

# HEALTHY SCHOOL ENVIRONMENT RESOURCES

## Nutrition Education

This list contains online resources for nutrition education. Resources are listed by main category. Handouts and guides are in *italics*. Many websites contain information on multiple content areas.

**Note:** The inclusion of commercial websites or products is for informational purposes only and does not constitute approval or endorsement by the Connecticut State Department of Education (CSDE).

For additional content areas related to food and nutrition, see the CSDE's other resource lists on the [Resources for Child Nutrition Programs](#) webpage.

**Quick Search Tips:** Click on the blue titles below to go directly to each section. Use the blue highlighted "*Return to Contents*" at the end of each section to get back to Contents. Search for key words using the "Find" option in the PDF toolbar or go to "Edit" then "Find."

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For more information, visit the CSDE's [Nutrition Education](#) webpage or contact Susan S. Fiore, M.S., R.D., Nutrition Education Coordinator, CSDE, Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103, 860-807-2075, [susan.fiore@ct.gov](mailto:susan.fiore@ct.gov).

*This document is available at*  
[www.sde.ct.gov/sde/lib/sde/pdf/deps/student/nutritioned/resourcesnutred.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/student/nutritioned/resourcesnutred.pdf).

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### Curriculum Development

*A Guide to Early Childhood Program Development* (CSDE, 2007):

[www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Early/early\\_childhood\\_guide.pdf](http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Early/early_childhood_guide.pdf)

*A Guide to Curriculum Development: Purposes, Practices, Procedures* (CSDE):

[www.sde.ct.gov/sde/cwp/view.asp?a=2618&q=321162](http://www.sde.ct.gov/sde/cwp/view.asp?a=2618&q=321162)

Children's Picture Book Database (Miami University): <http://dlp.lib.miamioh.edu/picturebook/>  
*Design literature-based thematic units for all subjects, searchable by topics, concepts, and skills.*

*Connecticut Preschool Assessment Framework* (CSDE, 2008):

[www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Early/Preschool\\_Assessment\\_Framework.pdf](http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Early/Preschool_Assessment_Framework.pdf)

Health Education Assessment Project (HEAP): [www.toucaned.com/HEAP/](http://www.toucaned.com/HEAP/)

*Available for purchase: Increases the capacity of school districts to deliver a research-based approach to building the health literacy of students by addressing accountability in comprehensive school health education. HEAP aligns curriculum, instruction, and assessment to improve student learning through comprehensive school health education instruction.*

*Health Education Curriculum Analysis Tool (HECAT)* (Centers for Disease Control and Prevention, 2012):

[www.cdc.gov/healthyyouth/HECAT/index.htm](http://www.cdc.gov/healthyyouth/HECAT/index.htm)

*Helps schools conduct a clear, complete, and consistent analysis of health education curricula based on national standards, to provide effective health education curricula and improve the delivery of health education.*

*Healthy and Balanced Living Curriculum Framework* (CSDE, 2006):

[www.sde.ct.gov/sde/LIB/sde/PDF/deps/student/Healthy&BalancedLiving.pdf](http://www.sde.ct.gov/sde/LIB/sde/PDF/deps/student/Healthy&BalancedLiving.pdf)

*Curriculum guidance for comprehensive school health education and comprehensive physical education PK-12.*

National Health Education Standards: [www.cdc.gov/HealthyYouth/SHER/standards/index.htm](http://www.cdc.gov/HealthyYouth/SHER/standards/index.htm)

*Nutrition Education in Primary Schools: A Planning Guide for Curriculum Development* (The United Nations Food and Agriculture Organization (FAO), 2007): [www.fao.org/docrep/009/a0333e/a0333e00.htm](http://www.fao.org/docrep/009/a0333e/a0333e00.htm)

*Nutrition Education Resource Guide* (California Department of Education, 2011): [www.cde.ca.gov/ls/nu/he/nerg.asp](http://www.cde.ca.gov/ls/nu/he/nerg.asp)

*Assists local educational agencies and after-school programs in their efforts to implement well-planned, high-quality instructional programs in nutrition education for grades K-12.*

*Steps to Planning a Nutrition Education Activity* (National Food Service Management Institute):

[www.nfsmi.org/documentlibraryfiles/PDF/20100922093625.pdf](http://www.nfsmi.org/documentlibraryfiles/PDF/20100922093625.pdf)

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### Evaluating Nutrition Education Materials

*Characteristics of an Effective Health Education Curriculum* (Centers for Disease Control and Prevention, 2008):

[www.cdc.gov/healthyyouth/SHER/characteristics/index.htm](http://www.cdc.gov/healthyyouth/SHER/characteristics/index.htm)

*Guide to Evaluating Audiovisual Nutrition Education Programs* (Iowa Department of Public Health, 2006):

[https://idph.iowa.gov/Portals/1/Files/WICPortal/Policies\\_Services\\_08\\_38050b\\_Guide\\_to\\_Evaluating\\_Audiovisual\\_Nutrition\\_Education\\_Programs.pdf](https://idph.iowa.gov/Portals/1/Files/WICPortal/Policies_Services_08_38050b_Guide_to_Evaluating_Audiovisual_Nutrition_Education_Programs.pdf)

Evaluating Nutrition Education (WIC Works):

<https://wicworks.fns.usda.gov/nutrition-education/evaluating-nutrition-education>

*Guide to Evaluating Written Nutrition Education Materials* (Iowa Department of Public Health, 2006):

[https://idph.iowa.gov/Portals/1/Files/WICPortal/Policies\\_Services\\_09\\_38050a\\_Guide\\_to\\_Evaluating\\_Written\\_Nutrition\\_Education\\_Materials.pdf](https://idph.iowa.gov/Portals/1/Files/WICPortal/Policies_Services_09_38050a_Guide_to_Evaluating_Written_Nutrition_Education_Materials.pdf)

*Health Education Curriculum Analysis Tool (HECAT)* (Centers for Disease Control and Prevention, 2012):

[www.cdc.gov/healthyyouth/HECAT/index.htm](http://www.cdc.gov/healthyyouth/HECAT/index.htm)

*Helps schools conduct a clear, complete, and consistent analysis of health education curricula based on national standards, to provide effective health education curricula and improve the delivery of health education.*

*Nutrition Education: Principles of Sound Impact Evaluation* (USDA, September 2005):

[www.fns.usda.gov/nutrition-education-principles-sound-impact-evaluation](http://www.fns.usda.gov/nutrition-education-principles-sound-impact-evaluation)

*Tools for Evaluating Written and Audiovisual Nutrition Education Materials* (Journal of Extension, 38 (4), August 2000):

[www.joe.org/joe/2000august/tt3.php](http://www.joe.org/joe/2000august/tt3.php)

