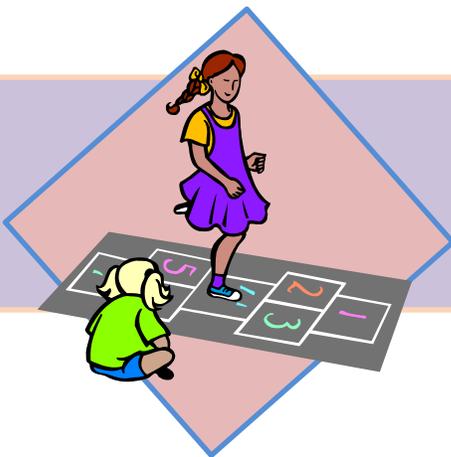
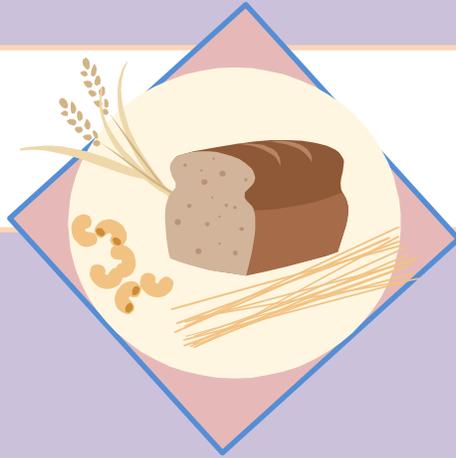


# Resource Guide

Compiled Resources for Nutrition and Physical Education



Compiled by Jaquelyn Lageschulte, CACFP Intern



## **Nutrition Education Resources:**

How to develop an activity and teach children about nutrition:

<http://www.nfsmi.org/documentlibraryfiles/PDF/20100922093456.pdf>

List of books for reference:

[http://www.nal.usda.gov/fnic/pubs/fun\\_preschool.pdf](http://www.nal.usda.gov/fnic/pubs/fun_preschool.pdf)

A directory that shows regulations each state has to make sure each child has nutritious meals:

<http://healthymeals.nal.usda.gov/state-sharing-center-0>

Describes what the Child Care Food Program Wellness Tool Kit is and what it is used for:

<http://frac.org/federal-foodnutrition-programs/child-and-adult-care-program/child-care-wellness-plans-and-policies/>

Education on how to have children live healthy lives:

<http://hpdp.unc.edu/training/center-trt/>

Tips on how to maintain a healthy diet:

<http://www.eatright.org/>

Provides information on how to eat a healthy diet:

<http://www.healthyeating.org/>

Education on what is considered a whole grain, what it does for you, and different recipes:

<http://wholegrainscouncil.org/>

Website dedicated to apples and how they are healthy:

<http://www.bestapples.com/healthy/index.aspx>

Education about potatoes:

<http://nationalpotatocouncil.org/>

Education on why beans are healthy and provides recipes using beans:

<http://www.usdrybeans.com/>

Information about the “Farm to Preschool” program which promotes using food from local farmers and letting the kids do gardening:

<http://www.farmtopreschool.org/home.html>

Facts about fruits and vegetables, recipes, and information on what fruits and vegetables are in season:

<http://www.fruitsandveggiesmorematters.org/>

Education about giving your baby juice and water:

<http://www.healthychildren.org/English/ages-stages/baby/feeding-nutrition/pages/Water-Juice.aspx>

How to use non-food rewards and punishments:

<http://healthykidshealthyfuture.org/content/dam/hkhf/filebox/naccrra/newnaccrra/alternatives.pdf>

Education on how to help children maintain a healthy weight, information about programs providing nutritious meals, and what a nutrition assessment measures:

<http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/health/center/nutrition/nutrition.html>

Book on how to have children try new foods:

<http://www.fns.usda.gov/tn/two-bite-club>

Lesson plans that promote nutrition education:

<http://www.floridahealth.gov/programs-and-services/childrens-health/child-care-food-program/nutrition/preschool-lesson-plans.html>

## **Physical Education/Activity Resources:**

Tips on how children can become active:

<http://healthykidshealthyfuture.org/content/hkhf/home/activities.html>

Education on physical activity:

<http://www.nemours.org/content/dam/nemours/www/filebox/service/preventive/nhps/pageuide2010.pdf>



Tips and education on how children can stay active:

<http://www.choosemyplate.gov/preschoolers/physical-activity/HealthyTipsforActivePlay.pdf>

