Annotated Bibliography

11 Healthy Habits from Around the World You May Want to Adopt. (2017, October 11). Retrieved from <https://www.goodnet.org/articles/11-healthy-habits-from-around-world-you-may-want-to-adopt>

This article highlights healthy eating habits from countries around the world. Click the link for more information.

A Balancing Act. (n.d.). Retrieved from https://www.greatschools.org/library/cms/66/25766.pdf

After learning about all the food groups, please visit greatschools.org to complete the worksheet on the page titled *A Balancing Act*. Remember to create meals with as many food groups as possible.

Activities. (n.d.). Retrieved from https://www2.ed.gov/pubs/parents/Math/grocerymath.html

This activity was retrieved from www2.ed.gov/pubs/parents/Math/grocerymath.html. It is titled "Weighing In",. Feel free to explore additional activities.

Advanced Solutions International, Inc. (n.d.). Health Education Standards. Retrieved from https://www.shapeamerica.org/standards/health/?hkey=6e00dd03-1a27-4f65-9066-157ce6013356

To View the National Health Education Standards that apply to the information on this website, visit https://www.shapeamerica.org/standards/health/?hkey=6e00dd03-1a27-4f65-9066-157ce6013356 or read below. Go to the website for more information.

All about the Grains Group. (2017, November 03). Retrieved from https://www.choosemyplate.gov/grains

Information in the above section is from www.choosemyplate.gov/grains. To learn more about the grain food group click on the link above.

C. (n.d.). Food Rainbow. Retrieved from http://pbskids.org/lunchlab/music/food-rainbow

Click on the link above to explore different songs related to nutrition. On this page you will find a variety of songs related good nutrition and physical activity which contribute to healthy lifestyles.

Childhood Obesity Facts. (2017, April 10). Retrieved from https://www.cdc.gov/obesity/data/childhood.html

Statistics on childhood obesity were retrieved from <https://www.cdc.gov/obesity/data/childhood.html>. Click on the link to explore more facts related to childhood obesity. These facts will show a need for better nutrition

Convenience Stores Promote Unhealthy Food Purchases - School of Public Health - University of Minnesota. (2018, January 08). Retrieved from http://www.sph.umn.edu/news/convenience-stores-promote-unhealthy-foods/

To learn more about how convenience store promote unhealthy eating, click on the link to the website and read the article.

Cox, O. (2015, July 27). The Five Food Groups. Retrieved from https://www.eatforhealth.gov.au/food-essentials/five-food-groups

Visit the source above to learn about the importance of eating foods from all five food groups. This article discusses the importance of enjoying a variety of foods from all food groups.

Cultural Considerations in Nutrition and Food Preparation. (n.d.). Retrieved from http://www.cdss.ca.gov/agedblinddisabled/res/VPTC2/9%20Food%20Nutrition%20and%20Preparation/Cultural\_Consider\_in\_Nutrition\_and\_Food\_Prep.pdf

This source discusses foods that are staples in the Mediterranean, Asian, and Latino cultures. To learn more, click the link and read the article.

Definition of "diet" - English Dictionary. (n.d.). Retrieved from https://dictionary.cambridge.org/us/dictionary/english/diet

The definition for the word “diet” was retrieved from https://dictionary.cambridge.org/us/dictionary/english/diet.

Department of Agriculture - GPO. (n.d.). Retrieved from https://www.gpo.gov/fdsys/pkg/FR-2012-01-26/pdf/2012-1010.pdf

This source shows the Department of Agriculture’s standards for national school lunch and breakfast programs. The food service our school uses, adheres to these standards.

Eat Smart Play Hard. (n.d.). Retrieved from <https://fns-prod.azureedge.net/sites/default/files/tn/sfsm_t6famguide-print.pdf> (English). <https://fns-prod.azureedge.net/sites/default/files/tn/sfsm_t6famguide-spprint.pdf> (Spanish)

These sources are in English and Spanish. It is a nutrition and activity guide for scholars and family members to participate in, click on the link to learn more.

Food Calorie Calculator. (n.d.). Retrieved from https://caloriecontrol.org/healthy-weight-tool-kit/food-calorie-calculator/

In the page in the link above, there is a calorie counter where a consumer can check the amount of calories for foods where the nutrition facts are not easy to obtain. Click the link to explore nutrition facts.

For Gradeschooler. (n.d.). Retrieved from https://www.eatright.org/for-kids/for-gradeschooler

Click on the link to the page from the Academy of Nutrition and Diatetics. If you scroll down, you will find a video that explains to parents how to get kids involved with cooking.