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## Farm to School

- Cooks for Kids: Cooking Green Across America* (Institute of Child Nutrition):  
[www.nfsmi.org/ResourceOverview.aspx?ID=324](http://www.nfsmi.org/ResourceOverview.aspx?ID=324)
- Collaborating Classrooms – My Garden* (National Farm to School Network):  
[www.kidscom.com/teacherLessons.html](http://www.kidscom.com/teacherLessons.html)  
*K-12 lesson plans containing gardening and nutrition information and activities within specific content areas (English Language Arts, Math, Science, or Social Studies).*
- Community Food Systems: Farm to Preschool (USDA): [www.fns.usda.gov/farmtoschool/farm-preschool](http://www.fns.usda.gov/farmtoschool/farm-preschool)
- Community Food Systems: Farm to School (USDA): [www.fns.usda.gov/farmtoschool/farm-school](http://www.fns.usda.gov/farmtoschool/farm-school)
- Connecticut Farm-to-School Program (Connecticut State Department of Agriculture):  
[www.ct.gov/doag/cwp/view.asp?a=2225&q=299424](http://www.ct.gov/doag/cwp/view.asp?a=2225&q=299424)
- Eat Smart—Farm Fresh! A Guide to Buying and Serving Locally-Grown Produce in School Meals* (USDA, 2005):  
[www.fns.usda.gov/eat-smart-farm-fresh](http://www.fns.usda.gov/eat-smart-farm-fresh)
- Farm to Early Child Care Mini Webinar Series (Michigan State University):  
<http://foodsystems.msu.edu/events/farm-to-early-child-care-mini-webinar-series>
- Farm to Early Childhood Programs: A Step-by-Step Guide* (Michigan State University, 2015):  
[http://foodsystems.msu.edu/uploads/files/farm-to-early-childhood\\_guide.pdf](http://foodsystems.msu.edu/uploads/files/farm-to-early-childhood_guide.pdf)
- Farm to Preschool (USDA): [www.fns.usda.gov/farmtoschool/farm-preschool](http://www.fns.usda.gov/farmtoschool/farm-preschool)
- Farm to Preschool Factsheet* (USDA, 2016):  
[www.fns.usda.gov/sites/default/files/f2s/FactSheet\\_Farm\\_to\\_Preschool.pdf](http://www.fns.usda.gov/sites/default/files/f2s/FactSheet_Farm_to_Preschool.pdf)
- Farm to School (CSDE): [www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322568](http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322568)
- Farmers Markets (Nutrition.gov):  
[www.nutrition.gov/shopping-cooking-meal-planning/food-shopping-and-meal-planning/farmers-markets](http://www.nutrition.gov/shopping-cooking-meal-planning/food-shopping-and-meal-planning/farmers-markets)
- Garden-based Learning (Cornell University Cooperative Extension): <http://gardening.cals.cornell.edu/>
- Gardens for Learning: Creating and Sustaining Your School Garden Guidebook* (California School Garden Network, 2006):  
[www.csgn.org/sites/csgn.org/files/CSGN\\_book.pdf](http://www.csgn.org/sites/csgn.org/files/CSGN_book.pdf)
- Going Local: Paths to Success for Farm to School Programs* (National Farm to School Program, Center for Food & Justice, Occidental College and the Community Food Security Coalition, December 2006):  
[www.farmtoschool.org/Resources/Going\\_Local\\_Paths\\_to\\_Success.pdf](http://www.farmtoschool.org/Resources/Going_Local_Paths_to_Success.pdf)  
*Through case studies from eight states (California, Florida, Illinois, Massachusetts, Michigan, New Hampshire, North Carolina and Oregon), this publication provides a snapshot of the diverse ways in which farm to school is making a difference nationwide. The case studies facilitate a better understanding of the farm to school approach and encourage the development of future programs.*
- Kids Gardening: [www.kidsgardening.org/](http://www.kidsgardening.org/)
- Grow Minds, Grow Healthy Bodies, Grow Gardens! Teacher's Guide 2011* (State of Montana, 2011):  
<http://healthymeals.nal.usda.gov/hsmrs/Montana/NancysGardenTeachers%20Guide.pdf>  
*Connects math and science with classroom gardening.*
- Massachusetts Farm to School Project: [www.massfarmtoschool.org/](http://www.massfarmtoschool.org/)
- National Farm to School Network: [www.farmtoschool.org/index.htm](http://www.farmtoschool.org/index.htm)  
*An information, advocacy and networking hub for communities working to bring local food sourcing, school gardens and food and agriculture education into schools and early care and education setting.*
- Produce Safety (USDA): [www.fns.usda.gov/ofs/produce-safety](http://www.fns.usda.gov/ofs/produce-safety)
- Resources (Vermont Farm to School Network): <http://vermontfarmtoschool.org/resources>
- Rethinking School Lunch Guide* (Center for Ecoliteracy, 2010): [www.ecoliteracy.org/programs/rsl.html](http://www.ecoliteracy.org/programs/rsl.html)  
*Provides ideas and strategies for changing school meal programs, promoting health, and increasing ecological understanding.*

## Farm to School

School and Preschool Gardens (USDA Healthy Meals Resource System):

<http://healthymeals.nal.usda.gov/resource-library/school-and-preschool-gardens>

Team Nutrition Garden Resources (USDA): [www.fns.usda.gov/tn/team-nutrition-garden-resources](http://www.fns.usda.gov/tn/team-nutrition-garden-resources)

The Farm Fresh Start Program (Hartford Food System):

[www.localharvest.org/the-farm-fresh-start-program-M11052](http://www.localharvest.org/the-farm-fresh-start-program-M11052)

*Program to increase the purchase of locally grown produce by the Hartford school system's food service and to encourage young people to make high-quality, nutritious food a regular part of their diet.*

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### Games and Activities

Amazing Food Detective (Kaiser Permanente):

<http://members.kaiserpermanente.org/redirects/landingpages/afd/>

*Interactive online game geared at children ages 9 and 10 that takes children through activities that show how to choose healthy foods and how to get more active. Children playing the game follow the routines of eight culturally diverse children whose activities or conditions would benefit from healthy food and exercise choices.*

Choose MyPlate Activity Sheets (USDA): [www.choosemyplate.gov/kids-activity-sheets](http://www.choosemyplate.gov/kids-activity-sheets)

Choose MyPlate Games (USDA): [www.choosemyplate.gov/games](http://www.choosemyplate.gov/games)

Choose MyPlate Videos and Songs (USDA): [www.choosemyplate.gov/videos-songs](http://www.choosemyplate.gov/videos-songs)

Blast Off Game (USDA): [www.fns.usda.gov/tn/blast-game-0](http://www.fns.usda.gov/tn/blast-game-0)

Center for Digital Games Research (University of California Santa Barbara): [www.cdgr.ucsb.edu/](http://www.cdgr.ucsb.edu/)

*Do You Really Know How Much You Eat?* (Food Reflections Newsletter, University of Nebraska Lincoln, 2007):

<http://food.unl.edu/do-you-really-know-how-much-you-eat>

*Quiz on eating habits.*

FoodPlay Productions: [www.foodplay.com/](http://www.foodplay.com/)

*Available for purchase: Nutrition shows for school assemblies (preschool, elementary and middle schools) and community events that use the power of live theater to turn kids on to healthy eating and exercise habits.*

Fun Healthy Activities for Kids (SuperKids Nutrition): [www.superkidsnutrition.com/kidsactivities/](http://www.superkidsnutrition.com/kidsactivities/)

Games and Simulation for Healthcare Library and Database (Center for Digital Games Research, University of California Santa Barbara): [www.cdgr.ucsb.edu/database/resource/2106](http://www.cdgr.ucsb.edu/database/resource/2106)

*Searchable databale of games related to health topics.*

Kids' Corner (Nutrition.Gov): [www.nutrition.gov/life-stages/children/kids-corner](http://www.nutrition.gov/life-stages/children/kids-corner)

MyPlate Kids' Place: [www.choosemyplate.gov/kids/](http://www.choosemyplate.gov/kids/)

MyPlate Match Game (Dairy Council of California):

[www.healthyeating.org/Healthy-Kids/Kids-Games-Activities/My-Plate-Match-Game](http://www.healthyeating.org/Healthy-Kids/Kids-Games-Activities/My-Plate-Match-Game)

National Nutrition Month Games (Academy of Nutrition and Dietetics):

[www.eatright.org/resource/food/resources/national-nutrition-month/national-nutrition-month-games](http://www.eatright.org/resource/food/resources/national-nutrition-month/national-nutrition-month-games)

Nourish Interactive: [www.nourishinteractive.com/](http://www.nourishinteractive.com/)

*Commercial site with many free resources including nutrition games for kids, interactive nutrition tools, and tips for parents and health educators to use to promote healthy living for the whole family.*

Nutrition Café (Pacific Science Center and the Washington State Dairy Council):

[http://exhibits.pacsci.org/nutrition/nutrition\\_cafe.html](http://exhibits.pacsci.org/nutrition/nutrition_cafe.html)

*Includes three nutrition games for kids: Nutrition Sleuth; Grab a Grape; and Have-a-Bite Café.*

Nutrition Games and Activity Ideas (Oregon Dairy Council): Ideas for a variety of ages and settings.

