

What's New at Team Nutrition!



Nutrition Voyage: The Quest to Be Our Best takes 7th and 8th grade classes on an exploratory journey into school wellness. Educators can use these mini-lessons to teach middle school students about nutrition and physical activity while meeting standards for Math, Science, and English Language Arts. Trek on!

Now Available Online!

Recipes for Healthy Kids are three cookbooks (for schools, families, and child care centers) created in collaboration with the American Culinary Federation and the School Nutrition Association, containing 30 kid-approved, kid-created recipes. Each recipe contains 15 ingredients or less and features dark green and orange vegetables, dry beans and peas, or whole grains. **Now Available Online!**



Healthier Middle Schools – Everyone Can Help is a series of communication tools designed to help you engage teachers, principals, parents, food service managers and students in school wellness efforts. There is an audience-tested video and a print handout designed for each audience. Use these to strengthen your school wellness policy and HealthierUS School Challenge efforts.

Now Available!

Just the Facts! are a set of fact sheets developed to help schools implement the major recommendations from *the 2010 Dietary Guidelines for Americans*, the nutrition foundation for all school meals programs. The sheets can be used to incorporate the recommendations within the school meal pattern requirements and nutrition standards. **Now Available Online!**



SERVING UP MyPlate

A Yummy Curriculum

Serving Up MyPlate: A Yummy Curriculum helps grades one through six explore the importance of eating from all five food groups using the new MyPlate icon and a variety of hands-on activities. It includes standards-based lessons, an *Eat Smart To Play Hard With MyPlate* poster, *MyPlate At Home* parent handout in English and Spanish, and three original songs about making healthy food choices with the five food groups. **Now Available!**

Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program is a series of tip sheets developed for child care providers to help them meet nutrition, physical activity, and wellness recommendations from the *2010 Dietary Guidelines for Americans*. **Now Available Online!**



Many other materials are available!



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