

# Nutrition & Physical Activity

## Web Site Resources

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It is easy to find nutrition, fitness, and health information online, however not all web sites offer reliable information. Check out the following internet sites to find information about general nutrition and health, the various food groups, and physical activity information, as well as resources geared towards children, parents, and communities.



### General Nutrition and Health

Food & Fun After School has an interactive website, where you can download materials for free:  
[www.foodandfun.org](http://www.foodandfun.org)

Harvard School of Public Health publishes an online nutrition news and resource center:  
[www.hsph.harvard.edu/nutritionsource/](http://www.hsph.harvard.edu/nutritionsource/)

The Harvard School of Public Health Prevention Research Center on Nutrition and Physical Activity works with community partners to design, implement and evaluate programs that improve nutrition and physical activity, and reduce overweight and chronic disease risk among children and youth. The Harvard School of Public Health Prevention Research Center offers additional materials and resources on nutrition and physical activity:

[www.hsph.harvard.edu/prc/](http://www.hsph.harvard.edu/prc/)

Let's Move is First Lady Michelle Obama's initiative to provide parents with the support they need to make healthy family choices, provide healthier school foods, help kids to be more physically active, and make healthy, affordable food available in every part of the U.S.

[www.letsmove.gov/index.html](http://www.letsmove.gov/index.html)

Alliance for a Healthier Generation is a joint venture between the American Heart Association and the Clinton Foundation with a mission to reduce the nationwide prevalence of childhood obesity by 2015 and to empower kids nationwide to make healthy lifestyle choices.

[www.healthiergeneration.org](http://www.healthiergeneration.org)

Action for Healthy Kids is a nonprofit and volunteer network fighting childhood obesity and undernourishment by working with schools to help kids learn to eat right, be active every day and be ready to learn. Their website includes tools and fact sheets about childhood obesity, nutrition and physical activity.

[www.actionforhealthykids.org/](http://www.actionforhealthykids.org/)

The Nemours Foundation's Center for Children's Health Media created KidsHealth to provide families with doctor-approved information that they can understand and use. Includes sites for parents, children, and teenagers and provides a variety of health information, including nutrition and fitness topics. Available in English and Spanish.

[www.kidshealth.org](http://www.kidshealth.org)

[www.kidshealth.org/parent/en\\_espanol/esp\\_land\\_pg/spanish\\_landing\\_page.html](http://www.kidshealth.org/parent/en_espanol/esp_land_pg/spanish_landing_page.html)

Ways to Enhance Children's Activity & Nutrition (We Can!) provides families and communities with helpful resources to help prevent childhood overweight.

[www.nhlbi.nih.gov/health/public/heart/obesity/wecan/](http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/)

The United States Department of Agriculture (USDA) has an interactive website that provides information about the MyPlate food guidance system with specific information on each food group, which can be tailored for individual needs.

[www.choosemyplate.gov/](http://www.choosemyplate.gov/)

CDC Healthy Youth contains statistics, science-based intervention strategies, policy guidelines, and information on local and national programs for a range of health topics (including nutrition and physical activity) that impact children and adolescents.

[www.cdc.gov/healthyyouth/index.htm](http://www.cdc.gov/healthyyouth/index.htm)

Neat Solutions offers free nutrition lesson plans, plus a comprehensive listing of nutrition education resources and children's books.

[www.neatsolutions.com/](http://www.neatsolutions.com/)

Planning healthy celebrations can be challenging. Foodplay offers some great suggestions for tasty and nutritious celebrations throughout the year:

[www.foodplay.com/downloads/FreeMaterials/Teachers/celebration\\_guide.pdf](http://www.foodplay.com/downloads/FreeMaterials/Teachers/celebration_guide.pdf)

## Fruits and Vegetables

The Produce for Better Health Foundation provides tips for eating a variety of colorful fruits and vegetables, nutritional information, as well as ideas about planning, shopping and cooking meals and snacks packed with fruits and vegetables.

[www.fruitsandveggiesmorematters.org/](http://www.fruitsandveggiesmorematters.org/)

Dole produces a website that has a section for educators with lesson plans and activities about fruits and vegetables:

[www.dole.com/SuperKids/Educators/tabid/744/Default.aspx](http://www.dole.com/SuperKids/Educators/tabid/744/Default.aspx)

The Centers for Disease Control (CDC) has a website dedicated to information about fruits and vegetables. It includes recipes, budgeting tips, and guides to healthy meals.