Fruitball! (2013, April 04). Retrieved from https://www.nyrr.org/youth-and-schools/running-start/nutrition-activities/elementary-school/breakfast/fruitball

Here’s a fun game that could be played at home with a group of people. This is a game that involves aspects of nutrition combined with Spud. Visit the New York Road Runner’s website to find more games that you can play at home.

Gavin, M. L. (Ed.). (2014, October). Learning About Proteins. Retrieved from https://kidshealth.org/en/kids/protein.html

To learn more about protein click on the link, or here. On this page, there is additional information on protein not covered here.

Healthy Eating Advisory Service. (2018, February 09). Healthy eating games and activities. Retrieved from http://heas.health.vic.gov.au/early-childhood-services/healthy-curriculum-activities/healthy-eating-games-and-activities

Click on the link above to find more activities that can be done at home to educate on nutrition. If you scroll down the page, you will find more activities, including some mentioned on this website.

How to Eat More Fruit and Vegetables. (n.d.). Retrieved from https://healthyforgood.heart.org/add-color/articles/how-to-eat-more-fruits-and-vegetables

This article discusses the importance of including fruits and vegetables in ones diet which is a main topic discussed in this website. The reader will get tips on how to include fruits and vegetables more in their diet.

How to Read a Nutrition Facts Label (Video). (n.d.). Retrieved from https://kidshealth.org/en/parents/nutrition-label-video.html?WT.ac=pairedLink

In the video, the viewer will be able to see how to check nutrition facts. The video is available in English or Spanish.

Important Nutrients to Know: Proteins, Carbohydrates, and Fats. (n.d.). Retrieved from https://www.nia.nih.gov/health/important-nutrients-know-proteins-carbohydrates-and-fats

This article can be used to help the reader to understand proteins, carbohydrates, and fats. On this website it was used to help explain what a carbohydrate is. Source: <https://www.nia.nih.gov/health/important-nutrients-know-proteins-carbohydrates-and-fat>

Is Eating At Home Healthier Than Dining Out? (2017, January 30). Retrieved from https://www.bestfoodfacts.org/home-healthier-than-dining-out/

Visit https://www.bestfoodfacts.org/home-healthier-than-dining-out/ to read from two nutritionists on why eating foods prepared at home from the grocery store can be better than going to restaurants for meals.

Mcdaniel, R. (1970, June 10). Blooms Taxonomy. Retrieved from https://cft.vanderbilt.edu/guides-sub-pages/blooms-taxonomy/

On this website, several terms from Bloom’s Taxonomy are applied to how students will learn on this website. For example, students will be able to apply what they have learned in this website into their daily life.

Milk and Dairy Facts: Nutrients, Myths, Types of milk, milk Storage, secrets about milk. (n.d.). Retrieved from https://www.healthyeating.org/Milk-Dairy

Information covered on this page was pulled from this website. Click on the link to learn more about the importance of dairy in ones diet.

Nutrients and health benefits. (2016, January 12). Retrieved from <https://www.choosemyplate.gov/vegetables-nutrients-health>

Information from this page came from this source. In the article the reader will learn the benefits of including vegetables in their diet. Explore the article more for additional information on the benefits of eating vegetables.

Nutrients and health benefits. (2016, January 12). Retrieved from https://www.choosemyplate.gov/grains-nutrients-health

Information from this page came from this source. In the article the reader will learn the benefits of including grains in their diet. Explore the article more for additional information on the benefits of eating grains.

Nutrition: Facts. (n.d.). Retrieved April 29, 2018, from <http://idahoptv.org/sciencetrek/topics/nutrition/facts.cfm>

This article discusses why food is important and why we need it. The important point covered that is mentioned on the website it that food give people energy. Click on the link to learn more.

Nutrition Facts: Cool Tips for Kids Use the Nutrition Facts Label to Make Smart Food Choices. (n.d.). Retrieved from https://www.fda.gov/downloads/Food/LabelingNutrition/UCM410490.pdf

Click on the link to get additional tips for checking nutrition labels. This is important because by checking the labels people will be able to understand how nutritious their food is.

Nutrition in Me. (n.d.). Retrieved from <http://extension.wsu.edu/curriculum-fidelity/wp-content/uploads/sites/48/2017/09/Nutrition-in-Me-Grade-4-PDF.pdf>. Page 16.

In this document the reader will find the curriculum for teaching health in another school. Scroll down to page 16 to find Go, Slow, and Woah foods. That means foods that are good to eat all the time, sometimes, and occasionally.

Nutrition Labels Worksheet id#1. (n.d.). Retrieved from http://antaga.org/worksheet/nutrition-labels-worksheet-1.html

On this worksheet, students will be able to check the nutrition facts in Oreos, a popular snack. The worksheet will help students to understand the cookies are an unhealthy choice.