[www.oregondairycouncil.org/resources/nutrition\\_activity\\_ideas/](http://www.oregondairycouncil.org/resources/nutrition_activity_ideas/)

Puzzlemaker: [www.discoveryeducation.com/free-puzzlemaker](http://www.discoveryeducation.com/free-puzzlemaker)

*Create nutrition crosswords and word searches.*

Sci4Kids (USDA Agricultural Research Services): [www.ars.usda.gov/oc/kids/index/](http://www.ars.usda.gov/oc/kids/index/)

*Includes a variety of teacher-ready activities (coloring page, word finds, quizzes, and activities) that encompasses a range of student levels.*

USDA for Kids (USDA): [www.usda.gov/our-agency/initiatives/usda-kids](http://www.usda.gov/our-agency/initiatives/usda-kids)

*Links to many websites with games, activities, and resources for kids on agriculture, nutrition, food safety, science and math.*

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### Health Literacy

A Lexicon of Learning (Association for Supervision and Curriculum Development):

[www.ascd.org/Publications/Lexicon-of-Learning.aspx](http://www.ascd.org/Publications/Lexicon-of-Learning.aspx)

*Online glossary providing definitions of educational terms in everyday language.*

Achieving Health Equity (Robert Wood Johnson Foundation): [www.rwjf.org/en.html](http://www.rwjf.org/en.html)

Find Health Literacy Training for Public Health Professionals (Centers for Disease Control and Prevention):

[www.cdc.gov/healthliteracy/gettraining.html](http://www.cdc.gov/healthliteracy/gettraining.html)

Health Literacy (Centers for Disease Control and Prevention): [www.cdc.gov/healthliteracy/](http://www.cdc.gov/healthliteracy/)

*Provides information and tools to improve health literacy and public health.*

Health Literacy (National Institutes of Health): [www.nih.gov/institutes-nih/nih-office-director/office-communications-public-liaison/clear-communication/health-literacy](http://www.nih.gov/institutes-nih/nih-office-director/office-communications-public-liaison/clear-communication/health-literacy)

Health Literacy (National Network of Libraries of Medicine): <http://nmlm.gov/outreach/consumer/hlthlit.html>

Health Literacy Database (Miami University): <http://dlp.lib.miamioh.edu/picturebook/>

*A collection of culturally responsive messages for children, youth, and adults to advance health literacy.*

Health Literacy Distance Education Modules (Ohio State University): <https://healthliteracy.osu.edu/>

Literacy Information and Communication System: <https://lincs.ed.gov/>

*Provides online access to high-quality, evidence-based, vetted materials to help adult education practitioners and state and local staff improve programs, services, instruction, and teacher quality.*

Quick Guide to Health Literacy (U.S. Department of Health and Human Services Office of Disease Prevention and Health Promotion): <https://health.gov/communication/literacy/quickguide/factsbasic.htm>

*Teaching Health Literacy: Strategies for Making Choices* (Concordia University Nebraska):

<http://online.cune.edu/teaching-health-literacy-strategies-for-making-choices/>

What is Health Literacy (Centers for Disease Control and Prevention):

[www.cdc.gov/healthliteracy/learn/index.html](http://www.cdc.gov/healthliteracy/learn/index.html)

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# Healthy Eating Calculators

## Healthy Eating Calculators

*Adult Energy Needs and BMI Calculator* (Baylor College of Medicine):

[www.bcm.edu/cnrc-apps/caloriesneed.cfm](http://www.bcm.edu/cnrc-apps/caloriesneed.cfm)

Arizona Nutrition Standards Calculator (Arizona Department of Education):

[www.ade.az.gov/NutritionStandards/](http://www.ade.az.gov/NutritionStandards/)

Body Weight Planner (NIH National Institute of Diabetes and Digestive and Kidney Diseases):

[www.niddk.nih.gov/health-information/weight-management/body-weight-planner](http://www.niddk.nih.gov/health-information/weight-management/body-weight-planner)

*Make personalized calorie and physical activity plans to reach a goal weight within a specific time period and maintain it afterwards.*

Calculators and Counters (USDA Food and Nutrition Information Center): [www.nal.usda.gov/fnic/calculators-and-counters](http://www.nal.usda.gov/fnic/calculators-and-counters)

Cereal Facts (Food Advertising to Children and Teens Score) (Yale University Rudd Center for Food Policy and Obesity, 2009): [www.cerealfacts.org/](http://www.cerealfacts.org/)

*Information and research on the marketing of breakfast cereals to children including a cereal nutrition score calculator, a list of best and worst cereals, a search tool to find cereals meeting specific nutrition criteria (e.g., low sugar), and a searchable database to compare cereal nutrition and marketing.*

Children's Energy Needs Calculator (Children's Nutrition Research Center at Baylor College of Medicine):

[www.bcm.edu/cnrc-apps/bodycomp/energy/energyneeds\\_calculator.htm](http://www.bcm.edu/cnrc-apps/bodycomp/energy/energyneeds_calculator.htm)

California Competitive Food Standards Compliance Calculator (California Project LEAN):

[www.californiaprojectlean.org/doc.asp?id=180&parentid=95](http://www.californiaprojectlean.org/doc.asp?id=180&parentid=95)

*Calculators to determine if an individual food item meets food standards for calories, fat, saturated fat, and sugar established by California's legislation (SB 12); Includes separate calculators for elementary and middle/high school.*

Food-A-Pedia (USDA Center for Nutrition Policy and Promotion): [www.supertracker.usda.gov/foodapedia.aspx](http://www.supertracker.usda.gov/foodapedia.aspx)

*Quick access to food information including food groups and calories. Compare the nutrients in two foods.*

Food Composition (USDA National Agricultural Library): <http://fnic.nal.usda.gov/food-composition>

*Access to resources on nutrient data, including an online searchable database of foods and nutrients.*

Get Moving Calculator (Calorie Control Council):

[www.caloriecontrol.org/healthy-weight-tool-kit/lighten-up-and-get-moving](http://www.caloriecontrol.org/healthy-weight-tool-kit/lighten-up-and-get-moving)

*Calculates calories expended during physical activity.*

Healthy Body Calculator (Ask the Dietitian): Provides a personalized calorie goal based on a person's physical measurements and activities. [www.dietitian.com/calcbody.php](http://www.dietitian.com/calcbody.php)

Healthy Eating for Life (HELP) Calculator (Ask the Dietitian): Creates an eating plan that includes what, how much and when to eat. [www.dietitian.com/calchelp.php](http://www.dietitian.com/calchelp.php)

Healthy Eating Calculator (Children's Nutrition Research Center, Baylor College of Medicine.):

[www.bcm.edu/cnrc-apps/healthyeatingcalculator/eatingCal.html](http://www.bcm.edu/cnrc-apps/healthyeatingcalculator/eatingCal.html)

*Find out how many calories to eat each day and how much of the different food groups are needed to provide those calories for a healthy diet for ages 2 to 20 years.*

Healthy Living Widgets (Centers for Disease Control and Prevention):

[www.cdc.gov/widgets/healthyliving/index.html](http://www.cdc.gov/widgets/healthyliving/index.html)

Interactive DRI for Healthcare Professionals (USDA): <http://fnic.nal.usda.gov/interactiveDRI>

*Calculate daily nutrient recommendations, including energy, macronutrients, and micronutrients, for individual dietary planning based on the Dietary Reference Intakes (DRIs).*

Nutrition Analysis Tool (University of Illinois): [www.pdesas.org/module/content/resources/5367/view.ashx](http://www.pdesas.org/module/content/resources/5367/view.ashx)

