

## Physical Activity Links:

### **1. Team Nutrition: Stories in Motion**

[http://educateiowa.gov/index.php?option=com\\_content&view=article&id=2739:stories-in-motion-physical-activity-breaks&catid=440:nutrition-program-learning-tools&Itemid=446](http://educateiowa.gov/index.php?option=com_content&view=article&id=2739:stories-in-motion-physical-activity-breaks&catid=440:nutrition-program-learning-tools&Itemid=446)

Documents include physical activity breaks, called “Stories in Motion.” They are short stories that include action words which prompts bursts of physical activity! Utilize these stories in your classroom for short physical activity breaks

### **2. Team Nutrition: Move for Thought**

[http://educateiowa.gov/index.php?option=com\\_content&view=article&id=2718:move-for-thought&catid=440:nutrition-program-learning-tools&Itemid=446](http://educateiowa.gov/index.php?option=com_content&view=article&id=2718:move-for-thought&catid=440:nutrition-program-learning-tools&Itemid=446)

A kit including integrated physical activities for the Elementary School classroom. Designed to help children increase their physical activity levels during the school day, as well as to help teachers facilitate academic achievement.

### **3. Team Nutrition: Walking Works for Schools Tool-Kit**

[http://educateiowa.gov/index.php?option=com\\_content&view=article&id=2526:walking-works-for-schools-tool-kit&catid=440:nutrition-program-learning-tools&Itemid=446](http://educateiowa.gov/index.php?option=com_content&view=article&id=2526:walking-works-for-schools-tool-kit&catid=440:nutrition-program-learning-tools&Itemid=446)

Use this resource to organize a walking club or walk-to-school program at your school that will energize the entire community!

### **4. National Dairy Council, NFL and USDA collaboration: Fuel Up To Play 60**

<http://www.fueluptoplay60.com/>

A Nationwide movement fighting childhood obesity focused on empowering kids to take control of their own health. Resources for teachers/supporters include nutrition and fitness information. Resources for students include challenges, activities and tracking devices.

### **5. NASA: Train Like an Astronaut**

<http://www.nasa.gov/audience/foreducators/trainlikeanastronaut/home/index.html>

A variety of physical and hands on activities developed in combination with NASA scientists and health professionals that challenge students to set physical fitness and research goals, practice physical fitness activities, and research proper nutrition.

## Nutrition Education:

### **6. Produce for Better Health Foundation: More Matters**

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

A health initiative led by the Produce for Better Health Foundation (PBH) in partnership with other health organizations. Resources for teachers and parents include information on meal planning, healthy recipes, family meal time and getting kids involved; with a focus on increasing fruit and vegetable consumption.

#### **Produce for a Better Health Foundation-Educator resources**

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

Includes lesson plans such as “Crunch the Numbers” a standards-based math program, also showing students how to make fruit and vegetables a part of their healthy lifestyle.

## **7. Team Nutrition: Nutrition Voyage-A Quest To Be Our Best**

<http://www.fns.usda.gov/tN/Resources/nutritionvoyage.htm>

Three lesson plans aimed at 7<sup>th</sup> and 8<sup>th</sup> grade students, aligned with math, science, English and language arts; consisting of engaging ways for students to learn about healthy nutrition and physical activity choices, while providing opportunities for students to investigate, participate, evaluate and reflect.

## **8. Iowa Department of Public Health: Pick a Better Snack & Act**

<http://www.idph.state.ia.us/INN/PickABetterSnack.aspx>

The campaign includes in-class lessons as well as community-based social marketing materials. Explore the pages for more information and free downloads.

## **9. Iowa Department of Education: Nutrition Education Take-Home Bag**

[http://educateiowa.gov/index.php?option=com\\_content&view=article&id=2587:nutrition-education-take-home-bag&catid=440:nutrition-program-learning-tools&Itemid=446](http://educateiowa.gov/index.php?option=com_content&view=article&id=2587:nutrition-education-take-home-bag&catid=440:nutrition-program-learning-tools&Itemid=446)

A list of gathered handouts for educators to distribute to the families of their students to promote a healthy lifestyle through a healthy diet and active daily life.

## **10. USDA National Agricultural Library: Food & Nutrition Information Center**

<http://fnic.nal.usda.gov/professional-and-career-resources/nutrition-education/curricula-and-lesson-plans>

Central site of numerous additional links to resources containing various curricula and lesson plans.

