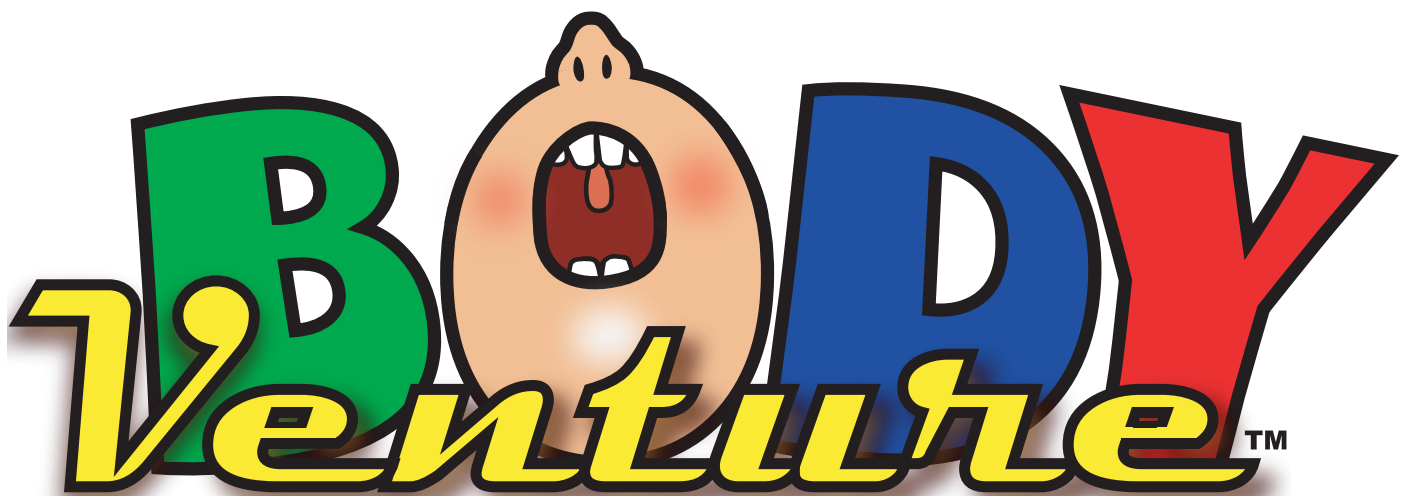


CHAPTER 7

# TEACHER RESOURCES



## **CHAPTER 7: TEACHER RESOURCES**



How to Be A Healthy Role Model

Websites



## HOW TO BE A HEALTHY ROLE MODEL

Children are growing physically, intellectually and socially at a remarkable rate. How they view food and health will affect them throughout their lives. As a teacher, you have an opportunity to be a healthy role model and positively impact the health and wellness of the children you see each day. There are a number of things you can do to help children develop healthy habits for life. As children get older, they are provided with more and more opportunities to make their own choices about food and physical activity. Healthy lessons students learn in your classroom, both in formal lessons and through role modeling, can help provide children with the tools necessary to make healthy choices for a lifetime.

As an added bonus, when you are focused on modeling healthy behaviors to children, you are positively impacting your own health! Try setting small, manageable goals to help you practice good nutrition and engage in daily physical activity. Remember that small changes will be easiest to maintain over time, so start small and you'll soon see big benefits!

Some easy ways you can be a healthy role model include:

- Do not drink soda in front of children. If you do, put it in a different, opaque container. Let them see you drinking plenty of water so they know that this is the best choice.
- Participate in tasting activities with children. Be open to trying new foods with children at meal and snack time. When children see you trying a new food with them, it lets them know that this food is ok to eat and makes a new item seem less scary.
- Offer healthy option for class parties. Give children (and parents!) class party options like healthy snacks, arts and crafts time or physical activity/game time. The more “traditional” cake/cupcake/ cookie treats may still be an option, but encourage parents and children to try something different as well. Some parents are more receptive to healthy changes when those changes aren't forced on them by the “cupcake police”.
- Eat meals and snacks with the children, when possible. Try to taste the healthy options each time they are offered, even if you do not like them.
- Set a good example by letting children see you being physically active. When you have a physical activity in the classroom, don't just watch. Get moving with the kids!
- Incorporate nutrition education and physical activity into daily lessons, activities and games.
- Be a Child Nutrition Program supporter! Be seen eating healthy school meals in the cafeteria. The cafeteria is a learning lab. Use meal times as an opportunity to teach students. For more information on the benefits of school meals, see the information sheet in this section.