*Online calculator that provides a detailed analysis of the nutrient content of the foods eating based on age and gender.*

SELF NutritionData (Condé Nast): [www.nutritiondata.com/index.html](http://www.nutritiondata.com/index.html)

## Healthy Eating Calculators

Smart Snacks Product Calculator (Alliance for a Healthier Generation):

[www.healthiergeneration.org/take\\_action/schools/snacks\\_and\\_beverages/smart\\_snacks/alliance\\_product\\_calculator/](http://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/smart_snacks/alliance_product_calculator/)

*Determines whether food and beverage products meets the USDA Smart Snacks nutrition standards for competitive foods in schools.*

Spend Smart Eat Smart (Iowa State University): [www.extension.iastate.edu/foodsavings/fooddollar/](http://www.extension.iastate.edu/foodsavings/fooddollar/)

*A grocery budget calculator.*

Super Tracker (Choose MyPlate) (USDA): <https://supertracker.usda.gov/>

*Assists individuals in making lifestyle changes to reduce the risk of chronic disease and maintain a healthy weight.*

What's in Food (Nutrition.Gov): [www.nutrition.gov/whats-food](http://www.nutrition.gov/whats-food)

*Links to resources on nutrition information for foods.*

What's in the Foods You Eat Search Tool (USDA Agricultural Research Service): [www.ars.usda.gov/northeast-area/beltsville-md/beltsville-human-nutrition-research-center/food-surveys-research-group/docs/whats-in-the-foods-you-eat-emsearch-toolem/](http://www.ars.usda.gov/northeast-area/beltsville-md/beltsville-human-nutrition-research-center/food-surveys-research-group/docs/whats-in-the-foods-you-eat-emsearch-toolem/)

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## Interactive Websites for Children

### Interactive Websites for Children

*Best Bones Forever!* (Office on Women's Health, U.S. Department of Health and Human Services):

[www.bestbonesforever.org/](http://www.bestbonesforever.org/)

*Promotes optimal bone health among girls aged 9-12 years in an effort to reduce their risk of osteoporosis later in life.*

Healthfinder Kids' Sites (U.S. Department of Health and Human Services):

<http://healthfinder.gov/FindServices/SearchContext.aspx?topic=14314>

Kidnetic (International Food Information Center Foundation): <http://kidnetic.com/>

*Research-based web site to promote healthy eating and physical activity among kids and parents.*

Kids Health (Nemours Foundation's Center for Children's Health Media): [www.kidshealth.org/kid/](http://www.kidshealth.org/kid/)

*Provides families with accurate, up-to-date and jargon-free health information. Includes separate areas for kids, teens, and parents. The Staying Healthy section has lots of information on nutrition and physical activity.*

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### Interdisciplinary Curricula

National Agriculture in the Classroom (USDA): [www.agclassroom.org/](http://www.agclassroom.org/)

Content Connection Samples (Kindergarten through 5th Grade) (Colorado Department of Education):  
[www.cde.state.co.us/contentareas/contentconnections/index](http://www.cde.state.co.us/contentareas/contentconnections/index)

*Examples of cross-content (multi-disciplinary) connections within the Colorado Academic Standards for K-5.*

Connecticut Ag in the Classroom (Connecticut Agricultural Education Foundation):  
<http://ctaef.org/ag-in-the-classroom/>

*Eat Well & Keep Moving: An Interdisciplinary Elementary Curriculum for Nutrition and Physical Activity, 2016* (Human Kinetics Publishers Inc.): [www.eatwellandkeepmoving.org/](http://www.eatwellandkeepmoving.org/)

*Available for purchase: Multidisciplinary lessons for fourth and fifth graders.*

FoodMASTER Food, Math and Science teaching Enhancement Resources (Science Education Partnership Award): [www.foodmaster.org/](http://www.foodmaster.org/)

*A compilation of hands-on and virtual programs for grades 3-8 that use food to teach math and science skills.*

*How to Teach Nutrition to Kids* (Connie Evers, RD. 24 Carrot Press, 2012):

<http://nutritionforkids.com/aboutbook.htm>

*Available for purchase: Promotes positive attitudes about food, fitness and body image. Features hundreds of fun, hands-on nutrition education activities aimed at children ages 5-12, with a focus on integration into existing subject areas.*

*Michigan Team Nutrition Booklist* (Michigan State University Board of Trustees, 2006):

[www.grps.org/images/departments/nutrition\\_services/docs/Booklist.pdf](http://www.grps.org/images/departments/nutrition_services/docs/Booklist.pdf)

*Annotated list of more than 400 books about food, healthy eating and physical activity for children in preschool through third grade.*

*Michigan Team Nutrition Preschool Booklist* (Michigan State University Board of Trustees, 2006):

<https://healthymeals.fns.usda.gov/sites/default/files/uploads/Michigan%20Team%20Nutrition%20Preschool%20Booklist.pdf>

*An annotated list of over 250 books about food, nutrition, healthy eating, and physical activity for young children.*

*Nutrition Across the Curriculum – Lesson Plans for Grades PreK-12* (Louisiana Department of Education):

<http://worldcat.org/arcviewer/3/LSL/2010/06/04/H1275596543812/viewer/file2.html>

*Designed to help students develop positive attitudes toward good nutritional practices, to establish lifelong healthful eating patterns, to take action for good health and to provide accurate and current nutrition information. A major goal of the project is to integrate nutrition information into content areas across the curriculum.*

*Nutrition Education of Texas website (NETX)* (Texas Department of Agriculture Food and Nutrition Division):

<http://netx.squaremeals.org/>

*Resource to help teachers incorporate nutrition education in a wide variety of subject matter for different grade levels. This searchable website provides 152 lesson plans related to many subject matter areas including health, science, mathematics, social studies, vocational education, fine arts, language arts, and others.*

*Planet Health: An Interdisciplinary Curriculum for Teaching Middle School Nutrition and Physical Activity* (Jill Carter, Jean L. Wiecha, Karen Peterson, Suzanne Nobrega, Steven Gortmaker, 2007): [www.planet-health.org/](http://www.planet-health.org/)

*Available for purchase: Evidence-based curriculum to teach students about nutrition and physical activity while helping them build skills and competencies in language arts, math, science, social studies, and physical education.*

*Serving Up MyPlate: A Yummy Curriculum* (USDA, 2012): [www.fns.usda.gov/tn/serving-myplate-yummy-curriculum](http://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum)

*A collection of classroom materials that helps elementary school teachers integrate nutrition education into Math, Science, English Language Arts, and Health.*

*Wellness, Academics and You (WAY)*: <http://i4learning.com/programs.html>

*Available for purchase: Multidisciplinary academic resource that teaches students the importance of physical activity and nutrition while helping teachers to meet state and national education standards.*

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# Nutrition Education for Preschoolers

## Nutrition Education for Preschoolers

*Captain 5 A Day Nutrition Education Program* (Connecticut Department of Public Health):

[www.ct.gov/dph/cwp/view.asp?a=3137&q=390290](http://www.ct.gov/dph/cwp/view.asp?a=3137&q=390290)

*Preschool nutrition education program to increase fruit and vegetable consumption. Includes parent workbook and video (in both English and Spanish).*

*CARE Connection: Nutrition Education in Child Care* (Institute of Child Nutrition):

[www.nfsmi.org/ResourceOverview.aspx?ID=207](http://www.nfsmi.org/ResourceOverview.aspx?ID=207)

*Color Me Healthy: Preschoolers Moving & Eating Healthy* (North Carolina Cooperative Extension and the North Carolina Division of Public Health): [www.colormehealthy.com/](http://www.colormehealthy.com/)

*Available for purchase: Provides children ages four and five with fun, interactive learning opportunities on physical activity and healthy eating.*

*Farm to Preschool* (USDA): [www.fns.usda.gov/farmtoschool/farm-preschool](http://www.fns.usda.gov/farmtoschool/farm-preschool)

