

EAT SMALL
List of Resources

Interactive websites for kids:

www.take10.net

Take 10 is a classroom-based physical activity program for kindergarten through 5th graders. It integrates academic learning objectives (language arts, math, social studies, science and health with movement. Take 10 provides safe, age-appropriate 10 minute physical activity for the classroom.

www.dairycouncilofca.org

This web site by the Dairy Council of California offers Nutrition Pathfinders, an interactive program for third, fourth and fifth grade students that reinforces language arts and math while teaching health in a fun way. This program revolves around a camp simulation based CD-ROM that teaches health while encouraging leadership, character, teamwork and self-esteem.

www.mypyramid.gov

This web site of the USDA explains the new food pyramid and provides games and interactive activities as well as curricula that can be ordered for classroom use.

www.zip4tweens.org

The National Cattlemen's Beef Association offers this site, which provides recipes, games and interactive activities plus a calculator for children to figure out their nutrition needs using the new food pyramid. Colorful; designed for kids.

www.gozonkers.tv

Fun web site with funky music. Get Kids (pre-K 6th grade) exercising vigorously daily, in-class, at-desk with GoZonkers. It raises heart rates to healthy levels a prime requirement to combat obesity and Early Childhood Diseases (ECD). Everything you need to get started is on this site. No special training is required.

www.kidnetic.com

For tweens 9 to 12 and their parents. Organizes information into four key areas: food, fitness, feelings and fun. The site also encourages a dialogue between kids and their parents about healthy lifestyles. Blends together science-based information on nutrition, physical activity and behavior with interactive games and engaging activities. Website development based on two and a half years of research with tweens and their parents. Kidnetic.com developed through a partnership of six organizations working together to help prevent childhood obesity, including American Academy of Family Physicians, American College of Sports Medicine, American Dietetic Association, International Food Information Council (IFIC) Foundation, International Life Sciences Institute Center for Health Promotion and National Recreation and Park Association.

www.kidfood.org

This site is sponsored by the Connecticut Association for Human Services. Its features include a Kids Only club with nutrition games and activities, a Teacher's Corner with

lesson plans and classroom activities, and a Parent's Corner offering activities for the home.

www.bam.gov/about/index.htm

BAM! (Body And Mind) was created by the Centers for Disease Control and Prevention to answer kids' questions on health issues and recommend ways to make their bodies and minds healthier, stronger, and safer. *BAM!* also serves as an aid to teachers, providing them with interactive activities to support their health and science curriculums that are educational and fun.

www.nutra-net.org

Nutra-net provides practical nutrition information and teaches basic cooking skills in a simple pictorial format. Check out their web site for more information. Click on the Kid's Fun and Games Area for interactive activities for kids and for information on curricula like Whip, Zip and Zap It.

Web sites with information and resources:

www.kchealthykids.org

Kansas City's "one stop shop" for information on resources, programs and activities in the Kansas City area related to childhood obesity prevention. With a specific focus on schools, this site provides many valuable links. Check the special kid's section.

<http://extension.missouri.edu/nutriteach>

Great classroom resources linked to the ShowMe Standards.

<http://oznet.k-state.edu>

Check out this site to learn about Kidsacookin and Kidsacookin-and-movin – great classroom resources.

www.mchc.net/kid_power.htm or www.kidneyksmo.org/kp1.htm

These sites provide information about KID POWER, an award-winning 13-week motivational challenge for tweens (ages 8-13) that is implemented by schools and community organizations. KID POWER empowers tweens to make good decisions about healthy foods and become more physically active at home and in neighborhoods.

www.americanheart.org/heartpower

HeartPower! Online is the American Heart Association's curriculum-based program for teaching about the heart and how to keep it healthy for a lifetime. HeartPower!'s four key messages about heart health have been categorized by curriculum, lifestyle message, format and grade level. You can use these science-based online resources to introduce your students to healthy habits and choices that can improve their quality of life for many years. Other links on the American Heart Association web site:

Jump Rope For Heart

Hoops For Heart

www.actionforhealthykids.org

Action for Healthy Kids was formed to address the epidemic of overweight, under-nourished and sedentary youth by focusing on changes at school. They work to improve

children's nutrition and increase physical education, which will in turn improve their readiness to learn. This web site provides resources, public policy news, and descriptions of programs like ReCharge: Energizing After-School.

www.healthiergeneration.org

The American Heart Association and the William J. Clinton Foundation have joined together to form the Alliance for a Healthier Generation, to combat the spread of childhood obesity and the serious diseases associated with it such as heart disease and diabetes. Their website is full of information and resources for parents, teachers, companies, healthcare professionals, teens and kids

www.healthykidschallenge.com

The mission of Healthy Kids Challenge is to provide an adaptable school/community approach to educating, motivating and linking kids and adults to make healthy living a habit. Check out this site for great classroom activities related to nutrition and physical movement.

www.nutrition.gov

A service of the US Department of Agriculture, this site provides nutrition information.

www.eatright.org

This web site is provided by the American Dietetic Association and provides timely and objective food and nutrition information.

www.teamnutrition.usda.gov/educators.html

Great downloadable resources for the classroom.

www.smallstep.gov

Department of Health and Human Services offers this web site with this description for the kids' section: Find out cool stuff about food and what it can do for you! Explore this site to learn how to run, throw, think and eat better. Play our games, test your brain, and challenge your friends and family to find out what food can do for them!

www.squaremeals.org

Texas Department of Agriculture has designed this web site that contains resources for teachers, parents and kids, including coloring pages and a nutrition scorecard for kids. Spanish language materials available.

www.bcm.tmc.edu/ (or search for Baylor College of Medicine)

This website has easy-to-read handouts for parents on how to help their kids with weight management IN ENGLISH AND SPANISH. Go to website and search for "Help Your Child" and it will lead you to PDF file to download.

www.fns.usda.gov

Eat Smart, Play Hard is a national nutrition education and promotion campaign sponsored by the USDA. The campaign focuses on four basic themes including breakfast, snacks, balance, and physical activity. The website provides links to brochures for parents and activity sheets for kids, in addition to many other resources.

Other industry councils that offer free nutrition education materials.

www.nationaldairycouncil.org

www.midwestdairy.com

www.mobeeff.org

www.kansasbeef.org

www.wheatfoods.org

For additional information:

- BMI calculator for youth 2-20: www.babysdoc.com/body_mass_index.htm
- Growth charts: www.cdc.gov/growthcharts
- CDC VERB Spanish info: <http://verb.espanol.yahoo.com>
- American Obesity Association: www.obesity.org
- U.S. Centers for Disease Control: www.cdc.gov