



School District U-46 Nutrition, Wellness and Physical Activity Resource Tool



Nutrition Education and Activities

Curriculum or Resource	Description	PreK	K-6	Middle School	High School
Smile Smarts Dental Health Curriculum	Smile Smarts! is dental health curriculum for preschool through grade eight students offering flexible, modular lesson plans, support materials, hands-on classroom demonstrations, student activity sheets, and suggestions for future dental health activities.	X	X	X	
Grow It, Try It, Like It! Nutrition Education Kit Featuring MyPlate	A garden-themed nutrition education kit for child care center staff that introduces children to three fruits and vegetables. <i>Curriculum available in print or online.</i>	X			
Discover MyPlate: Nutrition Education for Kindergarten	Discover MyPlate is fun and inquiry-based nutrition education that fosters the development of healthy food choices and physically active lifestyles. Teachers can meet education standards for Math, Science, English Language Arts, and Health using the six (6) ready-to-go and interactive lessons. <i>Curriculum available in print or online.</i>		K		
Discover MyPlate Student Workbook	Interactive student workbook filled with 19 activities that explore Discover MyPlate lesson topics. <i>Available to order packs of 25 workbooks for classrooms.</i>		K		
Serving Up MyPlate Kit: A Yummy Curriculum Level 1 (Gr. 1-2) Level 2 (Gr. 3-4) Level 3 (Gr. 5-6)	USDA Team Nutrition developed <i>Serving Up MyPlate</i> to help elementary school teachers integrate nutrition education into Math, Science, English Language Arts, and Health. This yummy curriculum introduces the importance of eating from all five food groups using the MyPlate icon and a variety of hands-on activities. Three levels available, which cover grades 1-6. <i>Curriculum available in print or online.</i>		Gr. 1-6		

Dig In! Standards-Based Nutrition Education from the Ground Up	Explore a world of possibilities in the garden and on your plate using ten inquiry-based lessons that engage 5th and 6th graders in growing, harvesting, tasting, and learning about fruits and vegetables. <i>Curriculum available in print or online.</i>		Gr. 5-6		
Team Nutrition Cooks! Activity Guide	Team Nutrition Cooks! (TNC) is a series of cooking-based nutrition education activities for children ages 8 to 12 years old. This Activity Guide is meant for program operators and include step-by-step instructions on how engage children in preparing 5 different kid-friendly recipes at afterschool and out-of-school sites. <i>Curriculum available in print or online.</i>		Gr. 3-6		
FoodMaster	A free curriculum that help teach students how to master science and mathematics learning objectives through hands-on learning using materials they can relate to — food!		X	X	X
Fueling My Healthy Life	Use project-based learning and technology to engage 6th graders in nutrition education while meeting educational standards for English and Health.		Gr.6	X	
Eat. Move. Save. <i>University of Illinois Extension</i>	Are you looking for help finding healthy foods that taste great and don't break your budget? Or maybe a new favorite recipe? The “EAT” section of this program developed University of Illinois Extension provides information on 1) reading a food labels, 2) healthful eating tips, 3) foods grown in Illinois and 4) food safety.		X	X	X
Food Fun from Apples to Zucchini <i>University of Illinois Extension</i>	This online program is interdisciplinary and designed to introduce students to produce they may not be familiar with by talking a little bit about fun facts and nutritional information. The website will also help to enhance students’ math, reading, writing, and creative arts skills.		X		
Look n Cook Recipes	These pictorial recipes offer kids a simple and visual way to prepare healthy snacks. All of the recipes have been “kindergarten-tested” by teachers and students. <i>In English (front) and Spanish (back)</i>		K		
HealthSmart \$ <ul style="list-style-type: none"> • K-5 • Middle School • High School 	HealthSmart is a comprehensive, evidenced-informed K–12 health and nutrition education program, now aligned with CDC’s Health Education Curriculum Analysis Tool (HECAT). The key goals are to promote the healthy growth and development of		X	X	X

	youth, give them the knowledge and skills to make healthy choices and establish life-long healthy behaviors. Can be purchased as a complete set or individual grade levels (K-5) or topics (Middle and High School) in print or digital versions.				
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Enhancing the School Meal Experience