*Food and Nutrition Fun for Preschoolers* (USDA Food and Nutrition Information Center, March 2013):

[www.nal.usda.gov/sites/default/files/fnic\\_uploads//fun\\_preschool.pdf](http://www.nal.usda.gov/sites/default/files/fnic_uploads//fun_preschool.pdf)

*Fruits and Vegetables Lessons for Preschool Children: A Supplement to the Color Me Healthy-Preschoolers Moving & Eating Healthy Curriculum Kit* (North Dakota Department of Public Instruction, 2006):

[www.cfbnj.org/\\_assets/library/2013/01/preschool-lessons.pdf](http://www.cfbnj.org/_assets/library/2013/01/preschool-lessons.pdf)

*A hands-on, stand-alone curriculum to encourage preschool children to develop healthy eating and physical activity habits.*

*Grow It, Try It, Like It! Preschool Fun with Fruits and Vegetables* (USDA, Revised 2013):

[www.fns.usda.gov/tn/grow-it-try-it-it](http://www.fns.usda.gov/tn/grow-it-try-it-it)

*A garden-themed nutrition education kit for child care center.*

*Choose MyPlate Health and Nutrition Information for Preschoolers* (USDA):

[www.choosemyplate.gov/health-and-nutrition-information](http://www.choosemyplate.gov/health-and-nutrition-information)

*Healthy & Active Preschoolers* (Fresno City College and California Department of Education, Nutrition Services Division): [www.healthypreschoolers.com/](http://www.healthypreschoolers.com/)

*A nutrition learning center for child care professionals that offers a variety of online courses and resources to improve the nutrition and physical activity environment in child care programs.*

*More than Mud Pies, Sixth Edition* (National Food Service Management Institute, 2012):

<http://nfsmi.org/ResourceOverview.aspx?ID=247>

*Fifty-four lessons organized by season provide opportunities for children ages 3-5 to learn about how foods grow, food preparation and nutrition. Includes list of books to read, songs to sing, videos, and references.*

*Nutrition Education Resources for Preschool* (USDA Healthy Meals Resource System):

<http://healthymeals.nal.usda.gov/nutrition-education/nutrition-education-resources-preschool>

*Preschool Lesson Plans* (Florida Health): [www.floridahealth.gov/programs-and-services/childrens-health/child-care-food-program/nutrition/preschool-lesson-plans.html](http://www.floridahealth.gov/programs-and-services/childrens-health/child-care-food-program/nutrition/preschool-lesson-plans.html)

*Physical Activities and Healthy Snacks for Young Children* (Iowa Department of Education, 2006): A set of cards developed for caregivers that give specific ideas for nearly 50 physical activities and healthy snacks.

[http://healthymeals.nal.usda.gov/hsmrs/Iowa/Physical\\_Activities\\_%20Healthy\\_Snacks.pdf](http://healthymeals.nal.usda.gov/hsmrs/Iowa/Physical_Activities_%20Healthy_Snacks.pdf)

*Setting the Stage: Nutrition and Physical Activity Lessons for Early Childhood Setting* (Iowa Department of Education, 2007): Lesson plans that include the use of *Physical Activities and Healthy Snacks for Young Children* activity cards.

<http://healthymeals.nal.usda.gov/hsmrs/Iowa/Setting%20the%20Stage%20Child%20Development%20Homes.pdf>

*Steps to Planning a Nutrition Education Activity* (Mealtime Memo for Child Care, No. 2, National Food Service Management Institute, 2007): [www.nfsmi.org/documentlibraryfiles/PDF/20080609030428.pdf](http://www.nfsmi.org/documentlibraryfiles/PDF/20080609030428.pdf)

*The Two-Bite Club* (USDA, Revised October 2012): [www.fns.usda.gov/tn/two-bite-club](http://www.fns.usda.gov/tn/two-bite-club)

*A storybook (English and Spanish) to introduce MyPlate to young children.*

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# Nutrition Education for Elementary Students

## Nutrition Education for Elementary Students

Children’s Nutrition Education Tools For Educators and Providers (Nourish Interactive):

[www.nourishinteractive.com/nutrition-education](http://www.nourishinteractive.com/nutrition-education)

*Commercial site with many free resources for educators.*

*Choose Health: Food, Fun, and Fitness (CHFFF)* (Cornell University Division of Nutritional Sciences):

<https://fnec.cornell.edu/for-partners/curricula/chfff/>

*A comprehensive nutrition and fitness curriculum composed of six hands-on lessons for 8-12-year-olds that use experiential learning to teach healthy eating and active play.*

*Dig In! Standards-Based Nutrition Education from the Ground Up* (USDA, 2013):

[www.fns.usda.gov/tn/dig-standards-based-nutrition-education-ground](http://www.fns.usda.gov/tn/dig-standards-based-nutrition-education-ground)

*Ten inquiry-based lessons that engage fifth and sixth graders in growing, harvesting, tasting and learning about fruits and vegetables.*

*Discover MyPlate: Nutrition Education for Kindergarten* (USDA, 2014):

[www.fns.usda.gov/discover-myplate-nutrition-education-kindergarten](http://www.fns.usda.gov/discover-myplate-nutrition-education-kindergarten)

*A fun and inquiry-based nutrition education that fosters the development of healthy food choices and physically active lifestyles during a critical developmental and learning period for children.*

*Food and Nutrition Fun for Elementary-Age Children* (USDA Food and Nutrition Information Center, March 2013):

[www.nal.usda.gov/sites/default/files/fnic\\_uploads//fun\\_elementary.pdf](http://www.nal.usda.gov/sites/default/files/fnic_uploads//fun_elementary.pdf)

Grades 3 to 5: Personal Health Series (Kids Health in the Classroom, Nemours):

<http://kidshealth.org/classroom/index.jsp?Grade=35&Section=personal>

*Teacher guides, handouts, and posters on a variety of health topics including nutrition and fitness.*

Lessons for Elementary (John C. Stalker Institute of Food and Nutrition): <http://johnstalkerinstitute.org/blog/jsi-resource-center/lessons-for-elementary-middle-and-high-schools/#elementary>

MyPlate Kids’ Place Resources for Parents and Educators (USDA):

[www.choosemyplate.gov/kids-parents-educators](http://www.choosemyplate.gov/kids-parents-educators)

Nutrition Education Resources for Elementary School (USDA Healthy Meals Resource System):

<http://healthymeals.nal.usda.gov/nutrition-education/nutrition-education-resources-elementary-school>

*Serving Up MyPlate: A Yummy Curriculum* (USDA, 2012): [www.fns.usda.gov/tn/serving-myplate-yummy-curriculum](http://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum)

*A collection of classroom materials that helps elementary school teachers integrate nutrition education into Math, Science, English Language Arts, and Health.*

*There’s a Rainbow on My Plate Teacher’s Curriculum* (Produce for Better Health Foundation, 2003):

[www.pbhfoundation.org/pub\\_sec/edu/cur/rainbow/](http://www.pbhfoundation.org/pub_sec/edu/cur/rainbow/)

*A free nutrition education curriculum that encourages kindergarten through sixth grade students to develop healthy eating habits and focuses on the importance of eating five or more servings fruits and vegetables every day.*

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### Nutrition Education for Middle and High Students

*Empowering Youth with Nutrition & Physical Activity* (USDA, May 2007):

[www.fns.usda.gov/tn/empowering-youth-nutrition-physical-activity](http://www.fns.usda.gov/tn/empowering-youth-nutrition-physical-activity)

*A manual for use in after-school programs and classrooms with youth 11-18 years old. It contains current nutrition and physical activity information to enhance leader knowledge; fun, hands-on activities that teach nutrition concepts; ideas to include nutrition education and physical activity into youth programs and events; resources to help youth develop a nutrition or physical activity related community project; and tips, worksheets, handouts, and discussion prompts.*

