Materials and Resources

Check out the Additional Resources folder on the *Smart Choices* CD-ROM for more tools!

Resources for the classroom:

- We are focusing on literacy across all curricula. If you work with **elementary school** students, flip through the *Eat Well and Keep Moving* Curriculum. *Eat Well & Keep Moving, 2nd Edition* is a complete curriculum that helps academic, physical education, and health education teachers guide upper elementary school students. Developed by educators and scientists at the Harvard School of Public Health, *Eat Well & Keep Moving, 2nd Edition*, is aligned with the Massachusetts Department of Education Curriculum Frameworks (learning standards) for health, language arts, math, science and technology, and history and social science. Looking for a lesson? Try Lesson 7, which offers a surprising look at sugar-sweetened beverages. *Eat Well and Keep Moving* messages include:

    1. Eat five or more servings of fruits and vegetables each day.
    2. Choose whole-grain foods and limit foods and beverages with added sugar.
    3. Choose healthy fat, limit saturated fat, and avoid trans fat.
    4. Eat a nutritious breakfast every morning.
    5. Be physically active every day for at least an hour per day.
    6. Limit TV and other screen time to no more than two hours per day.

- We are focusing on literacy across all curricula. If you work with **middle school** students, introduce the *Planet Health* Curriculum. *Planet Health 2nd Addition* is a complete curriculum that helps academic, physical education, and health education teachers guide middle school students. Developed by educators and scientists at the Harvard School of Public Health, *Planet Health, 2nd Edition*, is aligned with the Massachusetts Department of Education Curriculum Frameworks (learning standards) for health, language arts, math, science and technology, and history and social science. Looking for a lesson for science? Try Lesson 19, which offers a surprising look at sugar-sweetened beverages. *Planet Health* messages include:

    1. Be physically active every day.
    2. Limit your screen time to no more than two hours per day.
    3. Eat five or more servings of fruits and vegetables (combined) daily.
    4. Eat more whole grains, less added sugar.
    5. Eat foods low in saturated fat and containing no trans fat.

- If you work with **high school** students, you can try lessons from the *Planet Health* Curriculum. Alternatively, use activities from the resources listed on the following five pages.

Resources for an out-of-school time setting:

- If you work with **elementary school** students, use the *Food and Fun* Curriculum. *Food and Fun After School* (by the President and Fellows of Harvard College and YMCA of the USA) is a curriculum designed to develop healthy habits out of school time. Eleven teaching units help programs infuse healthy snacks and recipes, physically active games, and creative learning activities into regular program schedules. You can access materials from the web by going to: http://www.hsph.harvard.edu/research/prc/projects/food-fun/

- If you work with **middle** or **high school** students, try activities from the resources listed on the following five pages.

Other Health Education Resources

Check out the following websites for health education strategies and resources:

Topic	Grade Level	Resource	Website
Health Education	K-12	General Health Education	http://science.education.nih.gov/home2.nsf/Educational+Resources/Topics/Child+&+Teen+Health
Health Education	K-12	Education Development Center	http://edc.org/
Health Education	K-12	The Massachusetts Health Promotion Clearinghouse	http://www.maclearinghouse.com/
Nutrition	Pre-K - 2, 3-5, 6-8, 9-12	Health and Safety Quizzes and Tools Webpage provide links to numerous health and safety self-assessment quizzes and tools. Topics include antibiotics, birth defects and developmental disabilities, body weight, child and adolescent health, family history, heart disease, immunizations, injury and violence, nutrition, oral health, physical activity, pregnancy and reproductive health, water-related issues, women's health, and workplace safety and health (noise meter).	http://apps.nccd.cdc.gov/sher/
Nutrition	3-5, 6-8, 9-12	How Many Fruits and Vegetables Do You Need? FRUIT and Vegetable Calculator. Calculate the fruits and vegetables you need based on the calories for your age, sex, and activity level. This site also has helpful tips and photographs of 1/2 cup and 1 cup fruit and vegetable examples.	http://apps.nccd.cdc.gov/sher/
Nutrition	6-8, 9-12	Eat a Variety of Fruits and Vegetables Every Day – Publications. Brochures can be downloaded: How Many Fruits and Vegetables Do You Need, Three Simple Steps to Eating More Fruits and Vegetables, Choose Smart, Choose Healthy; How to Use Fruits and Vegetables to Manage Your Weight, etc.	http://apps.nccd.cdc.gov/sher/