Resource	Description	PreK	K-6	Middle School	High School
Healthy School Recipes	Healthy School Recipes is an essential, one-stop resource for school nutrition professionals who plan menus or prepare food for child nutrition programs.		X	X	X
Dig In! Posters	These dynamic posters visually express the world of possibilities found in growing and eating fruits and vegetables. Horizontal posters are 24 inches by 36 inches. Vertical posters are 36 inches by 24 inches.	X	X		
Offer vs. Serve posters <ul style="list-style-type: none"> Elementary Middle School High School 	These free posters illustrate to students how to select a reimbursable meal. <i>Limit of 2 per school.</i>		X	X	X

Physical Activity and Education

Resource	Description	PreK	K-6	Middle School	High School
GoNoodle Plus **ATTENTION TEACHERS: U-46 has purchased the upgraded account for all teachers to use. 1) Log in with your U-46 Gmail account 2) Create an account 3) Automatically gain access to the upgrades. 😊	GoNoodle Plus is the most academically comprehensive version of GoNoodle. It offers 100's of ways to deepen student learning through movement and mindfulness. Additional curricular videos, customizable games, and downloadable activities maximize movement, instructional time, and fun!		X	X	

BOKS (Building Our Kids' Success)	A 12-week functional fitness curriculum program (backed by science) that provides lesson plans to get kids moving for 40-45 minutes before or after school. <i>Free enrollment required.</i>		X	X	X
Comprehensive School Physical Activity Programs: A Guide for Schools	Developed in collaboration with SHAPE America and experts in the field of school-based physical activity, this guide is for schools and school districts to develop, implement, and evaluate comprehensive physical activity programs.	X	X	X	X
SPARK™ \$	Evidenced-based physical activity programs for K-12 that promote lifelong wellness. Physical Education curriculum kits available for purchase for Early Childhood, K-2, Grades 3-6, Middle and High School levels.	X	X	X	X
Free SPARK™ Sample P.E. Lesson Plans	A collection of free SPARK Physical Education and Physical Activity lesson plans.	X	X	X	X
Eat. Move. Save. <i>University of Illinois Extension</i>	Discover a wide variety of ways to be active. The “MOVE” section of this program offers activities to help build strength and improve flexibility. Ideas offered for how families can be active together and even activities to try indoors.		X	X	X
Take a Break! Physical Activity Breaks in the Secondary Classroom	<i>Take a Break!</i> Includes 1-5 minutes activity break ideas to use in secondary classrooms. Both printable and online resources included.			X	X

Wellness-Focused Activities

Resource Title	Description	PreK	K-6	Middle School	High School
Brain Breaks ®	A dynamic online platform, which includes 3-5-minute web-based programs that provide focused, educational “shorts”, which teach and inspire kids to take action. Nutrition education and physical activity-focused brain breaks available. <i>Free sign-up is required.</i>		X	X	X

Sleep Recharges You: High School Toolkit	This free toolkit is a joint effort between the CDC, American Academy of Sleep Medicine, Sleep Research Society and other partners. Explore the scientific process of sleep, the importance of good sleep hygiene, and the negative consequences of sleep deprivation. It includes lesson plans, interactive classroom activities, infographics and downloadable posters.				X
Team Nutrition Popular Events Idea Booklet	Are you looking for fun ways to promote nutrition and physical activity at your elementary or middle school? Use this events idea booklet to get started! This free events booklet has 20 different themed ideas and suggestions to connect school, home, cafeteria, classroom, community, and media.		X	X	
WeCan!	The National Heart, Lung, and Blood Institute created We Can! (Ways to Enhance Children's Activity & Nutrition). It is a national movement designed to give parents, caregivers, and entire communities a way to help children 8 to 13 years old stay at a healthy weight. Topics for the FREE lessons and resources include nutrition, physical activity and screen time.		X	X	