[www.fruitsandveggiesmatter.gov/](http://www.fruitsandveggiesmatter.gov/)

## Fat

Trans free America is a campaign by the Center for Science in the Public Interest to eliminate trans fats from the food supply.

<http://www.cspinet.org/transfat/>

BanTransFats.com, Inc is a non-profit organization that has the goal of reducing and eliminating trans fats from all food products.

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

## Whole Grains

The Whole Grain Council is an educational program helping consumers achieve better health by increasing their consumption of quick, easy, and delicious whole grains. Their website includes information on the health benefits of whole grains. Although their Whole Grain Stamp helps consumers spot foods containing at least 8g of whole grains, these products may still contain a lot of sugar! Some materials are also available in Spanish.

<http://wholegrainscouncil.org/>

<http://wholegrainscouncil.org/resources/recursos-en-espa-ol>

## Healthy Hydration

The Department of Nutrition at Harvard provides tips and information on making healthy beverage choices.

[www.hsph.harvard.edu/nutritionsource/healthy-drinks](http://www.hsph.harvard.edu/nutritionsource/healthy-drinks)

The Center for Weight & Health at U.C. Berkeley provides answers to frequently asked questions about sports drinks.

[www.cwh.berkeley.edu/sites/default/files/primary\\_pdfs/CWH\\_Sports\\_Drinks\\_FAQ\\_Sheet\\_English\\_Spanish\\_7.07.pdf](http://www.cwh.berkeley.edu/sites/default/files/primary_pdfs/CWH_Sports_Drinks_FAQ_Sheet_English_Spanish_7.07.pdf)

BANPAC offers curriculum materials and campaign tools in English and Spanish for a “Soda-Free Summer.”

[www.banpac.org/resources\\_sugar\\_savvy.htm](http://www.banpac.org/resources_sugar_savvy.htm)

National Institute of Child Health & Human Development. Milk Matters Materials and Publications in English and Spanish. Materials geared towards increasing calcium consumption by children and teens.

[www.nichd.nih.gov/publications/pubskey.cfm?from=milk](http://www.nichd.nih.gov/publications/pubskey.cfm?from=milk)

The National Environmental Services Center website has links to a variety of lessons and educational materials, both about drinking water and water as a resource — great if you’re looking for a chance to integrate some science lessons into your program.

[www.nesc.wvu.edu/educators.cfm](http://www.nesc.wvu.edu/educators.cfm)

The Environmental Protection Agency’s annual water quality report provides information on water safety in every state, including information on fluoridation.

[www.epa.gov/safewater/ccr/whereyoulive.html](http://www.epa.gov/safewater/ccr/whereyoulive.html)

## Physical Activity

The Physical Activity Guidelines for Americans describe the types and amounts of physical activity that offer substantial health benefits to children and adults.

[www.health.gov/paguidelines/](http://www.health.gov/paguidelines/)

National Association for Sport and Physical Activity (NASPE) offers guidelines on activity for children and publishes curricula for in-school and out-of-school time.

[www.aahperd.org/Naspe/](http://www.aahperd.org/Naspe/)

President's Fitness Challenge inspires children (and adults) to get moving each day. Use the guidelines and log charts to create a challenge within your center, or enroll children in the challenge through the web site.

[www.presidentschallenge.org/home\\_kids.aspx](http://www.presidentschallenge.org/home_kids.aspx)

The CANFIT Physical Activity Pyramid is a fun, colorful guide to different types of physical activities kids can enjoy after school.

[www.canfit.org/pdf/PAPyramid4AS.pdf](http://www.canfit.org/pdf/PAPyramid4AS.pdf)

## Screentime

CommonSense Media provides parent education and advice about children's media consumption. Their junk food advertising page has great tips for limiting exposure to harmful marketing for kids of all ages. Materials in Spanish are also available.

[www.common sense media.org/Junk-Food-Ads-Tips](http://www.common sense media.org/Junk-Food-Ads-Tips)

[www.common sense media.org/sites/default/files/CSM\\_Tip\\_SP\\_JunkFood.pdf](http://www.common sense media.org/sites/default/files/CSM_Tip_SP_JunkFood.pdf)

Ways to Enhance Children's Activity & Nutrition (We Can!) provides families and communities with helpful resources to reduce screentime and stay healthy.