Nutrition	3-5, 6-8	BAM! Body and Mind: Food and Nutrition. An interactive website where students learn to separate food fact from fiction. Includes recipes for quick, easy, tasty treats; a nutrition game; snack ideas; and how to pack a "power" lunch.	http://apps.nccd.cdc.gov/sher/
Nutrition	3-5, 6-8, 9-12	Fruits and Veggies Matter: Educational Materials. The Explore the World with Fruits and Vegetables campaign provides fun ideas for nutrition and education professionals to encourage schoolchildren and their parents to eat more fruits and vegetables by exploring new tastes provided by cuisines from around the world. Includes Leader's Guide, brochure, poster, interactive work sheets, and adult and kid recipe cards.	http://apps.nccd.cdc.gov/sher/
Nutrition	6-8, 9-12	The Basics of Folic Acid. Webpage provides information about the importance of folic acid consumption before and during pregnancy, answers commonly asked questions, and includes a Folic Acid Quiz.	http://apps.nccd.cdc.gov/sher/
Nutrition	3-5, 6-8, 9-12	How Many Fruits and Vegetables Do You Need? FRUIT and Vegetable Calculator. Calculate the fruit and vegetables you need based on the calories for your age, sex, and activity level. This site also has helpful tips and photographs of 1/2 cup and 1 cup fruit and vegetable examples.	http://apps.nccd.cdc.gov/sher/
Nutrition	9-12	School Nutrition Policy: Choose Your Own Adventure (Lesson). School nutrition policy lesson uses obesity research to help students develop a new nutritional policy to improve health, and then they investigate the outcome of the policy's implementation. Two hyperlinked PowerPoint presentations accompany the lesson: "Creating Public Policy" and "Choose Your Own Adventure" for dealing with school policy and adventure.	http://apps.nccd.cdc.gov/sher/
Nutrition	6-8, 9-12	Fruit and Vegetable Consumption Data and Statistics. Interactive website with state and national data related to average frequency of fruit and vegetable consumption per day.	http://apps.nccd.cdc.gov/sher/
Nutrition		Eat a Variety of Fruits and Vegetables Every Day: Questions and Answers (Q&As). Provides a list of Q&As about the national fruit and vegetable program – Fruits and Veggies Matter, the importance eating of fruits and vegetables everyday, recommendations, types of fruits and vegetables, and resources.	http://apps.nccd.cdc.gov/sher/
Nutrition		Nutrition Topics. Webpage provides links to Nutrition for Everyone, Healthy Weight, Breastfeeding, Fruit & Veggies Matter, Bone Health, Resources for Health Professionals, Folic Acid, Food Safety, and Healthy Youth Nutrition Topics.	http://apps.nccd.cdc.gov/sher/
Nutrition		Overweight & Obesity: Obesity Trends. Webpage provides links to information on obesity trends among adults, obesity trends among children and adolescents, and related resources.	http://apps.nccd.cdc.gov/sher/
Nutrition	3-5, 6-8	Powerful Bones. Powerful Girls.™ The National Bone Health Campaign. This girl-friendly Web site stresses the importance of weight-bearing physical activity and calcium can be a fun and important part of everyday life. Includes colorful graphics, games, quizzes, a dictionary, and profiles of 'tweens.	http://apps.nccd.cdc.gov/sher/
Nutrition	Pre-K - 2, 3-5, 6-8, 9-12	Fruit and Vegetable of the Month Calendar. Provides a calendar with photos and links to current and previous fruits and vegetables of the month!	http://apps.nccd.cdc.gov/sher/

Nutrition		Nutrition for Everyone: Healthy Weight. Provides information on: Understanding the Energy Equation, Getting the Most Nutrition out of Your Calories, Finding Your Balance between Food and Physical Activity, and related resources.	http://apps.nccd.cdc.gov/sher/
Nutrition		Nutrition for Everyone: Iron Deficiency. Provides information about risks of iron deficiency and age, consequences, and references, and link to Recommendations to Prevent and Control Iron Deficiency in the United States.	http://apps.nccd.cdc.gov/sher/
Nutrition		Nutrition and the Health of Young People. Fact sheet includes statistics on diet and disease, overweight among youth, prevalence of overweight among children and adolescents, and percent of children and adolescents who meet dietary guidelines.	http://apps.nccd.cdc.gov/sher/
Nutrition		Nutrition for Everyone. Web page on nutrition and the CDC's focus areas: Healthy Weight, Fruits and Vegetables, Bone Health and Iron Deficiency. The CDC has compiled a variety of nutrition resources with healthy eating Quick Tips and Resources for Everyone.	http://apps.nccd.cdc.gov/sher/
Nutrition		Nutrition for Everyone: Bone Health. Provides information and photos about peak bone mass, osteoporosis, calcium needs through the lifespan, weight-bearing physical activity, and selected resources.	http://apps.nccd.cdc.gov/sher/
Nutrition		BMI — Body Mass Index: About BMI for Adults. Provides questions and answers about adult BMI, including definition, use, other measures, calculations and interpretation, reliability, athletes and BMI, consequences of overweight and obesity, etc., and references.	http://apps.nccd.cdc.gov/sher/
Nutrition		Nutrition and Weight Resources. List of web-links for information on Healthy Weight, Nutrition, and Physical Activity Information, Related Growth Chart and BMI Resources, Tips to Promote Healthy Eating and Physical Activity for Children and Teens, and Tips for Adults on Achieving a Healthy Weight. National Health Education Standards: 1 Characteristics: G	http://apps.nccd.cdc.gov/sher/
Nutrition		Making It Happen! Fact Sheet. This fact sheet provides an overview of a national campaign to encourage school communities to improve the nutritional quality of foods and beverages offered and sold on school campuses outside of school meals. Lists six innovative approaches that can involve students and parents.	http://apps.nccd.cdc.gov/sher/
Physical Activity	6-8, 9-12	ViRT Team Guide: TFK Team Guide (supplement to Time for Kids). Provides instructions to students who want to create their own ViRT on the Verb™ It's What You Do website. ViRT is a virtual player that tweens energize by recording the time they spend being physically active.	http://apps.nccd.cdc.gov/sher/
Physical Activity		Physical Activity for Everyone: Trails for Health. Describes how physical activity is a key element of good health, how walking trails can be a fun place to be active, taking steps to be more active, and related resources.	http://apps.nccd.cdc.gov/sher/

