

The Los Angeles Fund for Public Education
 Nutrition Education Websites for Teachers
 November 2012

TEACHER RESOURCE LIST

ORGANIZATION/RESOURCE	DESCRIPTION	RESOURCE DETAILS
Body and Mind http://www.bam.gov	Department of Health and Human Services, Center for Disease Control and Prevention	
California Department of Education (CDE) www.cde.ca.gov	California Department of Education is the agency that sets policy for education in the state of California. State Superintendent of Schools – Tom Torlakson	Health Education Content Standards. Includes nutrition and physical activity standards in grades K, 2, 4, 5, 7, 9-12 www.cde.ca.gov/ci/he/he Curriculum Framework – Health www.cde.ca.gov/ci/he/cf
ChooseMyPlate.gov www.choosemyplate.gov http://twitter.com/myplate	United States Department of Agriculture food guidance system. Provides free resources for educators. United States Department of Agriculture food guidance system. Provides free resources for educators.	10 Tips Nutrition Education Series – printable materials for classroom use. Dietary Guidelines Consumer Brochures Tips for increasing physical activity Free downloadable lesson plans Provides daily quick, simple reminder to help people think about food choices to lead to healthier lifestyles.

<p>Dairy Council of California www.dairycouncilofca.org</p>	<p>The Dairy Council of CA has served as the dairy industry’s contribution to community health by providing balanced nutrition education programs and resources that improve eating habits.</p>	<p>Teacher certification program by participating in a 30-minute online teacher professional development</p> <p>Kids nutrition games available online – My Plate Match Game, Dairy Farm, Calcium Quiz</p> <p>TeenBEAT – Basic Exercise and Activity Tracker</p> <p>Educator Classroom Programs K-5, Middle School, High School</p> <p>Mobile Dairy Classroom Assemblies</p> <p>Online toolkit for parent education</p>
<p>Edible Schoolyard Project (ESYP) www.edibleschoolyard.org</p>	<p>The Edible Schoolyard Project was started by Chef Alice Waters (Chez Panisse Restaurant, Berkeley CA) to teach essential life skills and support academic learning.</p>	<p>Online resource center opened to all teachers to build and share a national food curriculum. Tools and ideas for integrating food into the academic classroom.</p> <p>ESY Project Blog</p> <p>What’s On Your Plate</p> <p>Conversation Starter Flashcards</p>
<p>got breakfast? Foundation www.gotbreakfast.org</p>	<p>The Foundation was launched in December 2005 to help end childhood hunger with a focus on increasing participation In the School Breakfast Program.</p>	<p>Provides tools to schools seeking to increase breakfast participation. Tools include:</p> <ul style="list-style-type: none"> • Posters • Parent letters • Awareness wristbands and buttons

<p>Kids Health in the Classroom http://www.kidshealth.org</p>	<p>KidsHealth in the Classroom offers educators free health-related lesson plans for all grades and subject areas. Each Teacher's Guide includes discussion questions, activities, and reproducible handouts and quizzes – all aligned to national health education standards.</p>	<p>Teacher's Guides:</p> <ul style="list-style-type: none"> • PreK-Grade 2 • Grades 3-5 • Grades 6-8 • Grades 9-12 <p>KidsHealth's Express – weekly newsletter updates about parents, kids and teens.</p> <p>Health-related games, movies, experiments, activities</p> <p>Recipes for kids</p>
<p>Marathon Kids http://www.marathonkids.org</p>		<p>Three main areas of focus:</p> <p>Running/Walking</p> <ul style="list-style-type: none"> • Children are challenged to run or walk 26.2 miles over six months. <p>Nutrition</p> <ul style="list-style-type: none"> • Children are encouraged to eat 5 servings of fruits and vegetables for at least 26.2 days of each month. Students keep a Marathon Kids Fuel Log. <p>Schoolyard Gardening</p> <ul style="list-style-type: none"> • Marathon Kids partners with local non-profit agencies to offer the resources and tools to begin a schoolyard garden.
<p>Nemours – A Children's Health System http://www.nemours.org/service/preventive/nhps/campaign.html</p>	<p>Began as a Delaware campaign to make children healthier.</p>	<p>5-2-1-Almost None Formula</p> <p>Interactive placemats</p> <p>Coloring Activity Sheets</p>

		<p>100 Healthy Habits</p> <p>Healthy Story Time Guide</p>
<p>Network for a Healthy California LAUSD (formerly the Nutrition Network) www.healthylaasd.net</p>	<p>The Network’s mission is to increase healthy eating and physical activity among pre-K through 12th grade students. Funded by the United States Department of Agriculture and CalFresh, the Network currently offers resources to more than</p>	<p>Provides information for teachers, parents and students Materials include:</p> <ul style="list-style-type: none"> • Harvest of the Month Newsletter explores California fruits and vegetables. Includes nutrition facts, recipes, student activities • Harvest of the Month food videos • Placemats, book marks
<p>Network for a Healthy California Champions for Change http://www.cachampionsforchange.cdph.ca.gov/en/index.php</p>	<p>Champions for Change are people who are using their power to help their families prevent serious health problems including obesity, type 2 diabetes, high blood pressure, stroke and certain types of cancer.</p>	<ul style="list-style-type: none"> • Champion Moms – Real Moms • offering tips • Recipes • Tips for good health • Links to organizations that provide resources and information about childhood health
<p>School Nutrition Association www.schoolnutrition.org/</p>	<p>The School Nutrition Association (SNA) is a national, nonprofit professional organization representing more than 53,000 members. Recognized as an authority on school nutrition, the SNA has been advancing the availability of school nutrition programs since 1946</p>	<p>Includes nutrition education resources such a children’s book with nutrition messages, bridges to wellness lesson plans, and links to other orgs and resources.</p> <p>Free membership provides opportunities to take advantage of all educational, professional development and networking opportunities.</p>

SCHOOL GARDENS RESOURCE LIST

ORGANIZATION/RESOURCE	DESCRIPTION	RESOURCE DETAILS
<p>California School Garden Network http://csgn.org</p>	<p>Create and sustain California school gardens to enhance:</p> <ul style="list-style-type: none"> • Academic achievement • A healthy lifestyle • Environmental stewardship • Community and social development 	<p>Garden Support Resources</p> <ul style="list-style-type: none"> • Resources for creating and sustaining your school garden <p>One bite lessons</p> <ul style="list-style-type: none"> • Easy edible garden activities to share and learn ways to get kids to sample veggies in the garden <p>Making the Garden to Cafeteria Connection</p> <ul style="list-style-type: none"> • Resources and policy to make the connections <p>Links to lessons and and curricula</p>
<p>Enrich LA http://enrichla.org</p>	<p>An environmental non-profit focused on adding edible school gardens to public schools.</p>	<p>Works with schools in LAUSD that would like to build or renovate gardens.</p> <p>Provides “Home and Garden Economics” program to any school with a garden.</p> <p>To get more information about starting a garden at your school contact Tomas O’Grady at (323) 387-3866</p>
<p>LAUSD School Greening Project http://www.laschools.org/new-site/green-spaces/</p>	<p>Program to facilitate the implementation of greening projects in LAUSD and provide members of the LAUSD community with the information and tools needed to successfully plan, implement and maintain green spaces in LAUSD</p>	<p>For more information contact Tracy Bartley at (213) 241-6467</p>