



GET ACTIVE. SAVE LIVES.

## ADDITIONAL RESOURCES

### School-Based Programs

#### **Let's Move! Active Schools ([letsmoveschools.org](http://letsmoveschools.org))**

Part of the First Lady's *Let's Move!* initiative, this is a physical activity and physical education solution to ensure 60 minutes of physical activity is the new norm for schools.

#### **Presidential Youth Fitness Program ([pyfp.org](http://pyfp.org))**

This program provides resources and tools for physical educators to enhance their fitness education process.

### For Families

#### **Kids.gov Parents' Exercise, Fitness and Nutrition page ([kids.usa.gov/parents/exercise-fitness-nutrition/index.shtml](http://kids.usa.gov/parents/exercise-fitness-nutrition/index.shtml))**

Contains links to a wide variety of federal and federally-funded resources for parents.

#### **SuperTracker ([supertracker.usda.gov](http://supertracker.usda.gov))**

This U.S. Department of Agriculture (USDA) tool empowers Americans to build a healthier diet, manage weight and reduce risk of chronic diet-related disease.

#### **We Can!® (<http://www.nhlbi.nih.gov/health/educational/wecan/about-wecan/index.htm>)**

"Ways to Enhance Children's Activity & Nutrition" provides information and resources to help children 8 to 13 years old stay at a healthy weight.

### For Kids

#### **BrainPop ([brainpopjr.com/health/food/eatingright](http://brainpopjr.com/health/food/eatingright))**

BrainPop creates animated, curricular content, including "Eating Right" for grades K-3 and "Nutrition" for older students ([brainpop.com/health/nutrition/nutrition](http://brainpop.com/health/nutrition/nutrition)).

#### **City Farm ([pbslearningmedia.org/resource/sust13.sci.eco.cityfarm/city-farm](http://pbslearningmedia.org/resource/sust13.sci.eco.cityfarm/city-farm))**

In this interactive game from WGBH, players learn about sustainable practices by growing crops, protecting them against unforeseen problems and determining how best to conserve resources.

#### **MyPlate Kids' Place ([choosemyplate.gov/kids/index.html](http://choosemyplate.gov/kids/index.html))**

On this website from the U.S. Department of Agriculture (USDA), kids can learn about healthy eating through games, videos, songs, activities and more.



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**PBS Kids Fizzy's Lunch Lab** ([pbskids.org/lunchlab](https://pbskids.org/lunchlab))

A web series featuring original characters and funny stories that entertain and educate families about the importance of good nutrition, a balanced diet and physical activity.

**Voices of Youth Poverty and Hunger** ([voicesofyouth.org/en/sections/poverty-and-hunger/pages/the-big-picture](https://voicesofyouth.org/en/sections/poverty-and-hunger/pages/the-big-picture))

Voices of Youth is UNICEF's online place for young people to learn more about issues affecting their world. They can share their thoughts and opinions with thousands of people from all around the globe.

## Teacher Resources on Global Hunger and Malnutrition

**Christian Aid Learn** ([learn.christianaid.org.uk/TeachersResources/Default.aspx](https://learn.christianaid.org.uk/TeachersResources/Default.aspx))

An anti-poverty resource hub for teachers and youth leaders that includes the lessons "Harvest" ([learn.christianaid.org.uk/TeachersResources/primary/harvest-lesson-plans.aspx](https://learn.christianaid.org.uk/TeachersResources/primary/harvest-lesson-plans.aspx)) and "One Potato, Two Potato, Three Potato, More!" ([learn.christianaid.org.uk/TeachersResources/primary/potato\\_classroom.aspx](https://learn.christianaid.org.uk/TeachersResources/primary/potato_classroom.aspx)).

**A Healthy Diet. Who Decides?** ([unicef.org.uk/Documents/Education-Documents/Resources-Documents/healthy\\_diet\\_who\\_decides.pdf](https://unicef.org.uk/Documents/Education-Documents/Resources-Documents/healthy_diet_who_decides.pdf))

This curricular unit from UNICEF UK focuses on the causes of malnutrition, access to food and rights and responsibilities related to nutrition.

**Hunger and Malnutrition (Feeding Minds, Fighting Hunger)**  
([fao.org/ag/humannutrition/nutritioneducation/49742/en](https://fao.org/ag/humannutrition/nutritioneducation/49742/en))

An educational initiative for children to help create a world free from hunger and malnutrition

**Making a Meal of It** ([oxfam.org.uk/education/resources/making-a-meal-of-it](https://oxfam.org.uk/education/resources/making-a-meal-of-it))

These activities from Oxfam focus on the origins of food and the causes of hunger for learners aged 7–11.

**Trocaire** ([trocaire.org/education/resources](https://trocaire.org/education/resources))

The overseas development agency of the Catholic Church in Ireland includes curricular resources relevant to UNICEF Kid Power themes (use the "Poverty and Hunger" filter on this search page).

**World Food Programme Classroom Activities** ([wfp.org/students-and-teachers/classroom-activities](https://wfp.org/students-and-teachers/classroom-activities))

Lesson plans and classroom activities developed by WFP and partners.



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## Children's Books about Nutrition and Human Rights

Berry, Joy. ***Mine & Yours: Human Rights for Kids.*** (New York: Powerhouse Books, 2005).

Hoover, Susan Bame, and Maggie Sykora. ***Faith the Cow.*** (Elgin, IL: Brethren Press, 1995).

McBrier, Page, and Lori Lohstoeter. ***Beatrice's Goat.*** (New York: Atheneum Books for Young Readers, 2001).

Menzel, Peter, and Faith D'Aluisio. ***What the World Eats.*** (Berkeley, Ca.: Tricycle Press, 2008).

Milway, Katie Smith, and Sylvie Daigneault. ***The Good Garden: How One Family Went from Hunger to Having Enough.*** (Tonawanda, N.Y.: Kids Can Press Ltd., 2010).

Olson, Gillia M. ***MyPlate and You.*** (Minneapolis, Minn.: Capstone Press, 2011).

Rockwell, Lizzy. ***Good Enough to Eat: A Kid's Guide to Food and Nutrition.*** (New York: HarperCollins Publishers, 2009).

Schrock, Jan West, and Aileen Darragh. ***Give a Goat.*** (Gardiner, Me.: Tilbury House Publishers, 2013).

Smith, David J., and Shelagh Armstrong. ***If the World Were a Village: A Book about the World's People.*** (Tonawanda, N.Y.: Kids Can Press Ltd., 2011).