

Nutrition Education Resources

California Healthy Kids Resource Center (CHKRC) - funded by the California Dept. of Education, all materials are free for a four-week loan. The only cost is postage to return the materials. Register online to be able to borrow materials and to receive information about new materials and trainings

<http://www.californiahealthykids.org/c/@fqLJ4MAtwNAvw/Pages/index.html>

Preschool

HeartPower! (American Heart Association) B free to print or borrow from CHKRC

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. Nutrition, physical activity, living tobacco-free, and knowing how the heart works all are vital in maintaining a healthy heart.

<http://www.americanheart.org/presenter.jhtml?identifier=3003357>

Elementary School

California Dairy Council curriculum B free to print, or borrow from CHKRC

Educates students on making healthier food and activity choices on a daily basis.

“Building a Healthy Me” – Kindergarten

“Healthy Choices, Healthy Me” – grades 1 & 2

“Nutrition Pathfinders” – grades 3-5

Also includes after school and free school assembly programs for K-6

http://www.dairycouncilofca.org/edu/edu_prog_main.htm

<http://www.hkresources.org/c/@3JctcJEaRfUQA/Pages/index.html> (California Healthy Kids)

HeartPower! (American Heart Association) B free to print, or borrow from CHKRC

Four subject kit for grades K-2 and 3-5 includes lesson on staying physically active for heart health.

Kit from CHKRC includes stethoscopes, readers and game show videotape.

<http://www.americanheart.org/presenter.jhtml?identifier=3003357>

<http://www.americanheart.org/presenter.jhtml?identifier=3003412> (specific physical activity lessons)

<http://www.hkresources.org/c/@3JctcJEaRfUQA/Pages/index.html> (California Healthy Kids)

JumpSTART (National Heart, Lung, and Blood Institute/National Recreation and Park Assoc.) B free to print

JumpSTART is a school-based program that offers teachers a series of fun, field-tested activities to promote active, healthy lifestyles for grades 3-5. The program suggests 10 specific activities that teachers can incorporate into existing curricula to involve the children in learning about the importance of physical activity and heart-healthy eating.

<http://www.nhlbi.nih.gov/health/prof/heart/other/jumpstrt.htm>

Kidnetic (International Food Information Council) B free to print

The *Leader's Guide* is a series of 13 healthy eating and physical activity lessons and activities based on the content from Kidnetic.com, for ages 9-12

<http://www.ific.org/kidnetic/>

Posters & Activity Kits (Team Nutrition of the USDA Food & Nutrition Svcs) B Free

<http://www.fns.usda.gov/tn/Resources/index.htm>

Worksheets & Incentives (Eat Smart, Play Hard! of the USDA Food & Nutrition Svcs.) B Free

<http://www.fns.usda.gov/eatsmartplayhard/home2.html>

Middle School

Exercise Your Options (California Dairy Council) B free to print, or borrow from CHKRC
Educates students 6-8 on making healthier food and activity choices on a daily basis.

http://www.dairycouncilofca.org/edu/edu_prog_main.htm

<http://www.hkresources.org/c/@3JctcJEaRfUQA/Pages/index.html> (California Healthy Kids)

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The Power of Choice (USDA Team Nutrition) B free to print, may be available at CHKRC

Ten lessons on physical activity & nutrition for middle schools, requiring little prep or other materials.

http://www.fns.usda.gov/tn/Resources/power_of_choice.html

<http://www.hkresources.org/c/@3JctcJEaRfUQA/Pages/index.html> (California Healthy Kids)

yourSELF (USDA Team Nutrition) B free to print some materials, borrow kit from CHKRC

Covers physical activity, body image, eating habits for grades 7 & 8. Complete kit includes video, workbook, posters, student magazine and reproducible masters.

<http://www.fns.usda.gov/tn/Resources/yourself.html>

<http://www.hkresources.org/c/@3JctcJEaRfUQA/Pages/index.html> (California Healthy Kids)

High School

JumpStart Teens (California Project LEAN) B free to print, or borrow from CHKRC

8 cross curricular lessons on nutrition, fitness and advocacy concepts

http://www.californiaprojectlean.org/views/Create_Healthier_People.asp

(click on JumpStart Teens under School & Youth Environments)

<http://www.hkresources.org/c/@3JctcJEaRfUQA/Pages/index.html> (California Healthy Kids)

Accompanying website aimed at teens: www.caprojectlean.org