

Additional Resources

In addition to the sites listed throughout this toolkit, check out some of these resources for nutrition and physical activity lesson plans and ideas.

- **Action for Healthy Kids**
This nationwide initiative is dedicated to improving the health and educational performance of children through better nutrition and physical activity in schools.
<http://www.actionforhealthykids.org>
- **Alliance for a Healthier Generation**
Alliance for a Healthier Generation's Healthy Schools initiative aims to increase healthy eating and exercise options within the schools.
<http://www.actionforhealthykids.org>
- **Best Bones Forever! Campaign**
Led by the Department of Health and Human Services' Office on Women's Health, this bone health campaign targets girls ages 9-14 and emphasizes friendship and fun. The site for girls has recipes for foods with calcium and ways to get active, and the site for parents has tools to help them make bone-healthy decisions for their families.
<http://www.bestbonesforever.gov> and
<http://www.bestbonesforever.gov/parents>.
- **Eat Smart. Play Hard.**
This initiative from the USDA Food and Nutrition Service is about encouraging and teaching kids and adults to eat healthy and be physically active every day. The site has areas for educators, parents and kids.
<http://www.fns.usda.gov/eatsmartplayhard>
- **Dietary Guidelines for Americans**
Dietary Guidelines for Americans is published jointly every five years by the Department of Health and Human Services (HHS) and the Department of Agriculture (USDA). The Guidelines provide authoritative advice for people two years and older about how good dietary habits can promote health and reduce risk for major chronic diseases.
<http://www.health.gov/dietaryguidelines>
- **Healthy Schools, Healthy Youth! Centers for Disease Control (CDC) Website**
This website includes a School Health Index assessment tool, data and statistics on childhood obesity, grant information, and tips on making positive changes at your school.
<http://www.cdc.gov/HealthyYouth>
- **MyPyramid Dietary Guidelines**
What is a healthy diet? Visit this site for some very helpful information!
<http://www.mypyramid.gov/guidelines>
- **MyPyramid Tracker Food Intake and Physical Activity**
An online dietary and physical activity assessment tool that provides information on your diet quality, physical activity status, related nutrition messages, and links to nutrient and physical activity information.
<http://www.mypyramidtracker.gov>
- **National Association of School Nurses**
The National Association of School Nurses supports the health and educational success of children by developing and providing leadership to advance school nursing practice by specialized registered nurses.
<http://www.nasn.org>
- **National Osteoporosis Foundation**
The National Osteoporosis Foundation (NOF) is the nation's leading voluntary health organization solely dedicated to osteoporosis and bone health.
<http://www.nof.org>
- **Safe Routes to School**
This website explains how to create safe routes to schools in your community, example programs, state contacts, as well as funding and training resources.
<http://www.saferoutesinfo.org>
- **Shape Up America!**
Contains tools to assess one's health, 50+ ways to get one's family more active, and tips for losing weight.
<http://www.shapeup.org>
- **Sunkist Kids**
Sunkist Kids site has a teacher and parent area with lesson plans and activities. For students, there are games and activities for ages 3-15.
<http://www.sunkist.com/kids>
- **TeensHealth.org: Food and Fitness**
This website, sponsored by the Nemours Foundation, is intended for teens and addresses topics related to dieting, nutrition basics, exercise, sports, problems with food and exercise, and other health topics.
http://www.kidshealth.org/teen/food_fitness