Physical Activity	9-12	Health and Safety Quizzes and Tools. Webpage provides links to numerous health and safety self-assessment quizzes and tools. Topics include antibiotics, birth defects and developmental disabilities, body weight, child and adolescent health, family history, heart disease, immunizations, injury and violence, nutrition, oral health, physical activity, pregnancy and reproductive health, water-related issues, women's health, and workplace safety and health (noise meter).	http://apps.nccd.cdc.gov/sher/
Physical Activity		Physical Activity for Everyone: Other Resources. Provides a list of other resources on physical activity for adults, children and teens, and persons with disabilities.	http://apps.nccd.cdc.gov/sher/
Physical Activity		Physical Activity for Everyone: Recommendations. Provides answers & recommendations for: How active do adults need to be to gain some benefit? Are there special recommendations for young people? Are there special recommendations for older adults?	http://apps.nccd.cdc.gov/sher/
Physical Activity		Physical Activity for Everyone: The Importance of Physical Activity. Describes the importance of physical activity, and provides answers to why should I be active, and can everyone benefit from physical activity?	http://apps.nccd.cdc.gov/sher/
Physical Activity		Physical Activity for Everyone: Getting Started. Discusses the stages of change for physical activity, and when a medical evaluation is necessary.	http://apps.nccd.cdc.gov/sher/
Physical Activity		Physical Activity for Everyone: Making Physical Activity Part of Your Life. Provides: Tips for Being More Active, Risks to Being Active, Tips for Avoiding Activity-induced Injuries, and Overcoming Barriers to Physical Activity.	http://apps.nccd.cdc.gov/sher/
Physical Activity		Physical Activity for Everyone: Measuring Physical Activity Intensity. Describes how to measure physical activity intensity, including the Talk Test, Target Heart Rate and Estimated Maximum Heart Rate, Perceived Exertion (Borg Rating of Perceived Exertion Scale), Metabolic Equivalent (MET) Level, and examples of activities and their intensity levels.	http://apps.nccd.cdc.gov/sher/
Physical Activity		KidsWalk-to-School: Then and Now – Barriers and Solutions. This website explores the reported barriers to walking and bicycling to/from school, and offers potential solutions. KidsWalk-to-School is a community-based program to increase opportunities for daily physical activity by encouraging children to walk to and from school in groups accompanied by adults.	http://apps.nccd.cdc.gov/sher/
Physical Activity		Physical Activity and the Health of Young People. Documents benefits of regular physical activity, long-term consequences of physical inactivity, overweight among teens, and participation in physical activity and physical education by young people.	http://apps.nccd.cdc.gov/sher/
Physical Activity		Physical Activity for Everyone: Components of Physical Fitness. Discusses components: Cardiorespiratory endurance, Muscular strength, Muscular endurance, Body composition, and Flexibility.	http://apps.nccd.cdc.gov/sher/
Physical Activity	3-5, 6-8	Be Active. Tips for Kids with Type 2 Diabetes one page tip sheet encourages children to be physically active to lower blood sugar levels.	http://apps.nccd.cdc.gov/sher/
Physical Activity		Environmental Health: Physical Activity. Describes the benefits of physical activity and about aspects of the home, workplace, and community environments that influence a person's level of physical activity.	http://apps.nccd.cdc.gov/sher/

Physical Activity		KidsWalk-to-School. Website describes a community-based program to increase opportunities for daily physical activity by encouraging children to walk to and from school in groups accompanied by adults. Topics include Health Benefits, Pedestrian Safety, Barriers and Solutions and community promotion.	http://apps.nccd.cdc.gov/sher/
Physical Activity	3-5, 6-8	BAM! Body and Mind: Physical Activity. An interactive website where students learn about the importance of regular physical activity. Includes an Activity Calendar, Activity Cards, games, profiles of young people, and a quiz. Also includes webpages of other activities to give tweens information to make healthy lifestyle choices.	http://apps.nccd.cdc.gov/sher/
Physical Activity	3-5, 6-8	BAM! Body and Mind: Active Or Not, Here It Comes! Teacher's Guide to an investigative activity that helps students recognize that physical activity can take many forms beyond organized sports; includes pre-assessment questions, activity cards, quiz, and a tool for tweens to create a customized fitness and activity calendar.	http://apps.nccd.cdc.gov/sher/
Physical Activity	3-5, 6-8	BAM! Body and Mind: How Much is Enough? (Lesson Plan) Describes activities to help students develop short- and long-term physical activity plans. Students use standard graphing techniques to indicate changes over time, as well as visual depictions of data collected and subsequently analyzed.	http://apps.nccd.cdc.gov/sher/