[www.nhlbi.nih.gov/health/public/heart/obesity/wecan/live-it/screen-time.htm](http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/live-it/screen-time.htm)

The Media Awareness Network and the Media Literacy Clearinghouse aim to help empower kids to understand how media and advertising target them.

[www.media-awareness.ca/english/teachers/index.cfm](http://www.media-awareness.ca/english/teachers/index.cfm)

[www.frankwbaker.com/advertising2.htm](http://www.frankwbaker.com/advertising2.htm)

The American Academy of Pediatrics published a position paper which recommends no more than 1 to 2 hours of quality programming per day.

<http://aappolicy.aappublications.org/cgi/reprint/pediatrics;107/2/423.pdf>

Media-Smart Youth: Eat, Think, and Be Active! is an interactive education program designed to help teach kids about the media world around them. It helps youth to think about the connections between media and their health.

[www.nichd.nih.gov/msy/](http://www.nichd.nih.gov/msy/)

## Nutrition and Physical Activity Policy

The CDC's Division of Nutrition, Physical Activity and Obesity includes links to policy resources for professionals working in the physical activity, nutrition and obesity arenas.

[www.cdc.gov/nccdphp/dnpao/policy/index.html](http://www.cdc.gov/nccdphp/dnpao/policy/index.html)

The School Nutrition Association is a professional organization that offers tips for designing school wellness policies and promoting healthy meals, as well as recipes and educational resources.

[www.schoolnutrition.org/](http://www.schoolnutrition.org/)

The Food Research and Action Center (FRAC) works to improve public policies to eradicate hunger and under-nutrition. It provides resources on connecting to federal food programs, including those that help fund nutrition snacks in after school programs.

[www.frac.org/](http://www.frac.org/)

The Center for Science in the Public Interest works with policy makers to improve food offered in schools and restaurants, and has a particular interest in removing soda from schools and foods with trans fats.

[www.cspinet.org/](http://www.cspinet.org/)

AAHPERD Legislative Action Center provides information and resources on the health, physical activity, dance, and sport issues being debated on Capitol Hill.

[www.member.aahperd.org/advocacy/](http://www.member.aahperd.org/advocacy/)

## Children and Teens

The BAM! (Body and Mind) program provides tweens with information on various health topics, nutrition, and physical activity. Children can use an interactive survey to help them identify activities that might fit their personalities, and find detailed descriptions, including the necessary gear and how to play so that children may try new things.

[www.bam.gov](http://www.bam.gov)

KidsHealth also has a website especially for kids in English and Spanish.

[www.kidshealth.org/kid/index.jsp?tracking=K\\_Home](http://www.kidshealth.org/kid/index.jsp?tracking=K_Home)

[www.kidshealth.org/kid/en\\_espanol/esp\\_land\\_pg/spanish\\_landing\\_page.html](http://www.kidshealth.org/kid/en_espanol/esp_land_pg/spanish_landing_page.html)

The Produce for Better Health Foundation has a fun interactive website designed just for kids! It includes recipes, games, activities and more!

[www.foodchamps.org/](http://www.foodchamps.org/)

The Division of Adolescent and Young Adult Medicine at Children's Hospital Boston produces the Young Men's and Women's Health websites to provide carefully researched health information to teens. Each has a section on nutrition and fitness.

[www.youngwomenshealth.org/nutrition\\_menu.html](http://www.youngwomenshealth.org/nutrition_menu.html)

[www.youngmenshealthsite.org/menu\\_nutrition.html](http://www.youngmenshealthsite.org/menu_nutrition.html)

Nutrition Explorations, sponsored by the National Dairy Council, is an interactive site with activities, information, and cool recipes for kids.

[www.nutritionexplorations.org/kids/main.asp](http://www.nutritionexplorations.org/kids/main.asp)

Choosemyplate.gov has a page of activities and materials for kids ages 6 to 11. It includes The MyPlate Blast Off Game as well as kids' posters.

<http://www.choosemyplate.gov/children-over-five.html>

The Center for Science in the Public Interest produces "Smart Mouth", a site created for older children to find out fun facts about food and the food industry. It includes a scale that allows people to see how many calories and fat are in various fast food meals.