Education and ideas on how to keep a toddler physically active:

<http://www.illinoisearlylearning.org/tipsheets/fitness.pdf>

Examples of activities for each age group:

<http://www.dhs.wisconsin.gov/publications/P0/P00280.pdf>

Tips on how to develop healthy habits:

<http://classroom.kidshealth.org/index.jsp?Grade=cc&Section=hhfl>

List of books for reference:

[http://www.nal.usda.gov/fnic/pubs/fun\\_preschool.pdf](http://www.nal.usda.gov/fnic/pubs/fun_preschool.pdf)

How to get toddlers active:

<http://www.naeyc.org/files/yc/file/200605/ParishBTJ.pdf>



What to do if a child does not want to play sports:

[http://kidshealth.org/parent/nutrition\\_center/staying\\_fit/hate\\_sports.html#](http://kidshealth.org/parent/nutrition_center/staying_fit/hate_sports.html#)

Describes what the Child Care Food Program Wellness Tool Kit is and what it is used for:

<http://frac.org/federal-foodnutrition-programs/child-and-adult-care-program/child-care-wellness-plans-and-policies/>

Education on how to have children live healthy lives:

<http://hdpd.unc.edu/training/center-trt/>

Article about the recommendations for physical activity at a child care facility:

<http://pediatrics.aappublications.org/content/124/6/1650.full.pdf>

Active play ideas each child group can do and tips on how to stay warm during active play outside in the winter:

[http://ucsfchildcarehealth.org/pdfs/healthandsafety/actoutdooren060604\\_adr.pdf](http://ucsfchildcarehealth.org/pdfs/healthandsafety/actoutdooren060604_adr.pdf)

Education on active play outside:

[http://www.neefusa.org/health/children\\_nature.htm](http://www.neefusa.org/health/children_nature.htm)

Education on how much active play a preschooler needs:

<http://www.choosemyplate.gov/preschoolers/physical-activity/how-much.html>

Education on why active play is important, the types of active play, how to encourage play time, and safety tips:

[http://www.ucsfchildcarehealth.org/pdfs/healthandsafety/valueplayen\\_adr.pdf](http://www.ucsfchildcarehealth.org/pdfs/healthandsafety/valueplayen_adr.pdf)

Contains information about certain programs such as I Am Moving, I Am Learning; Let's Move!; and Little Voices for Healthy Choices:

<http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/health/center/healthy-active-living/healthy-active-living.html>

Lesson plans that promote physical education:

<http://www.floridahealth.gov/programs-and-services/childrens-health/child-care-food-program/nutrition/preschool-lesson-plans.html>

How to get children involved in physical activity:

[http://www.naeyc.org/files/tyc/file/V4N3/Increasing\\_Childrens\\_Physical\\_Activity.pdf](http://www.naeyc.org/files/tyc/file/V4N3/Increasing_Childrens_Physical_Activity.pdf)

Ideas for indoor activities:

<http://www.choosemyplate.gov/preschoolers/physical-activity/indoor.html>

### **Adult Education Resources:**

Includes nutrition articles about kids helping in the kitchen, why breakfast is important, how to develop healthy habits, healthy recipes, and how to read food labels:

[http://kidshealth.org/parent/nutrition\\_center/](http://kidshealth.org/parent/nutrition_center/)

Resources and education on how to get your family started with a healthy lifestyle:

<http://ihcw.aap.org/Pages/default.aspx>

Programs that help increase your knowledge about the benefits of gardening, teach you how to eat more fruits and vegetables, and how to plan meals for the family:

<http://fsnep.ucdavis.edu/curriculum/Adult%20Materials>

Contains various resources for older adults that provide information about foods that can increase memory, increase fiber intake, help with the heart, and increase eye health:

<http://www.eatright.org/Public/list.aspx?TaxID=6442452015&page=1>

Education on how to maintain a healthy diet while on a limited budget (Food stamps, low income):

<http://ucanr.edu/sites/fresnonutrition/Adult/>

Education on how to eat healthy from each food group, how to use the food labels to your advantage, and how many calories you should intake:

<http://www.health.gov/dietaryguidelines/dga2005/toolkit/olderadults/OAbrochure.htm>

Includes various resources on how to eat healthy, how to choose meals while eating out, information about portion sizes, and how to shop for food:

<http://www.nlm.nih.gov/medlineplus/nutritionforseniors.html>

