



Continuing Education and Local Support for Schools (CELSS) Resource Manual

Teachers' Reading Materials

For more information on these programs, or to review one for free, contact the Illinois Nutrition Education & Training Program (IL NET) at www.kidseatwell.org or 800-466-7998

Promoting Physical Activity: Resources for Educators

Dancing In Your School: A Guide for Preschool and Elementary School Teachers by Anne Dunkin

This joyful book guides and encourages teachers to incorporate movement into classroom learning. There are 70 easy and fun classroom movement activities that serve as examples for you to use when creating your own variations, even if you haven't studied movement or dance. In addition to giving an argument for the value of movement awareness during educational development, this book includes resource lists and specialized index of movement, activities and dances.

Yoga in Your School: Exercises for Classroom, Gym and Playground by Terressa Asencia

This book presents a series of short "Yoga breaks" designed for teachers to easily insert into their daily classroom schedule. Each posture or breathing technique may be practiced in less than three minutes, so that they may be used regularly or as needed, when attention or energy begins to wane. The short segments may also be combined to create longer sequence for physical education classes, playgrounds, and athletic and recreation centers, and dance schools. It is designed to jump off the pages and inspire teachers to adapt the exercises to work without additional training. Designed to develop concentration, improve motor skills and physical fitness, and develop strength, flexibility and balance.

CATCH Curriculum National Institutes of Health 1995. www.sph.uth.tmc.edu/catch

The CATCH program promotes children's nutrition and enjoyment of and participation in physical activity during PE classes (K-5). It provides students with skills beyond school and throughout life. It also contains a guide for school food service personnel to use in planning healthy meals. All components of the program are available for loan through the NET Loan Library.

Promoting Nutrition: Resources for Educators

Pyramid of Snacks *Cornell Cooperative Extension*

This teaching guide features 16 recipes for snacks; also included are games, science experiments, and food activities perfect for enrichment or after school programs.

Eat Well, Learn Well *California Department of Education, 1995, Sacramento CA*

This document highlights the importance nutrition plays in preparing children to learn. It provides a conceptual model for the nutrition services component of a comprehensive school health system. It provides practical ideas and helpful resources for achieving program goal.