Nutrition Standards for School Meals. (n.d.). Retrieved from http://www.ascd.org/ASCD/pdf/siteASCD/publications/wholechild/wscc-a-collaborative-approach.pdf

These standards highlight the National Standards for School Meals. These are standards that explain expectations for school meals.

SPARK Physical Education Curriculum. (n.d.). Retrieved from https://sparkpe.org/blog/3-reasons-why-breakfast-is-the-most-important-meal-of-the-day-for-kids/

This article discusses why breakfast is the most important meal of the day. It gives students three reasons why. Students will be able to apply this information to their daily life.

Staff, A. (2018, February 10). Precision Nutrition and Type 2 Diabetes Management: Is It Ready for Prime Time? Retrieved from https://www.hsph.harvard.edu/nutritionsource/2018/02/09/precision-nutrition-type-2-diabetes-management-is-it-ready-for-prime-time/

In this article the reader will learn about precision nutrition as a way of treating type 2 diabetes. Precision nutrition is a personalized nutrition that is tailored around a person’s DNA and health history. For more information click on the link above.

Staff, F. E. (2017, March 27). Hydration: Why It's So Important. Retrieved from https://familydoctor.org/hydration-why-its-so-important/

Information from this page came from this source. In the article the reader will learn the benefits of drinking water. Explore the article more for additional information on the benefits of drinking water.

Take the Grocery Store Challenge! (n.d.). Retrieved from http://www.themint.org/parents/the-grocery-store-challenge.html

Families, this is a great activity you can do together. This game can ultimately help you save money each time you go to the grocery store, while allowing scholars to improve their math skill. Click on the link to participate in the grocery store challenge.

Teacher's Guide: Food Labels (Grades 3-5). (2017). Retrieved from http://classroom.kidshealth.org/3to5/personal/nutrition/food\_labels.pdf

In this assignment, students will compare two foods based off of their nutrition facts. Click on the link for more information and other lesson ideas for teaching personal nutrition.

Teaching, H. (2017, June 28). Fruit and Vegetables Word Search. Retrieved from https://busyteacher.org/24986-fruit-and-vegetables-word-search.html

On this page, students will find a word search involving fruits and vegetables. This will help students learn how to spell names of fruits and vegetables.

The Impact of Food Advertising on Child Obesity. (n.d.). Retrieved from http://www.apa.org/topics/kids-media/food.aspx

This article discusses how food advertising affects childhood obesity. It talks about how what children see in the media affect their interests in food. Read to learn more by clicking on the link.

This Summer, Eat Smart to Play Hard: A Parent's Guide. (n.d.). Retrieved from https://www.fns.usda.gov/tn/summer-eat-smart-play-hard-parents-guide

Above is the USDA's Eat Smart to Play Hard activity guide for the summer. When you click on the link above, you will find resources for good nutrition and plenty of physical activity for during the summer months.

Understanding Food Nutrition Labels. (n.d.). Retrieved from https://healthyforgood.heart.org/eat-smart/articles/understanding-food-nutrition-labels

Information on how to read nutrition labels came from this link (<https://healthyforgood.heart.org/eat-smart/articles/understanding-food-nutrition-labels>). It discusses the steps one must take to read a nutrition label.

What are Calories Anyway? (n.d.). Retrieved from https://www.getfit.tn.gov/kids/calories.aspx

This article about what a calorie is and why it is important for our bodies. Click to the link to learn more.

What's That You're Drinking. (2016, October 16). Retrieved from <http://www.heart.org/HEARTORG/HealthyLiving/HealthyKids/ActivitiesforKids/Whats-that-youre-drinking_UCM_459136_Article.jsp#.WuU5cKovzIU>

This article compares other beverages to water. The reader will be able to see what beverages are and are not healthy.

Whole School Whole Community Whole Child. (n.d.). (2014). Retrieved from <http://www.ascd.org/ASCD/pdf/siteASCD/publications/wholechild/wscc-a-collaborative-approach.pdf>

This model discusses a collaborative approach for educating students on proper health and nutrition. It discusses many aspects in the importance of good practices in learning about being healthy that involves students learning in school and in their community. This is the approach Connecticut takes in Health Education.

Why Should Students Avoid Junk Foods? (2016, May 24). Retrieved from <http://silasinternationalschool.org/blog/2016/05/16/students-avoid-junk-foods/>

This article discusses reasons why junk food should not be in students’ diets. This is important because junk food is not part of the five essential food groups.

Additional Sources, Photos and Videos

5 Fruits You Should Eat Daily Natural Whole Food Diet Plan for Health and Energy. (2015, October 07). Retrieved from https://www.youtube.com/watch?v=GnkVCRf\_6WE

This is an informational video on fruits that are beneficial in ones diet.

