf/garden\\_budget.pdf](http://www.csgn.org/pdf/garden_budget.pdf)

### **Cooking in the Classrooms and Curriculum Ideas/ Thematic Lessons:**

Ag in the classroom's Teacher Resources: Links to a host of state and national related to food, agriculture, health and geography.

[www.agclassroom.org/teacher](http://www.agclassroom.org/teacher)

Cooking with Kids (program and curricula). Video clips and sample lessons from a taste testing and cooking project designed to improve school foods.

[www.cookingwithkids.net/](http://www.cookingwithkids.net/)

Cooking for Life: A collaboration of the Vermont Campaign to end Childhood Hunger and the Expanded Food and Nutrition Education Program of the University of Vermont Extension. This curriculum is designed to familiarize youth with preparing and eating healthy foods; there is also a young adult version of this program.

<http://www.uvm.edu/~uvmext/programs/health/efnep/youthprograms.php>

Kids Cook Website: This resource has ideas to help plan and execute programs to improve the overall health of school children and their families through nutrition and physical activity education.

[www.kidscook.us](http://www.kidscook.us)

Food Sense Change: A nutritional curriculum for grades 3-5 that incorporates hands on activities including gardening and cooking.

<http://king.wsu.edu/nutrition/change.htm>

Nutrition to Grow On: A nine- lesson curriculum for grades K-6 that uses multidisciplinary classroom and garden activities that encourage students to make healthful food choices (Browse under N to find the Materials)

[www.cde.ca.gov/re/pn/rc/ap/pubcat.aspx](http://www.cde.ca.gov/re/pn/rc/ap/pubcat.aspx)

Nutrition for Kids; A web site from a dietitian who specializes in children's health updates, newsletters and books to help educators use hands on activities to promote positive health choices and addresses body image. Grades K-6.

<http://nutritionforkids.com>

Media- Smart Youth: Eat, Think, and Be Active! An interactive education program for ages 11-13 which young people explore the media world and how it can affect their nutrition and health.

[www.nichd.nih.gov/msy/facilitator\\_toc.htm](http://www.nichd.nih.gov/msy/facilitator_toc.htm)

Kitchen Science: Investigations for kids to discover the science behind foods we eat and the flavors we experience.

[www.kidsregen.org/kitchenscience](http://www.kidsregen.org/kitchenscience)

### **Physical Activity and Physical Education Resources:**

The Vermont Department of Education-State Board of Education Manual of Rules and Practices, School Quality Standards: The state's requirements for physical education programming at elementary, middle, and high school levels (pp 10-13).

<http://www.state.vt.us/educ/new/html/board/rules.html>

What Constitutes a Quality Physical Education Program? Guidelines that outline the recommended components of a high quality physical education program.

<http://www.aahperd.org/naspe/template.cfm?template+qualityPePrograms.html>

The Vermont Department of Education's Health Education Resource Center (HERC). Provides free physical education and physical activity resources for loan to Vermont educators. In addition, the Center for Health and Learning offers training on Pangrazi's Dynamic Physical Education; this training provides the best combination of theoretical framework and hands on activities.

<http://www.healthandlearning.org/curricula/index.html>

PE Central: A comprehensive Web site offering the latest information about developmentally appropriate physical education program for children and youth. Lesson ideas, assessments and best practice implementation ideas as well as specific programs.

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

Vermont Department of Education Physical Education Consultant: can assist with resources, curriculum and assessment system development, program planning, and training opportunities. Lindsay Simpson: 802 828-1461.

[Lindsay.simpson@state.vt.us](mailto:Lindsay.simpson@state.vt.us)

The Vermont Association for Health, Physical Education Recreation and Dance (VTAHPERD) Provide trainings, resources, fitness events, and networking opportunities for Vermont professionals.

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

The American Alliance for Health Physical Education and Recreation and Dance (AAHPERD) is the largest group of professionals supporting and assisting those involved in physical education. Leisure, fitness, dance, health promotion, and all specialties related to achieving a healthier lifestyle.

<http://www.aahperd.org/index.cfm>

National Association for Sports and Physical Education (NASPE) is a professional membership association that sets the standard for practice in physical education and sport. NASPE also offers position papers and recommendations related to all aspects of physical education and physical activity for children and youth.

<http://www.aahperd.org/naspe/>

No Gym? No Problem!-Physical Activities for Tight Spaces: This book provides teachers with tools to deal with limited space. It includes activities that use equipment effectively and efficiently in tight spaces and activities that are specifically designed to minimize prep time and to work with in tight budgets.

<http://www.humankinetics.com/products/showproduct.cfm?isbn=0736057706>

FITNESSGRAM is a registered set of health related fitness assessment tools developed to determine a students' fitness level.

<http://www.fitnessgram.net>

President's Challenge offers programs for educators that work with the Active Lifestyle and Presidential Champions programs. The challenge provides extras like a Fitness File, a free on line tool that makes fitness testing simple for schools.

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

Physical Best is a program designed to educate, challenge, and encourage all children to develop the knowledge, skills and attitudes for a healthy and fit life.

<http://www.aahperd.org/naspe/physicalbest/>

The Physical Education Curriculum Analysis Tool (PE CAT) is a tool for analyzing written physical education curricula to determine how closely they align to national standards for high quality physical education and is customizable to include local standards and to enhance existing curricula.

<http://www.cdc.gov/HealthyYouth/PECAT/index.htm>

Maine's Take Time! School Resource Packet helps fit in small bits of movement during the school day, it includes sample classroom activities and games that are linked to academic content.

<http://www.maine-nutrition.org/Projects/TTPacket.htm>

Winter Kids Outdoor Learning Curriculum is designed to engage students with active and scholastically challenging outdoor winter lessons. This resource provides

interdisciplinary lessons in a variety of subjects for grades K-12 with a complete adapted component for children with special needs.

<http://www.winterkids.org>

### **Physical Activity and Nutrition Additional Resources**

Small Step.gov: An excellent resource for health tips, activity tracking and portion control. A great source for free health conscious posters.

<http://www.smallstep.gov>

Planet Health: curriculum for 6-8<sup>th</sup> grade that helps academic, physical education, and health education teachers guide middle school students to learn about nutrition and physical activity while building skills in language arts, math, science, and social studies. Students learn how health behaviors are interrelated. Screen time limits are also addressed. [www.planethealth.com](http://www.planethealth.com)

Take 10! This is a classroom based physical activity program for grades K-5. This tool was created by teachers for teachers and students; it integrates academic learning with ten minute movement activities.

[www.take10.net](http://www.take10.net)

Kidnetic: A healthy eating and active living web site for kids 9-12 and their families, through web based activities it encourages kids and parents to change behavior toward healthy lifestyle.

<http://www.kidnetic.com>

Eat Well and Keep Moving: Grades 4&5. Goals of this program increasing fruit and vegetable consumption, decreasing total and saturated fat intakes, increasing physical activity, decreasing screen time. Teachers promote good health practices in conjunction with math, science, language arts and social studies. It is implemented in 40 of Baltimore's 122 grade schools.

[www.humankinetics.com](http://www.humankinetics.com)

Being Healthy Rocks: Ages 10-14 this program helps kids learn life long behaviors for good health. It includes an educator and family guide that offers ideas for teaching in health care, school, and community setting and tips and tracking tools for making it fun to practice new behaviors at home. Winner of the ADA Pediatric Nutrition Education Award.

<http://www.parknicollet.com/healthinnovations/shopping/category.cfm?catid=42>

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