[www.cspinet.org/smartmouth/index1.html](http://www.cspinet.org/smartmouth/index1.html)

The International Food Information Council (IFIC) Foundation developed ACTIVATE and the kidnetic website to encourage healthy habits with games and fun activities.

[www.kidnetic.com/](http://www.kidnetic.com/)

The "Best Bones Forever" campaign encourages pre-teen and teenage girls to be active and get enough calcium and vitamin D for strong bones.

[www.bestbonesforever.gov/](http://www.bestbonesforever.gov/)

## Parents

The Y understands that health begins at home, and they support families in their efforts to build the five pillars that support a healthy family home. Learn more about Healthy Family Home at:

[www.ymca.net/healthy-family-home/](http://www.ymca.net/healthy-family-home/)

The Alliance for a Healthier Generation has a special "At Home" parent section.

[www.healthiergeneration.org/parents.aspx](http://www.healthiergeneration.org/parents.aspx)

Ways to Enhance Children's Activity & Nutrition (We Can!) provides families and communities with helpful resources to help prevent childhood overweight.

[www.nhlbi.nih.gov/health/public/heart/obesity/wecan/](http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/)

The parents' pages on KidsHealth provide families with doctor-approved information on nutrition and fitness that they can understand and use. Materials are also available in Spanish:

<http://kidshealth.org/parent/>

[http://kidshealth.org/parent/en\\_espanol/esp\\_land\\_pg/spanish\\_landing\\_page.html](http://kidshealth.org/parent/en_espanol/esp_land_pg/spanish_landing_page.html)

VERB is a national, multicultural, social marketing campaign which encourages tweens to be active every day. For information about the VERB campaign, which includes materials for parents, go to:

[www.cdc.gov/youthcampaign/](http://www.cdc.gov/youthcampaign/)

Meals Matter is a website that promotes healthy food choices and strives to assist the family meal preparer in making healthy meal planning decisions. The site is also available in Spanish:

[www.mealsmatter.org/](http://www.mealsmatter.org/)

[www.mealsmatter.org/En-Espanol/](http://www.mealsmatter.org/En-Espanol/)

Nutrition Explorations, sponsored by the National Dairy Council, offers activity and snack ideas for educators and parents:

[www.nutritionexplorations.org](http://www.nutritionexplorations.org)

The Division of Adolescent and Young Adult Medicine at Children’s Hospital Boston have a special section of their website on nutrition information for parents of teens.

[www.youngwomenshealth.org/nutrition\\_parent.html](http://www.youngwomenshealth.org/nutrition_parent.html)

## Working with Diverse Communities

CANFIT helps to bridge the gap between scientific research and on the ground best practices by providing professional development and translated theory and cutting edge research. The organization promotes youth involvement in the planning, implementation and evaluation of projects. CANFIT primarily focuses on low income, African-American, American Indian, Latino/Hispanic, Asian American and Pacific Islander adolescents. Many of these historically underserved populations have limited access to affordable, healthy foods and safe places for physical activity.

[www.canfit.org/](http://www.canfit.org/)

The National Alliance for Hispanic Health has developed a website containing fact sheets, in English and Spanish, covering health topics of special concern to Hispanic Americans.

[www.hispanichealth.org/resource/healthfact.aspx](http://www.hispanichealth.org/resource/healthfact.aspx)

The Latino Nutrition Coalition (LNC) is an Oldways’ educational program inspiring Latinos to improve and maintain their health through traditional foods and active lifestyles. The LNC creates practical, culturally-aware materials in English and Spanish that help Latinos combine the best of their healthy food traditions with the realities of modern American life. (Site is available in English and Spanish)

<http://latinonutrition.org/>

The Network for a Healthy California –African American Campaign is designed to improve the health of the low-income African American community by providing education, advocacy, and policy development about healthy eating and physical activity and empowering them with positive strategies for creating healthier communities.

[www.cdph.ca.gov/programs/CPNS/Pages/AfricanAmericanCampaign.aspx](http://www.cdph.ca.gov/programs/CPNS/Pages/AfricanAmericanCampaign.aspx)

The “Reshaping Our Communities, Reclaiming Our Health” report, drafted by The Congressional Black Caucus Foundation and Leadership for Healthy Communities, identifies potential solutions for reducing overweight and obesity in the African-American community.

