



Resources that Support 5-4-3-2-1 Go!™

1. Websites

FIVE

- www.fruitsandveggiesmatter.gov and <http://www.fruitsandveggiesmorematters.org/>
These websites include simple tips for incorporating more fruits and veggies into one's diet, recipes for healthy snacks, and information on the nutritional benefits of various fruits and vegetables.

- www.mypyramid.gov

The USDA My Pyramid website includes personal calculation and tracking tools for understanding the My Pyramid recommendations, games and worksheets for kids, sample menu plans, posters, and additional resources for professionals.

- www.dole5aday.com

Includes simple lesson plans on 5 servings of fruits and vegetables along with handouts such as 5-a-day the color way and 5-a-day tracker.

FOUR

- <http://thewaterschool.co.uk/main.htm>

This website includes kid-friendly activities teaching the importance of clean water.

- http://www.beverageinstitute.org/healthcare_professionals/pdf/Hydration_and_You.pdf

The Beverage Institute website includes tips for staying hydrated and information on how water helps the body, the importance of hydration in children and tools for analyzing beverage consumption.

THREE

- www.3aday.org

Includes tasty snack ideas, information on the benefits of dairy, tips for incorporating dairy into your diet, and dairy handouts and posters for kids.

- <http://www.nichd.nih.gov/milk/>

The National Institute of Health's Milk Matters Campaign with frequently asked questions and free booklets to order for distribution.

TWO

- www.turnofftv.org

The website for the Center for Screen Time Awareness includes statistics on TV and packets to organize communities around TV-turn-off week.

- http://www.common sense media.org/parent_tips/

Tips for parents to monitor kids' media time and calculate children's total screen time with the My Media Diet tracker.

ONE

- www.VERBnow.com

Get moving from A-Z guide, activities and games for ages 8-12, student activity guide and forms to track progress.

- <http://www.wilderdom.com/games/>

An extensive website that lists interactive activities for just about any purpose including self-awareness, physical activity, team-building, ice-breakers, and multicultural awareness.



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2. FREE Curriculums and Activities for Kids and Parents

We Can! Energize our Community

http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/whats-we-can/resources_parents.htm

Lessons for adults and teens on energy in/ energy out, balancing consumption with physical activity, portion control, and tools for tracking active behaviors.

Media-Smart Youth Curriculum: Eat, Think, Be Active <http://www.nichd.nih.gov/msy/>

Lessons for after-school programs geared at kids ages 11-13 on how the media affects health, establishing healthy behaviors, and skills to make informed decisions about eating healthy and physical activity.

USDA Team Nutrition www.teamnutrition.usda.gov

The USDA's extensive nutrition curriculum and tools organized by the audience including parents, child care providers, teachers and food service professionals.

Balance First <http://school.discovery.com/balancefirst/>

America On the Move, Discovery Education and the Smart Spot program from PepsiCo have partnered to create *Balance First*, a multimedia, standards-based program that focuses on the balance between food choices and physical activity for teens.

(Grades 1-2 and Grades 3-5 <http://www.smartspot.com/kids>)

Nutrition Explorations <http://www.nutritionexplorations.org/educators/lessons-main.asp>

This curriculum endorsed by the National Dairy Council includes simple lessons and games for kids to learn about fruits, vegetables, and dairy. Additional educational tools can also be ordered including colorful food models and informative handouts.

National Dairy Council Health Education Kit

<http://www.nationaldairyCouncil.org/NationalDairyCouncil/Health/Materials/3adayforStrongerBonesHealthEdkit.htm>

The National Dairy Council Health Education Kit includes tasty snack ideas, 3-a-day trackers, meal planners, and dairy games for kids.