## **11. School Nutrition Association: Bridges to Wellness**

<http://www.schoolnutrition.org/Content.aspx?id=8448>

SNF & the National Dairy Council have partnered to connect school meals with the classroom through a set of interactive nutrition education lessons for grades 5-10. Each lesson provides 30-45 minutes of classroom instruction coupled with 20-30 minutes application activities. All lessons have been reviewed by teachers and school nutrition operators experienced with the targeted student grade levels.

## **12. School Nutrition Association: Resource Center**

<http://www.schoolnutrition.org/Content.aspx?id=644>

A list of several links to additional resources pertaining to nutrition education; encouraging children to get cooking in the kitchen, including techniques and recipes.

## **13. Iowa Department of Education: Build A Healthy Lunch**



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ealthyLunch.pdf

Elementary targeted lesson plan on building a reimbursable meal and making healthy choices in the school cafeteria.

#### **14. Kids.USA.gov: Exercise and Eating Healthy**

<http://kids.usa.gov/exercise-and-eating-healthy/index.shtml>

Includes information on healthy eating and exercise for students in grades k-5 and 6-8; containing resources for getting involved in new activities on the field and in the kitchen.

#### **15. Let's Move**

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

Let's Move is a comprehensive initiative, launched by the First Lady, dedicated to solving childhood obesity.

### **Healthy Kids Act Resources:**

#### **16. Healthy Kids Act: A Parent's Guide**



HealthyKidsActFlyer[1].pdf

A handout designed to provide information about the Healthy Kids Act Law and explains how you can help.

#### **17. Healthy Kids Act: Nutritional Standards**



Nutritional Content Standards HKA.pdf

Nutritional standards at a glance for food and beverages at the elementary and secondary level.

#### **18. Healthy Kids Act: Healthy Fundraisers**



CreateandPromoteHealthyFundraisers.pdf

Information and ideas on promoting healthy fundraisers in school settings.

#### **19. Healthy Kids Act: Classroom Parties**



ImproveClassroomPartiesandAcademicIncentives.pdf

Information and ideas on improved healthy classroom parties and academic incentives.

#### **20. Healthy Kids Act: Foods Brought from Home Recommendations**



Recommendations for Foods Brought From Home.pdf

Handout including a list of food ideas that meet the Healthy Kids Act and are encouraged for classroom parties, lunches brought from home, concessions and after school snacks.

## [Interactive Wellness](#)

### **21. Nourish Interactive**

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

Created by nutrition and health care professionals; a one stop resource for many nutrition games for kids and interactive nutrition tips and tools for educators and parents to promote a healthier lifestyle. Includes lesson plans, activities, printouts etc.

### **22. USDA: Blast Off MyPlate Game**

[http://www.fns.usda.gov/multimedia/Games/Blastoff/BlastOff\\_Game.html](http://www.fns.usda.gov/multimedia/Games/Blastoff/BlastOff_Game.html)

Students can reach Planet Power by fueling their rocket with food and physical activity. Fuel tanks for each food group help students keep track of how their choices will, ultimately, pay off!

### **23. Department of Health and Human Services: BAM! Body and Mind**

<http://www.bam.gov/teachers/index.htm>

A resource designed to incorporate CDC health, safety, and science concepts into the classroom. The kid's interactive site will teach fitness, food and nutrition, exercise, disease and safety concepts.

### **24. Sodexo: Lift-Off's Playground**

<http://www.liftoffsplayground.com/index.html>

Nutrition and fitness related games, activities and handouts for students, teachers and parents.

### **25. Fruits and Veggies, More Matters: Interactive Site**

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

Nutrition related games, coloring and activity sheets, and kid friendly recipes for elementary students.

### **26. WebMD: Fit**

<http://fit.webmd.com/>

Interactive site for elementary, middle and high school aged students demonstrating "being fit" is more than just what you eat and how much you exercise.

### **27. Food Insight: Kidnetic**

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

An Interactive site to get kids moving, eating right, and learning about their body.

## “There’s an app for that”

### **28. Trainer Game: No one is alone in the game of Health**

<http://www.davidvillatoro.com/games/trainer/>

Players have the responsibility to care for creatures that all have dietary and fitness needs. Players will gain insight on how nutrition and fitness impacts daily life and will exercise with their trainee.

### **29. Eat-And-Move-O-Matic**



An educational app that shows how many calories is in a food item and the amount of time it will take to work those calories off.

### **30. Pedometer Free GPS +**



Records your time, distance, elevation and speed.