Improving the School Nutrition Environment

School Nutrition Resources

Food and Nutrition Services: The Minnesota Department of Education's Food and Nutrition Services has a variety of tools and resources to assist schools in improving the school nutrition environment and assisting schools with implementation and evaluation of local wellness policies. http://education.state.mn.us/MDE/StuSuc/Nutr/Nutr/index.html

USDA Team Nutrition: Team Nutrition is an initiative of the USDA Food and Nutrition Service to support the Child Nutrition Programs through technical assistance for foodservice, nutrition education for students and their caregivers, and school and community support for healthy eating and physical activity. http://www.fns.usda.gov/tn/

Let's Move: National initiative to address obesity. Sign up for newsletters and access a toolkit for teachers on ways to create a healthier school.
http://www.letsmove.gov/sites/letsmove.gov/files/TeacherToolkit.pdf

Guide to Nutrition and Health Information on Government Websites: A variety of resources and tools on nutrition. www.nutrition.gov

Curriculum

California Project Lean: Resources that address children and teens, including brochures, tip sheets, recipes, lesson plans for use with high school students. www.californiaprojectlean.org

CATCH (Coordinated Approach to Child Health): Elementary classroom health curriculum to support healthy eating and being active. http://catchinfo.org

Eat Smart. Play Hard: A national nutrition education and promotion campaign designed by USDA to convey science-based, behavior-focused, and motivational messages about healthy eating and physical activity. www.fns.usda.gov/eatsmartplayhard/

5 A Day Power Plus: Classroom lessons, home activities, and school food changes to increase fruit and vegetable consumption for 4th and 5th graders.
http://rtips.cancer.gov/rtips/rtips_search.do?topicid=9&choice=default&ef

MyPyramid for Kids: Materials to help grades 1st – 6th students learn the MyPyramid food system. www.teamnutrition.usda.gov/resources/mypyramidclassroom.html

ChooseMyPlate Practical information and tips for building healthier eating.
http://www.choosemyplate.gov/

Planet Health: Geared to 6th - 8th grade, this interdisciplinary curriculum infuses dietary and physical activity lessons into language arts, science, math, social studies and PE classes. http://www.humankinetics.com/products/all-products/planet-health-2nd-edition?isbn=0736069186

Students

Kidnetic: Created for kids (ages 9–12) and parents. It provides parents with information about healthy living and kids with peer-tested activities to learn more about healthy eating and staying active. www.kidnetic.com

Kids Health: Investigate the Food Guide Pyramid and food labels, as well as the latest facts about eating disorders and sports nutrition on this very cool site. www.kidshealth.org/kid/

Nutrition on the Web: Site on nutrition for teens created by teens, including information and interactive activities in English, Spanish and German. http://library.thinkquest.org/10991/

Smart-Mouth: Designed to teach kids that healthy eating can be fun. Games teach kids, their parents and teachers how to eat well and resist the food industry's marketing campaigns. http://Smart-Mouth.org