



## **Teacher Resources for Health & Nutrition**

### **Tips for Teachers-Physical Activity**

<http://www.schoolnutritionandfitness.com/data/pdf/TeacherPDFs/tip-for-teachers.pdf>

### **Toolkit for Nutrition and Fitness Teaching**

<http://www.schoolnutritionandfitness.com/data/pdf/TeacherPDFs/ToolkitForNutritionAndFitnessTeaching.pdf>

### **Mind and Body – 50 activities for the Elementary Classroom**

<http://www.schoolnutritionandfitness.com/data/pdf/TeacherPDFs/MindBody.pdf>

### **5 minute activities are quick, easy and effective**

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

### **Activities for Healthy Living**

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

## **Activities for Pre-K and Kindergarten**

### **Picture to letter matching**

[http://www.superkidsnutrition.com/pdf/Connect\\_to\\_letter\\_preK.pdf](http://www.superkidsnutrition.com/pdf/Connect_to_letter_preK.pdf)

### **Andy’s Super Foods**

[http://www.superkidsnutrition.com/pdf/superfoodsPreK\\_to\\_K.pdf](http://www.superkidsnutrition.com/pdf/superfoodsPreK_to_K.pdf)

### **Penny’s Speed Race**

[http://www.superkidsnutrition.com/pdf/food\\_maze\\_PreK\\_K.pdf](http://www.superkidsnutrition.com/pdf/food_maze_PreK_K.pdf)

## **Grades 1-2**

### **Consonant Super Food**

[http://www.superkidsnutrition.com/pdf/Consonant\\_food\\_fun\\_level1.pdf](http://www.superkidsnutrition.com/pdf/Consonant_food_fun_level1.pdf)

### **Fill in Missing Consonants**

[http://www.superkidsnutrition.com/pdf/Missing\\_consonantsGrade1\\_2.pdf](http://www.superkidsnutrition.com/pdf/Missing_consonantsGrade1_2.pdf)

### **Abracadabra Matching**

<http://www.superkidsnutrition.com/pdf/Jessie1to2.pdf>

## **Grades 3-4**

### **Crack the Code-Math**

[http://www.superkidsnutrition.com/pdf/Crack\\_the\\_Code2to3.pdf](http://www.superkidsnutrition.com/pdf/Crack_the_Code2to3.pdf)

### **Food Group Word Search**

[http://www.superkidsnutrition.com/pdf/Word\\_Search\\_Grade2\\_3.pdf](http://www.superkidsnutrition.com/pdf/Word_Search_Grade2_3.pdf)

### **Super Foods A-Z**

<http://www.superkidsnutrition.com/pdf/Super-Foods-AtoZ.pdf>

### **Food Label Sugar Mystery**

[http://www.superkidsnutrition.com/pdf/Super\\_Crew\\_Carlos\\_Label\\_Sugar\\_Mystery.pdf](http://www.superkidsnutrition.com/pdf/Super_Crew_Carlos_Label_Sugar_Mystery.pdf)

## **Grades 5-6**

### **Vegetables Logic Puzzle**

<http://www.superkidsnutrition.com/pdf/VeggieLogicPuzzles4to5.pdf>

### **Fruit Salad Logic Puzzle**

<http://www.superkidsnutrition.com/pdf/FruitSaladLogicPuzzle4to5.pdf>

### **Estimation Activity**

[http://www.superkidsnutrition.com/pdf/Super\\_Crew\\_Estimation\\_Activity.pdf](http://www.superkidsnutrition.com/pdf/Super_Crew_Estimation_Activity.pdf)

### **Science Experiments**

<http://www.superkidsnutrition.com/pdf/FunFoodScienceExperiment3to5.pdf>

## **Grades 7-8**

### **Vegetable Quiz**

[http://www.superkidsnutrition.com/pdf/Vegetable\\_Quiz6to8.pdf](http://www.superkidsnutrition.com/pdf/Vegetable_Quiz6to8.pdf)

### **Nutrition Label Comparison**

[http://www.superkidsnutrition.com/pdf/Nutrition\\_Label\\_Reading5to7.pdf](http://www.superkidsnutrition.com/pdf/Nutrition_Label_Reading5to7.pdf)

[Ten Tips Nutrition Education Series](#)

### **Choose My Plate**

<http://www.schoolnutritionandfitness.com/data/pdf/DGTipsheet1ChooseMyPlate.pdf>

### **Add More Vegetables**

<http://www.schoolnutritionandfitness.com/data/pdf/DGTipsheet2AddMoreVegetables.pdf>

### **Make Half of Your Grains Whole**

<http://www.schoolnutritionandfitness.com/data/pdf/DGTipsheet4MakeHalfYourGrainsWhole.pdf>

### **Got Your Dairy Today**

<http://www.schoolnutritionandfitness.com/data/pdf/DGTipsheet5GotYourDairyToday.pdf>

### **Protein Foods**

<http://www.schoolnutritionandfitness.com/data/pdf/DGTipsheet6ProteinFoods.pdf>

## **Grades 7-8 (continued)**

### **Build a Healthy Meal**

<http://www.schoolnutritionandfitness.com/data/pdf/DGTipsheet7BuildAHealthyMeal.pdf>

### **Healthy Eating for Vegetarians**

<http://www.schoolnutritionandfitness.com/data/pdf/DGTipsheet8HealthyEatingForVegetarians.pdf>

### **Smart Shopping**

<http://www.schoolnutritionandfitness.com/data/pdf/DGTipsheet9SmartShopping.pdf>

### **Liven Up Your Meals**

<http://www.schoolnutritionandfitness.com/data/pdf/DGTipsheet10LivenUpYourMeals.pdf>

### **Kid Friendly Veggies and Fruits**

<http://www.schoolnutritionandfitness.com/data/pdf/DGTipsheet11KidFriendlyVeggiesAndFruits.pdf>

### **Be a Healthy Role Model**

<http://www.schoolnutritionandfitness.com/data/pdf/DGTipsheet12BeAHealthyRolemodel.pdf>

### **Cut Back on Sweet Treats**

<http://www.schoolnutritionandfitness.com/data/pdf/DGTipsheet13CutBackOnSweetTreats.pdf>