

# Nutrition & Physical Activity Web Site Resources



It is easy to find nutrition, fitness, and health information online, however not all web sites offer reliable information. Check out the following internet sites to find information about general nutrition and health, the various food groups, and physical activity information, as well as resources geared towards children, parents, and communities.

## **GENERAL NUTRITION and HEALTH**

Harvard School of Public Health publishes an online nutrition news and resource center:

[www.hsph.harvard.edu/nutritionsource](http://www.hsph.harvard.edu/nutritionsource)

The Harvard Prevention Research Center on Nutrition and Physical Activity works with community partners to design, implement and evaluate programs that improve nutrition and physical activity, and reduce overweight and chronic disease risk among children and youth. The HPRC offers additional materials and resources that compliment this **Food & Fun** curriculum:

[www.hsph.harvard.edu/prc](http://www.hsph.harvard.edu/prc)

The Nemours Foundation's Center for Children's Health Media created KidsHealth to provide families with doctor-approved information that they can understand and use. Includes sites for parents, children and teenagers and provides a variety of health information, including nutrition and fitness topics.

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

Action for Healthy Kids offers state-by-state information and tips on how to make positive changes in children's habits to get them healthy.

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

The American Dietetic Association sponsors National Nutrition Month each March and offers up-to-date nutrition resources, including tips for parents and educators.

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

The United States Department of Agriculture (USDA) recently redesigned the Food Guide Pyramid and created an interactive web site that provides specific information on each food group, which can be tailored for individual needs:

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

To download a food guide pyramid poster on serving sizes:

[www.fns.usda.gov/tn/Resources/Nibbles/servingsize\\_poster.pdf](http://www.fns.usda.gov/tn/Resources/Nibbles/servingsize_poster.pdf)

## **FRUITS & VEGETABLES:**

The Produce for Better Health Foundation provides tips for eating a variety of colorful fruits and vegetables, nutritional information, and activity pages for children:

[www.5aday.com](http://www.5aday.com)

Dole produces a 5-a-day web site that has sections for teachers as well as children:

[www.dole5aday.com](http://www.dole5aday.com)

## **FAT:**

Trans free America is a campaign by the Center for Science in the Public Interest to eliminate trans fats from the food supply.

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

BanTransFats.com, Inc is a non-profit organization that has the goal of reducing and eliminating trans fats from all food products.

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

## **PHYSICAL ACTIVITY**

National Association for Sport and Physical Activity (NASPE) offers guidelines on activity for children and youth, and publishes curricula for in-school and out of school time.

[www.aapherd.org/naspe](http://www.aapherd.org/naspe)

President's Fitness Challenge inspires children (and adults) to get moving each day. Use the guidelines and log charts to create a challenge within your center, or enroll children in the challenge through the web site.

[www.presidentschallenge.org/home\\_kids.aspx](http://www.presidentschallenge.org/home_kids.aspx)

## **TELEVISION VIEWING**

The American Academy of Pediatrics published a position paper which recommends no more than 1 to 2 hours of quality programming per day. Information can be accessed at:

<http://aappolicy.aappublications.org/cgi/reprint/pediatrics;107/2/423.pdf>

TV Turn-Off Network is dedicated to promoting alternative forms of entertainment for children and adults. Each year, it hosts a TV Turn-Off week in April. For information and ideas visit:

[www.tvturnoff.org/index.html](http://www.tvturnoff.org/index.html)

## **NUTRITION POLICY**

The School Nutrition Association is a professional organization that offers tips for designing school wellness policies and promoting healthy meals, as well as recipes and educational resources.

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

The Food Research and Action Center (FRAC) works to improve public policies to eradicate hunger and undernutrition. It provides resources on connecting to federal food programs, including those that help fund nutrition snacks in after school programs.

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

The Center for Science in the Public Interest works with policy makers to improve food offered in schools and restaurants, and has a particular interest in removing soda from schools and foods with trans fats.

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

## **CHILDREN AND TEENS**

The Centers for Disease Control and Prevention sponsors several programs for 9-13 year olds (tweens):

VERB is a national, multicultural, social marketing campaign which encourages tweens to be active every day through its interactive web site:

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

The BAM! (Body and Mind) program provides tweens with information on various health topics, nutrition, and physical activity. This site includes an interactive survey to help youth identify activities that might fit their personalities and provides plenty of information to help children try new things.

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

The “Powerful Bones, Powerful Girls” campaign encourages pre-teen and teenage girls to get enough calcium for strong bones.

[www.cdc.gov/powerfulbones/](http://www.cdc.gov/powerfulbones/)

The Center for Science in the Public Interest produces “Smart Mouth”, an informative site created for older children and teens to find out neat facts about food and the food industry, including a meter scale that allows children or adults to see how many calories and fat they have in various meal combinations.

