

Teachers Resource List

All Age Groups

Cancer Information

1. Cells Alive! Cellular graphics. www.cellsalive.com/index.htm
2. National Cancer Institute, 1-800-4-CANCER, www.cancer.gov/cancer_information/
3. American Cancer Society, 1-800-ACS-2345, www.cancer.org information about cancer and cancer prevention along with statistics.
4. American Institute for Cancer Research <http://www.aicr.org> – This site includes facts and statistics and reports about the global perspective on nutrition. *Consumer Help* links you to free education publication and order forms, an 800 nutrition hotline, and other helpful websites. *Learn about AICR* links you to various educational programs.
5. Presentations and Information in Spanish about cancer and tobacco from Comunidades Unidas, Eric Hu (801) 487-4145
6. **Huntsman Cancer Institute**, 1-888-424-2100, www.huntsmancancer.org – information and presentations available on cancer and cancer prevention topics. View some available presentations online from <http://utahealthnet.org>

Nutrition Information

1. The CDC has updated its fruits and vegetables web site to provide tools and information that help you get the fruits and vegetables you need. The new www.FruitsandVeggiesMatter.gov site offers the following:
 - A calculator to find out how many fruits and vegetables you need each day, based on your daily calories needs
 - Tips on how to include fruits and vegetables in your daily diet
 - Information on exciting new fruits and vegetables to try
 - Delicious recipes and much more!
2. American Institute of Cancer Research Toll-free Nutrition Hotline – 1-800-843-8114 Monday through Friday, 9 a.m. to 5 p.m. eastern time. US calls only. An operator will take your question and your phone number. An AICR registered dietitian will return your call generally within 3 business days. (General Information)
3. <http://www.health.gov/dietaryguidelines/dga2005/document/html/chapter2.htm> has the dietary guidelines for Americans from the USDA.

Overall Health Information

1. Healthy Nation online video series. Free online videos on many health topics including Women's Health, Men's Health, Family Health, Healthy Eating, Health Epidemics, First Aid, Heart Disease, Depression, and the common cold. <http://www.healthination.com/index.php>

Skin Cancer Information

1. <http://www.shadefoundation.org/index.php> - The shade foundation has a poster contest, prevention education and free teaching materials available. This website has all the information you need for teaching and learning how and why to protect yourself from the sun's rays
2. Rays Awareness. Online information regarding UV radiation levels around the United States and personalized sun safely recommendations. Presented by the Weather Channel <http://www.weather.com/activities/health/skin/?from=healf> .
3. Coolibar program for schools offers hats at 50% off: <http://www.coolibar.com/school-sun-hats.html> and discounts on gallon bottles of sunscreen: <http://www.coolibar.com/school-sunscreen.html> .
4. Mary Ann Gerber organizes a patient advocate group that speaks out on tanning beds and teaches skin cancer prevention to groups on request 801-412-3776 or 801-309-9297(work). mgerber@mwsbf.com

Tobacco Information

1. http://apps.nccd.cdc.gov/osh_pub_catalog/ - Free videos, posters, and other tobacco educational materials from the Center for Disease Control.

Curriculum

Preschool

Heart Health

1. <http://www.americanheart.org/presenter.jhtml?identifier=3003346> –Lesson ideas for teaching about health and physical activity with various curriculums.

Maintaining a Healthy Weight

1. Body Mass Index Percentile Calculator for Child and Teen Body <http://apps.nccd.cdc.gov/dnpabmi/>

Nutrition

1. Print a curricula and activities from the produce for better health foundation at <http://www.pbhfoundation.org/educators/teachers/activities/>.

Physical Activity

1. <http://www.pecentral.org/lessonideas/pelessonplans.html> - "Welcome to PE Central's database of health and physical education lesson and assessment ideas! You will find over 1450 ideas submitted by 950 teachers!"

Skin Cancer

1. The Sun Safe City Program and Skin Cancer Awareness Foundation have joined forces to create the Sun Smart Kids Cool School Program <http://www.skincaf.org/KIDS%5FCOOL%5FSCHOOL%5FPROGRAM/>. This program is composed of two age-appropriate presentations (pre K-grade 2, grade 3-6) with accompanying scripts, and downloadable classroom material.

2. Preschool – K California Early Childhood sun protection curriculum
http://www.dhs.ca.gov/ps/cdic/cpns/skin/images/skin_sunproteccurriculum.pdf
3. Be Cool Under the Sun Activities-
http://www.klrn.org/healthystart/sunscreen_lesson.pdf
4. Sun Safe-free educational program materials, can be downloaded or receive a free CD with printable materials-
<http://rtips.cancer.gov/rtips/productDownloads.do?programId=180266&topicId=102269>

Kindergarten

Drug Abuse

1. <http://www.drugabuse.gov/index.html> - free publications, posters, and information about drug abuse.