Community Partner Programs

Program(s)	Organization and Weblink	Contact	Description	Students (Grade)	Staff	Parents
Library Services for PreK-Grade 12	Gail Borden Library	Julia Langlois jlanglois@gailborden.info	Need additional materials to complement a curriculum topic? Contact Gail Borden Library staff for assistance. Did you know... Educators who teach at schools within the Gail Borden Public Library District are eligible for an educator card? This		X	

			allows educators to check out up to 60 items for classroom use.			
Recommended by CHEF: VIDEO: Eat the Rainbow Nutrition Lesson for Kids - <i>Created by Physicians for Responsible Medicine</i>	CHEF (Community Harvest Educational Foundation)	Dr. Ashwani Garg agargmd@sbcglobal.net	In this virtual nutrition lesson for kids, Maggie Neola, RD, talks about how all of the foods that make up the nutrition rainbow can improve our health! Download the Eat the Nutrition Rainbow coloring sheet .	K-3		
1. Parent Campaigns	COFI (Community Organizing and Family Issues)	Jesse Rojo jrojo@cofionline.org	Parents trained on a health and wellness can be a powerful resource. COFI helps parents receive training on select topics and help them be seen as leaders in the community.		X	X
1. Health and wellness virtual database	Gail Burden Public Library	Julia Langlois jlanglois@gailborden.info	1. A virtual health and nutrition databases (Pebble Go) for PreK-Grade 4 emergent readers [free access to those with local library card]	PreK-Gr. 4		
1. Fuel Up to Play 60 (FUTP60) Homeroom	Midwest Dairy	Lela Fausze lfausze@midwestdairy.com	1. The Fuel Up to Play 60 Homeroom is a digital resource built on Google Slides that is full of fun videos and learning activities to help your students discover more about things that matter to them like staying healthy, being mindful and pitching in to make the planet a greener place. Plus, it stars NFL players, dairy farmers and students just like them in new and exciting content that is featured each week.	Gr. 5-8		

2. Discover Dairy			2. Discover Dairy is an engaging, interactive, cross-curricular educational series that meets Common CORE Standards for Math, Science and Reading. Includes virtual learning opportunities along with the Adopt-a-Cow program.	K-8		
Food Skills Education	No Kid Hungry (NKH)	Monique Batteast MBatteast@gcfd.org	Through our family nutrition education program, the Cooking Matters campaign, NKH helps parents and caregivers learn how to shop for and cook healthy, affordable meals.			X
Virtual Nutrition and Health Lessons for students	Illinois Nutrition Education Programs SNAP-ED	Christine Birns cbirns@illinois.edu	<p>Virtual Elementary Lessons: EatPlayGrow™ is a virtual program for preschoolers & their caregivers that teaches healthy choices using art, stories and music.</p> <p>The OrganWise Guys®: is an evidence-based program that uses fun organ characters to teach children about making healthier choices. Linked with several Illinois Learning Standards for K- Gr. 2 and is provided during the school day.</p> <p>CATCH® Kids Club: is a popular afterschool program to encourage healthier eating habits and physical activity for youth grades K-5.</p> <p>Healthy Kids Out of School: is an afterschool program that encourages healthy eating and physical activity for students. It focuses on teaching</p>	PreK K-Gr. 2 K-Gr. 5 K-Gr. 5		

			<p>youth to snack smart, drink right, and move more.</p> <p>Virtual MS & HS Lessons EatFit is a middle school curriculum that assists teens with setting goals to improve their nutrition & fitness choices. It focuses on skill building & social support to encourage teens to meet their goals.</p> <p>Teen Cuisine teaches healthy eating habits to students in grades 6-12 using engaging, hands-on lessons. A student workbook with recipes is provided to students.</p>	<p>Gr. 6-12</p> <p>Gr. 6-12</p>		
<p>Agriculture in the Classroom Lesson and Curricular Materials</p>	<p>Illinois Agriculture in the Classroom</p>	<p>Kevin Daugherty kdaugherty@ilfb.org</p>	<p>Add agriculture to your content-area classroom with these engaging, standards-based lessons and activities.</p>	<p>PreK-Gr. 8</p>		