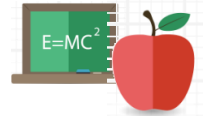


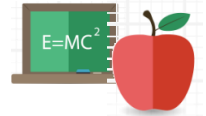
Nutrition/Physical Education Curriculum and Resources



| Website | Description | Grade Level | Applicable and standardized for core subject teachers | Lesson Plans | Interactive Games and Videos | Reading Material | Recipes |
|---|---|-------------|---|--------------|------------------------------|------------------|---------|
| CPB'S Plastic Fork Diaries http://www.plasticforkdiaries.org/ | "Follow six middle school students as they experience the relationship between food and their changing bodies, cultural differences, the vanishing family meal, nutrition and athletic performance." This website is an amazing resource for English teachers, allowing students to analyze characters and evaluate an interactive text to make informed decisions about health and wellness. | 5-8 | English & Science | ✓ | ✓ | ✓ | ✓ |
| CDC's Bam! Body and Mind http://www.cdc.gov/bam/diseases/ | Bam! offers informational articles on disease control and prevention, mental health, food and nutrition, physical fitness and human anatomy. Each article has corresponding activities. | 5-8 | Science | ✓ | ✓ | ✓ | |
| Food a Fact of Life http://www.foodafactoflife.org.uk/ | Learn all about food – food safety, sustainability, farming and nutrition. This site provides informative and engaging lesson plans for kids of all ages. | K-12 | Science & Social Studies | ✓ | | ✓ | |
| Discovery Education's Fit 4 the Classroom http://www.fit4theclassroom.com/ | Discovery Education paired with WebMD to develop a new program for elementary educators and students called "Fit 4 the Classroom," which brings the four pillars of the fit initiative, mood, move, food and recharge, into the classroom. The program offers lesson plans with engaging activities and videos that demonstrate the importance of a balanced daily life and easily tie into math, science or other classroom instruction. | K-5 | Math, Science & Physical Education | ✓ | ✓ | ✓ | |



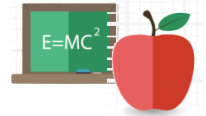
Nutrition/Physical Education Curriculum and Resources



| Website | Description | Grade Level | Applicable and standardized for core subject teachers | Lesson Plans | Interactive Games and Videos | Reading Material | Recipes |
|---|--|-------------|---|--------------|------------------------------|------------------|---------|
| Kidnetic http://www.kidnetic.com/ | Kidnetic is designed for students, families and educators. All components of Kidnetic.com promote healthy eating and active living in a way that is fun and relevant. The website also offers a Leader's Guide that is a lesson-based curriculum for health professionals and educators. | 5-8 | Science & Physical Education | ✓ | ✓ | ✓ | |
| Healthier Kids American Heart Association http://www.heart.org/HEARTORG/GettingHealthy/HealthierKids/Healthier-Kids_UCM_304156_SubHomePage.j | Explore lesson plans in all subjects areas designed to educate students about the benefits of staying active and eating healthy. | K-8 | All Core Subject Areas | ✓ | | ✓ | |
| ChooseMyPlate http://www.choosemyplate.gov/kids/downloads/ServingUpMyPlate-level1-TeachersGuide.pdf | What are healthy food choices? What is a balanced diet? Serving Up MyPlate is a new collection of classroom materials developed by the USDA's Team Nutrition that helps elementary school teachers integrate nutrition education into math, science, English language arts and health. | K-6 | All Core Subject Areas | ✓ | ✓ | ✓ | ✓ |
| Neok12 http://www.neok12.com/Health-Nutrition.htm | This resource offers quizzes, videos and science lessons to teach students about health and nutrition. | 6-12 | Health Education | ✓ | ✓ | ✓ | |



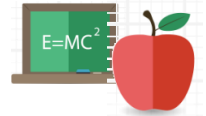
Nutrition/Physical Education Curriculum and Resources



| Website | Description | Grade Level | Applicable and standardized for core subject teachers | Lesson Plans | Interactive Games and Videos | Reading Material | Recipes |
|--|--|-------------|---|--------------|------------------------------|------------------|---------|
| Nutrition Voyage: The Quest To Be Our Best http://www.fns.usda.gov/tn/nutrition-voyage-quest-be-our-best | This resources takes 7th and 8th grade classes on an exploratory journey into school wellness and offers opportunities for students to investigate, participate in a challenge, evaluate, and reflect. | 5-8 | Science, Social Studies, English | ✓ | | ✓ | |
| Dole Superkids http://www.dole.com/superkids | Lesson plans are sorted by commodity and subject area. Explore this nutrition education program and materials to encourage children to eat 5 to 9 servings of fruits and vegetables a day. | K-5 | All Core Subject Areas | ✓ | | ✓ | |
| Choose Health: Food, Fun, and Fitness (CHFFF) https://fnec.cornell.edu/OurInitiatives/CHFFF.cfm | This program targets healthy lifestyle behaviors. Each lesson includes interactive nutrition activities, food preparation, active games, a goal setting challenge and a family newsletter. | 5-8 | Physical Education & Nutrition Education | ✓ | | ✓ | ✓ |



Nutrition/Physical Education Curriculum and Resources



| Website | Description | Grade Level | Applicable and standardized for core subject teachers | Lesson Plans | Interactive Games and Videos | Reading Material | Recipes |
|---|---|-------------|---|--------------|------------------------------|------------------|---------|
| Scholastics Health Education http://www.scholastic.com/browse/unitplan.jsp?id=277 | Designed for elementary students, this website uses math concepts and standards to have students explore and learn more about fruits and vegetables. | 3-6 | Science | ✓ | | | ✓ |
| System Supertracker http://www.choosemyplate.gov/downloads/SuperTrackerHS-LessonPlans1.pdf | The USDA Center for Nutrition Policy and Promotion, in conjunction with Team Nutrition, developed lesson plans for high school students using the engaging, interactive SuperTracker tool to help students think critically about their food and physical activity choices. | 9-12 | Science & Math | ✓ | ✓ | | |