Lessons for High (John C. Stalker Institute of Food and Nutrition): <http://johnstalkerinstitute.org/blog/jsi-resource-center/lessons-for-elementary-middle-and-high-schools/#high>

Lessons for Middle (John C. Stalker Institute of Food and Nutrition): <http://johnstalkerinstitute.org/blog/jsi-resource-center/lessons-for-elementary-middle-and-high-schools/#middle>

Nutrition Education Resources for Middle and High School (USDA Healthy Meals Resource System):

<http://healthymeals.nal.usda.gov/nutrition-education/nutrition-education-resources-middle-and-high-school>

*Nutrition Voyage: The Quest To Be Our Best* (US Department of Agriculture, July 2012):

[www.fns.usda.gov/tn/nutrition-voyage-quest-be-our-best](http://www.fns.usda.gov/tn/nutrition-voyage-quest-be-our-best)

*An exploratory journey into school wellness with three inquiry-driven lessons for each grade that include: engaging ways for students to learn about making healthy nutrition and physical activity choices; standards-aligned activities for Math, Science and English Language Arts; and opportunities for students to investigate, participate in a challenge, evaluate and reflect.*

*SuperTracker Nutrition Lesson Plans for High School Students* (USDA):

<https://choosemyplate-prod.azureedge.net/sites/default/files/printablematerials/SuperTrackerHighSchoolLessonPlans2016Updates-FINAL.pdf>

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## Nutrition Education for Multiple Ages

### Nutrition Education for Multiple Ages

Classroom Programs Nutrition Curriculum (Dairy Council of California):

[www.healthyeating.org/Schools/Classroom-Programs](http://www.healthyeating.org/Schools/Classroom-Programs)

*K-12 nutrition curriculum aligns with Common Core State Standards and can easily integrate into math, social science, health, language arts, and physical education.*

*Eat Smart Live Strong: Nutrition Education for Older Adults* (SNAP-Ed Connection, USDA, Revised 2013):

<http://snap.nal.usda.gov/resource-library/nutrition-education-materials-fns/eat-smart-live-stong>

Families, Food and Fitness (USDA Cooperative Extension): [www.extension.org/families\\_food\\_fitness](http://www.extension.org/families_food_fitness)

*Provides education and skills to help families make informed decisions about healthy eating and physical activity by providing them with evidence research based information and interactive learning opportunities.*

Free Health Education Materials (The Children's Health Fund):

[www.childrenshealthfund.org/health-education-materials/](http://www.childrenshealthfund.org/health-education-materials/)

*Culturally relevant booklets and brochures appropriate for one-on-one teaching and instruction in a group or classroom setting.*

Health & Safety Lesson Plans (Education World Lesson Planning Center):

[www.education-world.com/a\\_lesson/archives/health.shtml](http://www.education-world.com/a_lesson/archives/health.shtml)

*Healthier Middle Schools: Everyone Can Help* (USDA, 2011):

[www.fns.usda.gov/tn/healthier-middle-schools-everyone-can-help](http://www.fns.usda.gov/tn/healthier-middle-schools-everyone-can-help)

*A series of communication tools designed to engage teachers, principals, parents, food service managers, and students in school wellness efforts. The resource includes an audience-tested video and a print handout for teachers, principals, parents, food service managers, and students.*

HealthSmart (ETR Associates): [www.etr.org/healthsmart/](http://www.etr.org/healthsmart/)

*Available for purchase: A comprehensive K-12 health education program that gives children and youth the knowledge and skills to make healthy choices and establish life-long healthy behaviors.*

HealthTeacher.com: [www.healthteacher.com/lesson/index/473/activity\\_1](http://www.healthteacher.com/lesson/index/473/activity_1)

*A comprehensive, online, health literacy curriculum with 300 health lessons that incorporate knowledge points and skills aligned with the National Health Education Standards.*

Kids Health in the Classroom (The Nemours Foundation/KidsHealth): <http://kidshealth.org/classroom/>

*Free health curriculum materials for all grades and subject areas. Each Teacher's Guide includes discussion questions, activities, and reproducible handouts and quizzes that are aligned to the National Health Education Standards.*

Kids in the Kitchen (Nutrition.gov): [www.nutrition.gov/life-stages/children/kids-kitchen](http://www.nutrition.gov/life-stages/children/kids-kitchen)

Other Lessons/Multiple School Levels (John C. Stalker Institute of Food and Nutrition):

<http://johnstalkerinstitute.org/blog/jsi-resource-center/lessons-for-elementary-middle-and-high-schools/#other-lessons-multiple-school-levels>

*MyPlate for My Family: SNAP Nutrition Education* (USDA, 2014):

<http://snap.nal.usda.gov/resource-library/nutrition-education-materials-fns/myplate-my-family>

*Targeted to parents and caregivers who are SNAP participants or eligible for SNAP, and play a key role in planning, purchasing, and preparing food for their families.*

Provide Nutrition Education (USDA): [www.fns.usda.gov/get-involved/provide-nutrition-education](http://www.fns.usda.gov/get-involved/provide-nutrition-education)

SNAP-Ed Connection (USDA): <https://snaped.fns.usda.gov/>

*Online resource center with databases, information, and training.*

Team Nutrition (USDA): [www.fns.usda.gov/tn/](http://www.fns.usda.gov/tn/)

*USDA's initiative to support the Child Nutrition Programs through training and technical assistance for foodservice, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity.*

Utah Curriculum Resources: Health Education (Utah State Office of Education):

[www.uen.org/Lessonplan/LPview?core=7](http://www.uen.org/Lessonplan/LPview?core=7)

*Lesson plans for grades K-12.*

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## Nutrition Education Resources

### Nutrition Education Resources

*Be Wise About Your Portion Size* (Florida Interagency Food and Nutrition Committee):

<http://wellnessproposals.com/wellness-library/nutrition/nutrition-program-be-wise-about-your-portion-size/>  
*Lesson plans, activities, and brochures targeted to a wide variety of audiences to encourage awareness of portions consumed, as well as total daily intake of food.*

Core Nutrition Messages (USDA): [www.fns.usda.gov/core-nutrition/core-nutrition-messages](http://www.fns.usda.gov/core-nutrition/core-nutrition-messages)

*Messages and related tips, guidance, and communication tools that address whole grains, low fat milk, fruits and vegetables, and child feeding.*

Dairy Council of California: [www.dairycouncilofca.org/](http://www.dairycouncilofca.org/)

*Nutrition education resources for teachers, parents, and children.*

Dole Superkids (Dole Company): <https://dolesunshine.com/superkids>

*Activities, puzzles, and lesson plans.*

Exercise, Fitness and Nutrition Lesson Plans (Kids.gov):

<https://kids.usa.gov/teachers/lesson-plans/exercise-fitness-and-nutrition/index.shtml>

Food History: [www.foodtimeline.org/](http://www.foodtimeline.org/)

Fruits & Veggies More Matters (Produce for Better Health Foundation): [www.fruitsandveggiesmorematters.org/](http://www.fruitsandveggiesmorematters.org/)

How Stuff Works: [www.howstuffworks.com/](http://www.howstuffworks.com/)

*Information on how things work for a huge variety of topics including food and the body.*

Interactive Tools (USDA Food and Nutrition Information Center):

<http://fnic.nal.usda.gov/dietary-guidance/interactive-tools>

*Links to nutrition calculators and other tools for dietary assessment and planning, checking personal health risks, testing knowledge, and evaluating needs.*

MyPlate (USDA): [www.choosemyplate.gov/](http://www.choosemyplate.gov/)

New England Dairy & Food Council (NEDFC): [www.newenglanddairycouncil.org](http://www.newenglanddairycouncil.org)

*Includes nutrition education materials, milk promotion ideas, and incentives for school cafeteria promotions.*

Nutrition Education (USDA Healthy Meals Resource System):