At every age, good health starts with good nutrition. (2018, March 13). Retrieved from https://www.tennessean.com/story/sponsor-story/second-harvest-food-bank/2018/03/13/every-age-good-health-starts-good-nutrition/421702002/

This article discusses why good nutrition is essential to good health.

Brissette, C. (2018, March 01). Perspective | This is your body on fast food. Retrieved from https://www.washingtonpost.com/lifestyle/wellness/sneaking-a-little-junk-food-doesnt-mean-all-is-lost/2018/02/26/828b75fa-1b36-11e8-9de1-147dd2df3829\_story.html?noredirect=on&utm\_term=.f16e85ff2402

This article discusses what happens when one consumes junk food.

. (2012, April 04). Choose My Plate Dietary Guidelines. Retrieved from https://www.youtube.com/watch?v=-J1hmmy1OB4

This video discusses guidelines for following myplate.gov and a healthy diet.

Eat Learn Live Home. (n.d.). Retrieved from http://www.chartwellsschools.com/

This webpage is the homepage for the meal service used at Stamford Charter School for Excellence.

L. (2012, February 02). "Food Group Fun" - Nutrition. Retrieved from https://www.youtube.com/watch?v=tqs9XWy-FM8

​​An active game that will require scholars to do different movements for the food group of each food that is announced.

Food Network. (2017, August 28). Healthy Recipes Kids Can Make. Retrieved from https://www.foodnetwork.com/recipes/packages/recipes-for-kids/healthy-meals-for-kids/healthy-recipes-kids-can-make

This webpage gives ideas for meals that children can help with and learn to cook.

Gollayan, C. (2018, January 30). Nutritionist claims pizza is a healthier breakfast than cereal. Retrieved from https://nypost.com/2018/01/30/nutritionist-claims-pizza-is-a-healthier-breakfast-than-cereal/

This is an article that discusses the health benefits of eating pizza for breakfast compared to cereal.

Grocery Store Field Trip. (2014, June 13). Retrieved from <https://www.youtube.com/watch?v=HK0eKHTr95Y>

This is a video that gives students a chance to check out a grocery store and see what types of foods they carry.

Healthy eating starts with taking small steps Nutrition Month. (n.d.). Retrieved from http://www.whio.com/news/healthy-eating-starts-with-taking-small-steps/LIHrDXpDFyQfGI8FWccV3I/

This article discusses that the best way to start to eat healthy is by taking small steps to make a change.

Image. (n.d.). Retrieved from https://choosemyplate-prod.azureedge.net/sites/all/themes/cmp\_responsive/images/cmp\_slideshow\_plate.png

This image shows the myplate.gov healthy plate for nutritious eating.

Image. (n.d.). Retrieved from <https://clipartion.com/wp-content/uploads/2015/12/car-clipart-free-large-images.png>

This image shows an image of a car that helps students to make the connection on their body being like a car

B. (2018, February 22). Kids Try Rice Dishes From Around The World | Bon Appétit. Retrieved from https://www.youtube.com/watch?v=et1yp1pnw3A

This video shows students trying traditional dishes served in other countries.

K. (2015, May 16). Nutrition, Food Pyramid, Healthy Eating, Educational Videos for Kids, Funny Game for Children. Retrieved from https://www.youtube.com/watch?v=O0T3EP4NEpI&t=74s

​A quiz game that will ask scholars to identify food groups each food is part of.

M. (2012, September 27). The Benefits Of Whole Grains. Retrieved from https://www.youtube.com/watch?v=o\_RxfQqpkkE

This video discusses the benefits of eating food with whole grains.

The Importance Of Drinking Water For Children. (2017, January 11). Retrieved from https://www.youtube.com/watch?v=MDRlH0f0XOA

This video discusses why it is important to drink water for children.

W. (2013, June 05). Top 10 Healthiest Vegetables. Retrieved from https://www.youtube.com/watch?v=zjJBh4a5BeQ

This video discusses which some of the healthiest vegetables are.

Top 10 Vegetarian Protein Sources. (2016, October 27). Retrieved from https://www.youtube.com/watch?v=aWM\_FgJ4a34

This video discusses good form of protein for vegetarians. This is important because many people who do not eat meat, struggle to find foods high in protein.

Top Reasons Why You Should Stop Eating Junk Food. (2016, November 17). Retrieved from https://www.youtube.com/watch?v=p9Df9evSNdU

This video discusses what junk food does to ones body.

E. (2016, April 27). Why should children include dairy in their daily food intake? Retrieved from https://www.youtube.com/watch?v=fNH9IVLWtZs

This video discusses the benefits of eating or drinking dairy in a child’s diet.