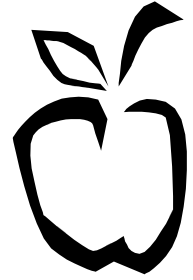


Nutrition & Physical Activity Resources for Teachers



O.S.U. Extension Service, Klamath County, has a variety of age-appropriate nutrition education materials available. Below are on-line resources we recommend. Let us know if you need help finding something to meet your needs.

Energizers

www.ncpe4me.com/energizers.html

Short exercise activities for the classroom that integrate physical activity with academics.

Food and Nutrition Information Center

<http://www.nal.usda.gov/fnic>

Gateway site, links to numerous resources, easy to search. Materials for "Eat Smart, Play Hard" youth campaign available for download.

Healthy Recipes

<http://healthyrecipes.oregonstate.edu/>

Low cost, nutritious recipes and food preparation ideas.

Klamath Basin Research & Extension Center

www.oregonstate.edu/dept/kbrec/

Local resource for Nutrition & Health. School wellness & curriculum ideas.

MyPyramid

www.mypyramid.gov/

Interactive tools to help plan and assess food choices. Go to "Kids" link for lesson plans, parent handouts and computer game (MyPyramid Blast Off).

Oregon Dairy Council

<http://www.oregondairycouncil.org>

Nutrition education materials for children and families available at moderate cost, some free materials & curriculum available to schools.

PE Central

www.pecentral.org

Searchable source on how to use physical activity to teach academic content.

USDA Team Nutrition

<http://www.fns.usda.gov/tn/>

Register to become a Team Nutrition School. Resource library has curriculum, posters, handouts and resource guides that can be downloaded.

August 2008