

NUTRITION-, HEALTH-, AND FITNESS- RELATED INTERNET RESOURCES

Resource	Source	Description
Inside the Teenage Brain	PBS	It's the mystery of mysteries—especially to parents—the unpredictable and sometime incomprehensible moods and behaviors of the American teenager. http://www.pbs.org/wgbh/pages/frontline/shows/teenbrain/
Using the Food Guide Pyramid	USDA	http://www.mypyramid.gov http://www.mypyramidforkids.gov/
NASBE Safe and Healthy Schools	National Association of State Boards of Education	The home page of the NASBE Safe and Healthy Schools project orients the user to the full range of project activities and many free resources, including sample school health policies on various topics. School health publication available from NASBE can be ordered. http://www.nasbe.org/healthyschools/index.mgi
Nutrition Education Resources	National Dairy Council	“The Fun and Easy Way to Learn and Teach Nutrition” http://www.nutritionexplorations.org
School Health Resource Center	University of Colorado Health Sciences Center	A large number of school health program resources are available at this website. http://www.uchsc.edu/schoolhealth
SyberShop—digital solutions for eating healthy and being active	NC Cooperative Extension Service	SyberShop is a CD for youth ages 13-19 focusing on physical activity and healthy eating. The CD can be used individually or with any group of teenagers gathered together interested in learning about physical activity and healthy eating. www.ces.ncsu.edu/depts/fcs/food/sybershop.pdf
Team Nutrition Website	USDA, Food and Nutrition Service	Materials include: nutrition education poster, pamphlets, booklets, curriculum kits, and tool kit. http://www.fns.usda.gov/tn
BAM! Website	Center for Disease Control and Prevention	BAM! (Body and Mind) was created to answer kids' questions on health issues and recommend ways to make their bodies and minds healthier, stronger and safer. http://www.bam.gov
Hearts n' Parks Community Mobilization Guide	National Heart, Lung, and Blood Institute	This community mobilization guide assists program planners at the community level with implementing a Hearts n' Parks program. The guide is designed to help local community, park and recreation agencies promote heart-healthy lifestyle and changes such as increased physical activity and heart-healthy eating among children and adults. http://www.nhlbi.nih.gov/health/prof/heart/obesity/hrt_n_pk/
Kidnetic Website	International Food Information Council Foundation	Kidnetic.com in an innovative, interactive educational website that delivers healthy eating and physical activity information in a compelling and motivation manner to children ages 9-11 and their families. Kidnetic.com is intended to encourage kids and their families to begin the process of behavior change toward healthy lifestyles. http://kidnetic.com
KidsHealth Website	The Nemours Foundation	KidsHealth is the most visited Website for medically reviewed health information that's writing for parents, kids and teens. It offers a complete reference library of articles and features, as well as robust graphics and animations. http://www.KidsHealth.org