

Online Nutrition and PA Education Resources

Adult Nutrition and PA Education Resources

ESBA Lesson Videos:

New Mexico State University Cooperative Extension has created lesson videos for five of the *Eating Smart, Being Active* Lessons (Lessons 3-7). PDF document attached.

Each video is approximately a half-hour – so not a full lesson. Each video includes a different cooking activity and instruction on physical activity.

NMSU also created a [ICAN Remote Education](https://ican.nmsu.edu/remote) webpage to give people more options for accessing the lesson links, particularly on mobile devices where a PDF file may not be easily readable. This page can be accessed at: <https://ican.nmsu.edu/remote>

ESBA Let's Be Active Videos – videos of the Let's Be Active segment of ESBA Lessons 2-9

<http://eatingsmartbeingactive.colostate.edu/eating-smart-%e2%80%a2-being-active/resources-for-implementation/physical-activity/lesson-videos/>

Youth Nutrition and PA Education Resources:

Resources from CFHL Integrated Curriculum List

The CFHL Integrated Curriculum List has online resources only for High School.

Eat, Move, Win – Dairy Council – High School

<https://www.healthyeating.org/Schools/Classroom-Programs/High-School-Eat-Move-Win-Online>

EatFresh.org Mini Course – per Adrienne, has been tested with High School students

Note from Adrienne: “I would recommend sharing the mini course as well as our EatFresh.org You Tube Channel, which has youth-created videos of EatFresh.org recipes.”

https://www.youtube.com/user/leahspantry?sub_confirmation=1

Nourish: Food + Community

This is not actually an online curriculum – but could fairly easily be delivered online. It is on the CFHL Integrated Curriculum list for High School.

<https://www.nourishlife.org/teach/curriculum/viewing-guide-synopsis/>

PLEASE NOTE - Must include the following disclaimers:

- USDA does not promote organic over conventional produce, or fresh over frozen/ canned produce.
- Follow usual USDA guidelines, e.g. non-disparagement of food products.
- ‘Wake Up’ video: include discussion of other SSBs, not just sodas.
- ‘School Lunch’ video: include discussion of changes made to school lunch regulations since video was made.

Other Possible Resources

COVID-19 Education Coalition <https://www.learningkeepsgoing.org/> is a diverse group of education organizations brought together by the ISTE/EdSurge team to curate, create and deliver high-quality tools, resources and support for educators and parents as they keep the learning going during extended school closures.

[How Teachers Can Navigate School Closures Due to the Coronavirus](#) (PBS Learning Media)

Tammy and I took a quick look at each of these below, but have not reviewed in detail. Many of these resources are designed to be linked to **Google Classroom**:

In Defense of Food

<https://ca.pbslearningmedia.org/collection/in-defense-of-food/>

The In Defense of Food curriculum for middle-school aged students was developed by Kikim Media, the producers of the program, in partnership with the Laurie M. Tisch Center for Food, Education & Policy, Program in Nutrition at Teachers College, Columbia University.

The Science of Balance and Nutrition! | What's Good - Grades: PreK-3

<https://ca.pbslearningmedia.org/resource/science-of-balance-nutrition-whats-good/the-science-of-balance-and-nutrition-whats-good/>

Health and Wellness | Family and Community Learning | WQED - Grades: PreK-3

<https://ca.pbslearningmedia.org/resource/health-wellness-family-learning/health-and-wellness-family-and-community-learning/>

Nutrition: What Your Body Needs – Interactive – Grades 5-8

<https://ca.pbslearningmedia.org/resource/midlit11.splfood/nutrition-what-your-body-needs/>

Ratio and Proportional Reasoning: Food Labels – Interactive - Grades 5-8

<https://ca.pbslearningmedia.org/resource/midlit11.math.splprop/ratio-and-proportional-reasoning-food-labels/>

From the Center for Ecoliteracy <https://www.ecoliteracy.org/resources>

Whether you are an educator, a parent, or know someone who is, we have curated a list of some of our favorite resources that transfer well to a home setting.

[*Nourishing Students \(Grades K–5\)*](#)

This handbook offers engaging and hands-on activities for students to explore the bounty of California-grown fruits and vegetables.

[*Abundant California \(Grades 3–5\)*](#)

Everything we eat has a story to tell. This suite of lessons teaches students about California crops and introduces them to the food system that sustains us all.

[*Understanding Food and Climate Change \(Grades 6–12\)*](#)

An interactive guide for educators, students, and advocates that explores how food systems and our changing climate interact, and how personal choices *can* make a difference.

[*Big Ideas: Linking Food, Culture, Health, and the Environment \(Grades K–12\)*](#)

Created in partnership with National Geographic, featuring learning experiences that link food, culture, health, and the environment.

[*Needs and Wants Activity \(Grades 4–8\)*](#)

Designed explicitly for home settings, this activity helps to distinguish things needed to live a healthy life and things that would be merely nice to have.

[*Food, Inc. Discussion Guide \(Grades 9–12\)*](#)

This guide can be used to spark discussion at home after viewing the Academy Award-nominated documentary Food, Inc., which takes a critical look at the industrialization of our country's food supply.

Edible Schoolyard – garden lessons <https://edibleschoolyard.org/resource-search>