[www.leadershipforhealthycommunities.org/images/stories/lhc\\_aa\\_strategies\\_doc\\_for\\_the\\_web1.pdf](http://www.leadershipforhealthycommunities.org/images/stories/lhc_aa_strategies_doc_for_the_web1.pdf)

The Department of Health and Human Services, in collaboration with SAMHSA and Indian Health Services developed an American Indian and Alaskan Native Culture Card intended to serve as a general briefing to enhance cultural competence while providing health services to American Indian and Alaskan Native communities.

[http://download.ncadi.samhsa.gov/ken/pdf/SMA08-4354/CultureCard\\_AI-AN.pdf](http://download.ncadi.samhsa.gov/ken/pdf/SMA08-4354/CultureCard_AI-AN.pdf)

## Materials

The Produce for Better Health Foundation provides educators with several worksheet options that can be used to help children monitor their fruit and vegetable intake.

[www.pbhfoundation.org/educators/teachers/activities/tracking.php](http://www.pbhfoundation.org/educators/teachers/activities/tracking.php)

United States Department of Agriculture, Food and Nutrition Service. Eat Smart Play Hard Materials include bookmarks, activity sheets, and posters in English and Spanish.

<http://teamn nutrition.usda.gov/Resources/eatsmartmaterials.html>

## Community Connections

Action for Healthy Kids is a nonprofit and volunteer network fighting childhood obesity and undernourishment by working with schools to help kids learn to eat right, be active every day and be ready to learn. Their website includes tools and fact sheets about childhood obesity, nutrition and physical activity.

[www.actionforhealthykids.org/](http://www.actionforhealthykids.org/)

School Food Service Directors can partner with local programs, offer tips on meal or snack preparation, or help with taste tests and other promotions around food and nutrition. To connect to your state child nutrition and school meals organization and the USDA Team Nutrition program, go to:

[http://healthymeals.nal.usda.gov/nal\\_display/index.php?info\\_center=14&tax\\_level=1](http://healthymeals.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=1)

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) serves to safeguard the health of low-income women, infants, & young children who are at nutritional risk by providing nutritious foods to supplement diets, information on healthy eating, and referrals to health care. Their website includes a listing of state nutritional coordinators and farmers markets.

[www.fns.usda.gov/wic/Contacts/ContactsMenu.HTM](http://www.fns.usda.gov/wic/Contacts/ContactsMenu.HTM)

## Other Ways To Make Local Connections

In addition to the above websites that connect you to state or local organizations working to improve nutrition and health of young children and teens, you can make many great connections simply by flipping through the local phone book or with a quick web search. Here are some folks to invite into your program:

- Your local **school food service director** could work with you on special promotions or taste tests, especially if your after school program is held in a school building. Food service directors also receive a lot of promotional materials in the mail and may be able to pass healthy freebies onto you.
- Many **grocery stores** have started providing free tours designed to teach kids about making nutritious choices. Kids can tour the produce section to learn about the variety of fresh fruits and vegetables available or learn how to pick a healthy cereal. Invite families to join you on the tour and see if the store will do a healthy taste test.
- If your program is held within a school, connect with the **principal or teachers**. Building solid relationships with school personnel can help you secure resources like gym space or kitchen facilities to enhance your program offerings.

- **Promotoras** are community members who work as liaisons between the Hispanic/Latino community and health organizations. They raise awareness about health issues, including nutrition and physical activity.
- **Farmers** or **master gardeners** are other great resources for teaching kids about fruits and vegetables.
- Check to see if your local **children's museum** has exhibits on healthy eating or physical activity.
- **Physical education teachers** could help run a fitness event or health fair, or they may allow programs to borrow or share physical education equipment.
- **Local chefs** are often happy to share their knowledge and food preparation tips with local organizations, and some restaurants or grocery stores may donate food for taste tests (chefs may even prepare simple snacks with kids!).
- **Fitness instructors** can lead a special activity or partner with you to develop optional programming for children, such as a one-month yoga introduction or dance class.

## Themes to Promote Each Month

For health-related observances, the National Health Information Center provides a comprehensive list along with links to sponsoring organizations.

[www.healthfinder.gov/nho/default.aspx](http://www.healthfinder.gov/nho/default.aspx)

For more unique food days, check out these bizarre food holidays. Remember to focus on the healthy foods and drinks only!

<http://library.thinkquest.org/2886/foo.htm>