<http://healthymeals.nal.usda.gov/nutrition-education-9>

Nutrition Library (Wellness Proposals): <http://wellnessproposals.com/wellness-library/nutrition/>

*Links to many free resources including handouts, posters, presentations, videos, and other tools.*

Nutrition Resources (U.S. Department of Health & Human Services): [www.hhs.gov/fitness/resource-center/nutrition-resources/index.html](http://www.hhs.gov/fitness/resource-center/nutrition-resources/index.html)

*Links to organizations that offer credible and practical resources on nutrition.*

Oregon Dairy and Nutrition Council: [www.oregondairycouncil.org/](http://www.oregondairycouncil.org/)

*Many free and low-cost nutrition education materials and resources for all ages, and links to websites geared toward kids, teens, parents, and others.*

Sources of Free or Low-Cost Food and Nutrition Materials (USDA Food and Nutrition Information Center):

[www.nal.usda.gov/fnic/sources-free-or-low-cost-materials-0](http://www.nal.usda.gov/fnic/sources-free-or-low-cost-materials-0)

*Helps health professionals and educators locate organizations that provide free or low-cost food and nutrition materials for consumers.*

Spanish Materials available from Team Nutrition (USDA):

[www.fns.usda.gov/tn/spanish-materials-available-team-nutrition](http://www.fns.usda.gov/tn/spanish-materials-available-team-nutrition)

State Sharing Center (USDA Healthy Meals Resource System):

<http://healthymeals.nal.usda.gov/state-sharing-center-0>

Team Nutrition Resource Library (USDA): [www.fns.usda.gov/tn/resource-library](http://www.fns.usda.gov/tn/resource-library)

Team Nutrition Training Materials (USDA): [www.fns.usda.gov/tn/training-materials](http://www.fns.usda.gov/tn/training-materials)

## Nutrition Education Resources

Wellness Library & Health Library (Wellness Proposals): <http://wellnessproposals.com/>

*Thousands of free resources on health and wellness including handouts, posters, presentations, newsletters, and more.*

Wellness Wakeup Call: Empowering Messages for Morning Announcements (New York Coalition for Healthy School Food): [www.healthyschoolfood.org/wellnesswakeup.htm](http://www.healthyschoolfood.org/wellnesswakeup.htm)

*Available for purchase: Thirty months of nutrition education messages with a different topic each month.*

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# Nutrition Handouts

## Nutrition Handouts

American Academy of Sports Dietitians & Nutritionists: [www.aasdn.org/programs/nutrition-handouts/](http://www.aasdn.org/programs/nutrition-handouts/)

*Breakfast: Key to Academic Excellence* (CSDE and New England Dairy and Food Council, 2002 (Revised 2009)):  
[www.sde.ct.gov/sde/LIB/sde/pdf/deps/Nutrition/SBP/Breakfast1\\_Home.pdf](http://www.sde.ct.gov/sde/LIB/sde/pdf/deps/Nutrition/SBP/Breakfast1_Home.pdf)

Dietary Guidelines for Americans (USDA and U.S. Department of Health and Human Services):  
[www.health.gov/DietaryGuidelines/](http://www.health.gov/DietaryGuidelines/)

Eat Right Nutrition Tips and Handouts (American Academy of Nutrition and Dietetics):  
[www.eatrightpro.org/resource/career/career-development/marketing-center/flyers-and-handouts](http://www.eatrightpro.org/resource/career/career-development/marketing-center/flyers-and-handouts)

*Eat Smart to Play Hard* (USDA): [www.fns.usda.gov/eat-smart-play-hard](http://www.fns.usda.gov/eat-smart-play-hard)

*Eat Smart to Play Hard: Activity Guide For Families* (USDA, 2016):  
[www.fns.usda.gov/sites/default/files/tn/sfsm\\_t6famguide.pdf](http://www.fns.usda.gov/sites/default/files/tn/sfsm_t6famguide.pdf)

*Eating Smart: A Nutrition Resource List for Consumers* (USDA Food and Nutrition Information Center, September 2010): <https://pubs.nal.usda.gov/sites/pub.nal.usda.gov/files/EatingSmart10.pdf>

Free Food, Nutrition, Fitness, and Food Safety Educational PowerPoints and Handouts (University of Nebraska–Lincoln) <http://food.unl.edu/free-food-nutrition-fitness-and-food-safety-educational-powerpoints-and-handouts>

Free Health, Nutrition and Food Printable Worksheets (Nourish Interactive):  
[www.nourishinteractive.com/nutrition-education-printables/](http://www.nourishinteractive.com/nutrition-education-printables/)  
*Commercial site with many free handouts and resources.*

Free Nutrition Handout Kit (Food and Health Communications): <http://foodandhealth.com/handout.php>

Free Nutrition Handouts and Library (Wellness Proposals):  
<http://wellnessproposals.com/wellness-library/nutrition/handouts/>

*Food on the Run: Healthy Eating and Physical Activity for Your Teenager* (California Project LEAN, 2002):  
[www.californiaprojectlean.org/docuserfiles//FoodOnTheRun%20Brochure.pdf](http://www.californiaprojectlean.org/docuserfiles//FoodOnTheRun%20Brochure.pdf)

*Helping Your Child: Tips for Parents* (NIH National Institute of Diabetes and Digestive and Kidney Disease):  
[www.niddk.nih.gov/health-information/health-topics/weight-control/helping-your-child-tips-parents/Pages/helping-your-child-tips-for-parents.aspx](http://www.niddk.nih.gov/health-information/health-topics/weight-control/helping-your-child-tips-parents/Pages/helping-your-child-tips-for-parents.aspx)

Iowa State University Food and Nutrition Handouts:  
<https://store.extension.iastate.edu/Topic/Food-Nutrition-and-Health>

MyPlate Tip Sheets (USDA): [www.choosemyplate.gov/myplate-tip-sheets](http://www.choosemyplate.gov/myplate-tip-sheets)  
*A series of one-page handouts (English and Spanish) with 10 tips about dozens of nutrition topics.*

Oregon Nutrition Education Program (Oregon State University):  
<http://extension.oregonstate.edu/nep/osu-edmaterials/>

Nutrition and Health Publications (Penn State Extension):  
<http://extension.psu.edu/publications/food-and-health/nutrition-diet-and-health>

Nutrition Tip Sheets (Dairy Council of California): [www.healthyeating.org/Health-Wellness-Providers/Tip-Sheets/Referer/dairycouncilofca](http://www.healthyeating.org/Health-Wellness-Providers/Tip-Sheets/Referer/dairycouncilofca)  
*Nutrition education handouts in English and Spanish.*

Parent Tip Sheets (We Can! National Institutes of Health): [www.nhlbi.nih.gov/health/educational/wecan/tools-resources/parent-tip-sheets.htm](http://www.nhlbi.nih.gov/health/educational/wecan/tools-resources/parent-tip-sheets.htm)  
*Handouts with ideas to help families eat healthy, get active, and reduce screen time.*

Parent Tips: Portion Size Matters (We Can! National Institutes of Health):  
[www.nhlbi.nih.gov/health/educational/wecan/downloads/tip-portion-size.pdf](http://www.nhlbi.nih.gov/health/educational/wecan/downloads/tip-portion-size.pdf)

Posters (USDA):  
<https://healthymeals.fns.usda.gov/resource-library/general-nutrition-bulletin-board-resources/posters>

## Nutrition Handouts

*Right-size Your Portions (School-Age Children & Youth: Trends, Effects, Solutions*, North Carolina Public Health, Public Schools of North Carolina, North Carolina Cooperative Extension Committee):

[www.eatsmartmovemorenc.com/TrendsEffectsSolutions/Texts/RightSizeYourPortions.pdf](http://www.eatsmartmovemorenc.com/TrendsEffectsSolutions/Texts/RightSizeYourPortions.pdf)

*Examines trends in and effects of super-sized portions and offers solutions for schools, government, communities, and families to support children and youth in right-sizing their portions.*

*School Breakfast: Key to Academic Excellence* (CSDE and New England Dairy and Food Council, Revised 2009):

[www.sde.ct.gov/sde/LIB/sde/pdf/deps/Nutrition/SBP/Breakfast2\\_SBP.pdf](http://www.sde.ct.gov/sde/LIB/sde/pdf/deps/Nutrition/SBP/Breakfast2_SBP.pdf)

Sports Nutrition Fact Sheets (Collegiate and Professional Sports Dietitians Association):

[www.sportsrd.org/?page\\_id=1747](http://www.sportsrd.org/?page_id=1747)

*The Kids' Activity Pyramid* (Pennsylvania State University, 2006): <http://extension.psu.edu/publications/uk076/view>

*10 Easy Ways to Improve Your Family's Eating Habits* (Texas Department of Agriculture, 2004): English and Spanish.