[www.cspinet.org/smartmouth/index1.html](http://www.cspinet.org/smartmouth/index1.html)

Nutrition Explorations, sponsored by the National Dairy Council, is an interactive site with activities, information, and cool recipes for kids.

[www.nutritionexplorations.org/kids/main.asp](http://www.nutritionexplorations.org/kids/main.asp)

The International Food Information Council (IFIC) Foundation developed ACTIVATE and the kidnetic web site to engage children and encourage healthy habits. This site also has a section for parents, and encourages parents and young teens to communicate via an email program with conversation starters.

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

## **PARENTS**

The Baylor College of Medicine houses the USDA/Agricultural Research Children’s Nutrition Research Center and provides a hub of information and up-to-date resources and articles on children’s nutrition and health.

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

As part of the VERB media campaign for 9 – 13 year olds, the Centers for Disease Control and Prevention provide materials for parents and educators.

[www.cdc.gov/youthcampaign/](http://www.cdc.gov/youthcampaign/)

Meals Matter is a web site that provides many healthy snack ideas:

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

Nutrition Explorations, sponsored by the National Dairy Council, offers activity and snack ideas for educators and parents:

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

## **MATERIALS**

Free coloring and activity pages plus other ideas for teaching children about fruits and vegetables, including self-assessment tracking sheets, from Produce for Better Health Foundation:

[www.pbhfoundation.org/educators/teachers/activities/](http://www.pbhfoundation.org/educators/teachers/activities/)

Free fruit and vegetable activity pages from Dole:

[www.dole5aday.com/Teachers/ClassroomResources/Activities/T\\_StudentActivitySheets.jsp](http://www.dole5aday.com/Teachers/ClassroomResources/Activities/T_StudentActivitySheets.jsp)

Neat Solutions offers free nutrition lesson plans, plus a comprehensive listing of nutrition education resources and books that can be ordered online.

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

Human Kinetics produces 2 musical CD's which play short tracks of fun music to move by and that work well for setting up obstacle course stations:

[www.humankinetics.com/products/showproduct.cfm?isbn=0736044493](http://www.humankinetics.com/products/showproduct.cfm?isbn=0736044493)

Fruit and vegetable activities and games from Yummy Designs, Inc (Bingo game is part of "Yummy Fruit and Vegetable Games" which sells for \$19.95).

[www.yummydesigns.com/games.htm](http://www.yummydesigns.com/games.htm)

## **COMMUNITY CONNECTIONS**

Action for Healthy Kids is a non-profit organization of state and community partners who work primarily through school systems to improve children's nutrition and increase physical activity with the goal of reducing childhood obesity. Links to state action teams are provided.

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

School Food Service Directors can partner with local programs, offer tips on meal or snack preparation, or help with taste tests and other promotions around food and nutrition. To connect to your state child nutrition and school meals organization and the USDA Team Nutrition program, go to:

<http://schoolmeals.nal.usda.gov/States/state.html>

Local farmers can bring life to a fruit or vegetable taste test. Connect with local farmer's markets through:

[www.ams.usda.gov/farmersmarkets/map.htm](http://www.ams.usda.gov/farmersmarkets/map.htm)

## **OTHER WAYS TO MAKE LOCAL CONNECTIONS**

In addition to the above websites that connect you to state or local organizations working to improve nutrition and health of young children and teens, you can make many great connections simply by flipping through the local phone book. Here are some folks to invite into your program:

- The School's food service director may work with you on special promotions or taste tests, especially if your after school program is held in a school building. Food service directors also receive a lot of promotional material in the mail and may be able to pass freebies onto you.
- Physical Education teachers can help run a fitness event or health fair, or they may allow programs to borrow or share physical education equipments.
- Community Dietitians work in local hospitals, schools, and in private practice. Look for someone who is a "Registered Dietitian". These nutrition experts may have additional nutrition lessons to share with children, or they may get involved with a health fair or nutrition program for families. Other places to call include the local WIC (Women, Infants and Children) nutrition program or cooperative extension program.
- Local chefs are often happy to share their knowledge and food preparation tips with local organizations, and some restaurants or grocery stores may donate food for taste tests (chefs may even prepare simple snacks with kids!).
- Fitness or yoga instructors can lead a special activity or partner with you to develop optional programming for children, such as a one-month yoga introduction or dance class.

## **FUN THEMES TO PROMOTE EACH MONTH**

For health-related observances, the National Health Information Center provides a comprehensive list along with links to sponsoring organizations.

[www.healthfinder.gov/library/nho/nho.asp#m1](http://www.healthfinder.gov/library/nho/nho.asp#m1)

For more unique food days, check out:

<http://library.thinkquest.org/2886/foo.htm>