Nutrition Education Resources

- Lessons From Lunch – Eat’um! Fruits and Vegetables for a Healthy Diet

Based on the curriculum from Learn from Lunch and Eat’um! Fruits & Vegetables for a Healthy Diet. It was created by the University of Hawaii’s Cooperative Extension Service, Nutrition Education for Wellness Program and its Supplemental Nutrition Assistance Program – Education (SNAP-Ed), 2006.


A curriculum designed to provide enjoyable activities that encourage positive ideas about nutrition and foods. The fifth edition (2009) was prepared by the National Food Service Management Institute – The University of Mississippi.


- Nutrition Guidance for Child Care Homes: Making Nutrition Count for Children

A booklet that provides general information on the nutritional needs of children in addition to tips on helping children learn about food and eating. Food related activities for children are also included.

Created (April 2002) by the United States Department of Agriculture – Food and Nutrition Service, Child and Adult Care Food Program

Available at: [www.fns.usda.gov/tn/resources/nutritioncount.html](http://www.fns.usda.gov/tn/resources/nutritioncount.html)

- The Sesame Street Healthy Habits for Life Child Care Resource Kit

A toolkit that provides resources to promote healthy eating and physical activity with preschoolers. It was created by the Nemours Health and Prevention Service in collaboration with Sesame Street and KidsHealth.

Available at: [http://kidshealth.org/classroom/index.jsp?Grade=cc&Section=hhfl](http://kidshealth.org/classroom/index.jsp?Grade=cc&Section=hhfl)
• *Michigan Team Nutrition Preschool Booklist*

An annotated compilation of books with positive food, nutrition and physical activity messages for young children. Created (2006) by the Michigan State University Board of Trustees.

Available at: [www.michigan.gov/mde/0,1607,7-140-43092_53882_53885---00.html](http://www.michigan.gov/mde/0,1607,7-140-43092_53882_53885---00.html) under the “Healthy Reading Resources” section
References