[www.squaremeals.org/Portals/8/files/publications/10%20Ways%20Eating%20Habits\\_Eng.pdf](http://www.squaremeals.org/Portals/8/files/publications/10%20Ways%20Eating%20Habits_Eng.pdf)

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## Nutrition Presentations

### Nutrition Presentations

Free Food, Nutrition, Fitness, and Food Safety Educational PowerPoints and Handouts (University of Nebraska Cooperative Extension): <http://food.unl.edu/free-food-nutrition-fitness-and-food-safety-educational-powerpoints-and-handouts>

Free Nutrition Presentations (Wellness Proposals):  
<http://wellnessproposals.com/wellness-library/nutrition/nutrition-presentations/>

Prevent Portion Distortion PowerPoint (University of Nebraska Cooperative Extension):  
<http://food.unl.edu/free-prevent-portion-distortion-powerpoint>

Hitting for Home Plate PowerPoint (University of Nebraska Cooperative Extension):  
<http://food.unl.edu/hitting-home-plate>  
*PowerPoint presentation that teaches about eating naturally nutrient-rich foods.*

How Should You Spend Your Calorie Salary? PowerPoint (University of Nebraska Cooperative Extension):  
<http://food.unl.edu/web/fnh/calorie-salary-powerpoint>

PowerPoint Slide Shows (Nebraska Department of Education): [www.education.ne.gov/ns/slide\\_shows.html](http://www.education.ne.gov/ns/slide_shows.html)

Portion Distortion Interactive Quizzes Slide Sets (NIH National Health, Lunch and Blood Institute):  
[www.nhlbi.nih.gov/health/educational/wecan/eat-right/portion-distortion.htm](http://www.nhlbi.nih.gov/health/educational/wecan/eat-right/portion-distortion.htm)  
*PowerPoint presentation on the impact of portion sizes on calories and other nutrients.*

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### Nutrition Promotions

Food and Health Calendar (Food and Health Communications): <http://foodandhealth.com/calendar/>  
*List of nationally recognized food, nutrition, and health days for each month.*

Food, Nutrition, and Health by the Month (University of Nebraska-Lincoln Cooperative Extension):  
<http://food.unl.edu/food-calendar>

HealthierUS School Challenge:Smarter Lunchrooms (USDA): [www.fns.usda.gov/hussc/healthierus-school-challenge-smarter-lunchrooms](http://www.fns.usda.gov/hussc/healthierus-school-challenge-smarter-lunchrooms)  
*Standards established by USDA to recognize schools that take specific steps to improve their school nutrition environment and address obesity.*

Nutrition and Physical Activity Monthly Theme Toolkits for Schools (Shasta County Public Health Department):  
[www.co.shasta.ca.us/index/hhsa\\_index/Community\\_partnerships/Education-prof/Toolkits\\_for\\_schools.aspx](http://www.co.shasta.ca.us/index/hhsa_index/Community_partnerships/Education-prof/Toolkits_for_schools.aspx)  
*Designed to increase awareness of nutrition and physical activity on school campuses.*

Nutrition Promotion (USDA Healthy School Meals Resource System): <https://healthymeals.fns.usda.gov/local-wellness-policy-resources/wellness-policy-elements/nutrition-promotion>

National Health Observances (U.S. Department of Health and Human Services):  
<http://healthfinder.gov/nho/default.aspx>  
*Lists special days, weeks, or months dedicated to raising awareness about important health topics.*

*Team Nutrition Popular Events Idea Booklet* (USDA, March 2014):  
[www.fns.usda.gov/team-nutrition-popular-events-idea-booklet](http://www.fns.usda.gov/team-nutrition-popular-events-idea-booklet)

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## Training for Teachers and Staff

### Training for Teachers and Staff

*Computer-Based Training for Food Service* (USDA Healthy Meals Resource System): <http://healthymeals.nal.usda.gov/>  
(click on “Topics A-Z” then “Computer-Based Training for Food Service”)

Cornell Nutrition Works (Cornell University): [www.nutritionworks.cornell.edu/home/](http://www.nutritionworks.cornell.edu/home/)  
*Distance technology to provide an affordable, convenient way to meet nutrition professional development needs.*

Eat Smart Lessons (Louisiana State University Ag Center):  
[www.lsuagcenter.com/topics/food\\_health/education\\_resources/eatsmart/lessons](http://www.lsuagcenter.com/topics/food_health/education_resources/eatsmart/lessons)  
*A web-based nutrition curriculum that addresses a variety of nutrition topics.*

*Empowering Youth with Nutrition and Physical Activity* (USDA):  
<http://healthymeals.nal.usda.gov/hsmrs/EY/index.htm>  
*Online modules to assist middle and high school teachers, mentors, and caregivers of youth in after school and other youth programs in teaching the Empowering Youth with Nutrition and Physical Activity program*

Food & Nutrition Courses (Texas A&M Agrilife Extension):  
[https://extensiononline.tamu.edu/courses/food\\_nutrition.php](https://extensiononline.tamu.edu/courses/food_nutrition.php)  
*Free self-paced online education sessions on a variety of food and nutrition topics.*

Institute of Child Nutrition Resource Center: [www.nfsmi.org/Templates/TemplateDivision.aspx?qs=cEIEPTI](http://www.nfsmi.org/Templates/TemplateDivision.aspx?qs=cEIEPTI)  
*Comprehensive resource catalog of training materials for personnel working with Child Nutrition Programs.*

Institute of Child Nutrition eLearning Portal: [www.nfsmi.org/Templates/TemplateDefault.aspx?qs=cEIEPTM=](http://www.nfsmi.org/Templates/TemplateDefault.aspx?qs=cEIEPTM=)  
*Continuing education courses to support the professional development and training of child nutrition program personnel at all levels of responsibility.*

*Nutrition 101: A Taste of Food and Fitness, Third Edition* (National Food Service Management Institute, 2014):  
<http://nfsmi.org/ResourceOverview.aspx?ID=90>  
*Training materials on basic nutrition including an instructor’s manual, a participant’s workbook and PowerPoint presentations.*

Teacher Training Program (Dairy Council of California):  
[www.healthyeating.org/Schools/Teacher-Training/Referer/dairycouncilofca](http://www.healthyeating.org/Schools/Teacher-Training/Referer/dairycouncilofca)  
*30-minute, online teacher training modules to provide teachers with basic nutrition information.*

Teaching Nutrition (Texas Department of Education): [http://netx.squaremeals.org/teaching\\_nutrition.html](http://netx.squaremeals.org/teaching_nutrition.html)  
*Background information about nutrition, nutrients, and healthy eating habits.*

UMass ONE Source: Online Nutrition Education (University of Massachusetts Extension): [www.umassone.net/](http://www.umassone.net/)  
*Gateway to online nutrition and food safety courses and workshops for K-12 teachers, family child care providers, nutritionists and dietitians, health educators, growers, college students, foodservice staff, and other health and social service professionals*

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