

WELLNESS RESOURCES



General Resources

www.discoveryhealthconnection.com

This site provides health oriented lesson plans for grades K-12. If you need a username and password, see your school tech facilitator.

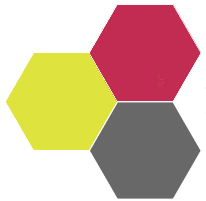
[Nutrition & Physical Activity Information to Help Americans Live Healthier Lives](#)

[Healthy Eating and Physical Activity Across Your Lifespan—Tips for Parents](#)

[Eat Smart. Play Hard.](#)

[Nutrition and Physical Activity Campaigns and Programs](#)

[Interactive Health Physical Activity](#)



Nutrition

[Food Guide Pyramid](#)

[Food Guide Pyramid Games for Children](#)

[Team Nutrition](#)

[Team Nutrition: Resources for Children and Their Parents](#)

[Nutrition for Everyone](#)

[Guidance on How to Understand and Use Nutrition Facts](#)

[Fruits and Veggies Matter](#)

[Information on Portion Control](#)



Physical Activity

[The Importance of Regular Physical Activity](#)

[Active Children, Active Parents: A Healthful Guide for Parents](#)

[Kids in Action: A Handbook for Youth Ages 6-17](#)

[Physical Activity for Children and Youth with Disabilities](#)

[Action for Healthy Kids](#)

[Weight Management and Physical Activity Resources](#)