## EDUCATIONAL SITES

- Dole Superkids . . . . . [www.dole.com/superkids](http://www.dole.com/superkids)  
Information for kids, parents and teachers about why fruits and vegetables are so good for you.
- Food Safety Project . . . . . [www.extension.iastate.edu/foodsafety](http://www.extension.iastate.edu/foodsafety)  
Provides educational materials that give the public the tools they need to minimize their risk of foodborne illness (Iowa State University Extension).
- Fuel Up to Play 60 . . . . . <http://school.fueluptoplay60.com>
- How to Teach Nutrition to Kids. . . . . [www.nutritionforkids.com](http://www.nutritionforkids.com)  
Offers a free “Feeding Kids Newsletter”, helpful nutrition tips and activities and information on ordering publications (24 Carrot Press, Connie Evers, RD).
- Human Anatomy Online. . . . . [www.innerbody.com](http://www.innerbody.com)  
Labeled diagrams of all parts of the body (Intellimed International Corp.).
- National Food Service Management Institute. . . . . [www.nfsmi.org](http://www.nfsmi.org)  
Nutrition and nutrition education materials available for free or for sale.
- National SafeKids Campaign . . . . . [www.safekids.org](http://www.safekids.org)  
Information on how to keep kids safe.
- Neuroscience for Kids . . . . . <http://faculty.washington.edu/chudler/neurok.html>  
Students and teachers who would like to learn more about the brain and spinal cord will enjoy this site. It includes images, useful diagrams and practical activities including instructions on how to make a model brain (developed by faculty at the University of Washington).
- SPARK – Sports, Play and Active Recreation for Kids . . . . . [www.sparkpe.org](http://www.sparkpe.org)  
SPARK features a collection of exemplary, research-based physical activity programs, including an innovative elementary physical education curriculum (San Diego State University).
- Tobacco vs. Kids . . . . . [www.tobaccofreekids.org](http://www.tobaccofreekids.org)  
Provides access to resources for tobacco use prevention (Campaign for Tobacco-Free Kids).
- Yum Yum . . . . . <http://yumyum.com>  
A database of healthy recipes with links to other sites offering over a million recipes.

## GOVERNMENT SITES

- Body Venture . . . . . [www.bodyventure.org](http://www.bodyventure.org)  
Information on the Body Venture exhibit and scheduling information
- Center for Nutrition Policy and Promotion (USDA). . . . . [www.cnpp.usda.gov](http://www.cnpp.usda.gov)
- Centers for Disease Control and Prevention . . . . . [www.cdc.gov](http://www.cdc.gov)
- Food and Nutrition Information Center (USDA) . . . . . [www.fnic.nal.usda.gov](http://www.fnic.nal.usda.gov)  
Information on MyPlate and the most current Dietary Guidelines for Americans as well as detailed nutrient information on foods
- Food Safety and Inspection Service (FSIS). . . . . [www.fsis.usda.gov](http://www.fsis.usda.gov)
- Healthfinder . . . . . [www.healthfinder.gov](http://www.healthfinder.gov)
- Healthy School Meals Resource System (USDA) . . . . . <http://healthymeals.nal.usda.gov>  
Contains a wealth of information on school meals as well as activities for children
- Kansas State Department of Education, Child Nutrition & Wellness . . . . . [www.kn-eat.org](http://www.kn-eat.org)  
Information about Child Nutrition Programs and links to many of the websites listed in this chapter
- Kansas State Department of Health and Environment . . . . . [www.kdheks.gov](http://www.kdheks.gov)  
Materials and information on statewide hand washing campaign, "Did You Wash 'Em?"
- Kansas State University Research and Extension. . . . . [www.ksre.ksu.edu](http://www.ksre.ksu.edu)
- MyPlate . . . . . [www.choosemyplate.gov](http://www.choosemyplate.gov)  
Information explaining MyPlate and MyPlate for Kids, an interactive food tracking program and additional resources for educators
- National Cancer Institute . . . . . [www.cancer.gov](http://www.cancer.gov)
- Team Nutrition (USDA) . . . . . [www.fns.usda.gov/tn](http://www.fns.usda.gov/tn)  
Team Nutrition information and materials

## ORGANIZATION SITES

Academy of Nutrition and Dietetics . . . . .	<a href="http://www.eatright.org">www.eatright.org</a>
American Diabetes Association . . . . .	<a href="http://www.diabetes.org">www.diabetes.org</a>
American Cancer Society . . . . .	<a href="http://www.cancer.org">www.cancer.org</a>
American Heart Association . . . . .	<a href="http://www.heart.org">www.heart.org</a>
American Lung Association . . . . .	<a href="http://www.lung.org">www.lung.org</a>
American Medical Association . . . . .	<a href="http://www.ama-assn.org">www.ama-assn.org</a>
Fight Bac! . . . . .	<a href="http://www.fightbac.org">www.fightbac.org</a>
Kansas Beef Council . . . . .	<a href="http://kansasbeef.org">http://kansasbeef.org</a>
Kansas Pork Association . . . . .	<a href="http://www.kspork.org">www.kspork.org</a>
Kansas Soybean Commission and Association . . . . .	<a href="http://kansassoybeans.com">http://kansassoybeans.com</a>
Kansas Wheat Commission . . . . .	<a href="http://www.kswheat.com">www.kswheat.com</a>
Mayo Clinic . . . . .	<a href="http://www.mayoclinic.org">www.mayoclinic.org</a>
National Cattlemen’s Beef Association . . . . .	<a href="http://www.beefusa.org">www.beefusa.org</a>
Midwest Dairy Association . . . . .	<a href="http://www.midwestdairy.com">www.midwestdairy.com</a>
National Dairy Council. . . . .	<a href="http://www.nationaldairyCouncil.org">www.nationaldairyCouncil.org</a>
National Kidney Foundation . . . . .	<a href="http://www.kidney.org">www.kidney.org</a>
National Osteoporosis Foundation . . . . .	<a href="http://www.nof.org">www.nof.org</a>
National Pork Producers Council. . . . .	<a href="http://www.nppc.org">www.nppc.org</a>
National Restaurant Association’s Educational Foundation. . . . .	<a href="http://www.nraef.org">www.nraef.org</a>
School Nutrition Association . . . . .	<a href="http://www.schoolnutrition.org">www.schoolnutrition.org</a>
Vegetarian Resource Group. . . . .	<a href="http://www.vrg.org">www.vrg.org</a>
Wheat Foods Council . . . . .	<a href="http://www.wheatfoods.org">www.wheatfoods.org</a>