Heart Health

1. <http://www.americanheart.org/presenter.jhtml?identifier=3003346> – Lesson ideas for teaching about health and physical activity with various curriculums.

Maintaining a Healthy Weight

1. Body Mass Index Percentile Calculator for Child and Teen Body
<http://apps.nccd.cdc.gov/dnpabmi/>

Nutrition

1. High 5 Flyers is designed to increase student consumption of fruits and vegetables among elementary school children. Curriculum can be downloaded or you can order a free CD ROM at
<http://rtips.cancer.gov/rtips/productDownloads.do?programId=291288&topicId=102266>
2. Nutrition Explorations. “Fun, hands-on, and interactive activities from Dairy Council's most popular programs help you teach nutrition from pre-k to upper elementary grades.” <http://www.nutritionexplorations.org/educators/main.asp>
3. Print a curricula and activities from the produce for better health foundation at <http://www.pbhfoundation.org/educators/teachers/activities/>.
4. ABCD Eat Right-This lesson will increase child’s awareness of eating healthy foods and incorporating lifestyle behaviors to help prevent diseases like cancer and diabetes.http://www.klrn.org/healthystart/abcd_eat_right_lesson.pdf
5. Schedule a 5 a day produce department tour with your local supermarket.

Physical Activity

1. <http://www.cdc.gov/healthyouth/physicalactivity/brochures/index.htm> - Brochures for teachers and parents with fun activity ideas. Free from the Center for Disease Control.
2. All in the Family-http://www.klrn.org/healthystart/all_in_the_family_lesson.pdf
3. That’s exercise? http://www.klrn.org/healthystart/thats_exercise_lesson.pdf
4. “Welcome to PE Central's database of health and physical education lesson and assessment ideas! You will find over 1450 ideas submitted by 950 teachers!” <http://www.pecentral.org/lessonideas/pelessonplans.html>

Skin Cancer

1. <http://www.epa.gov/sunwise/> - Sun wise program. Free downloads and materials for having a sun wise school.
2. The Sun Safe City Program and Skin Cancer Awareness Foundation have joined forces to create the Sun Smart Kids Cool School Program <http://www.skincaf.org/KIDS%5FCOOL%5FSCHOOL%5FPROGRAM/>. This program is composed of two age-appropriate presentations (pre K-grade 2, grade 3-6) with accompanying scripts, and downloadable classroom material.
3. Preschool – K California Early Childhood sun protection curriculum http://www.dhs.ca.gov/ps/cdic/cpns/skin/images/skin_sunproteccurriculum.pdf
4. Australia sun smart student activity sheets for elementary and secondary schools http://www.sunsmart.com.au/protecting_others/at_school
5. Be Cool Under the Sun Activities http://www.klrn.org/healthystart/sunscreen_lesson.pdf
6. Sun Safe-free educational program materials, can be downloaded or receive a free CD with printable materials- <http://rtips.cancer.gov/rtips/productDownloads.do?programId=180266&topicId=102269>

Tobacco

1. http://www.tobaccofreeutah.org/tob_related_res.html or the Tobacco-Free Resource Line: 1-877-220-3466- Tobacco education materials available to order, download, and check-out. Topics encompass health effects and environmental tobacco smoke.
2. Education World – The Great American Smoke-out Curriculum & Activities. www.education-world.com/a_lesson/lesson034.shtml
3. I don't ever want to smoke; activities to increase children's awareness and knowledge of the negative effects of smoking. http://www.klrn.org/healthystart/smoking_lesson.pdf

Grade 1

Drug Abuse

1. <http://www.drugabuse.gov/index.html> - free publications, posters, and information about drug abuse.

Heart Health

1. <http://www.americanheart.org/presenter.jhtml?identifier=3003346> – Lesson ideas for teaching about health and physical activity with various curriculums.

Maintaining a Healthy Weight

1. Body Mass Index Percentile Calculator for Child and Teen Body <http://apps.nccd.cdc.gov/dnpabmi/>

Nutrition

1. High 5 Flyers is designed to increase student consumption of fruits and vegetables among elementary school children. Curriculum can be downloaded or you can order a free CD ROM at

<http://rtips.cancer.gov/rtips/productDownloads.do?programId=291288&topicId=102266>

2. Order free classroom materials on teaching the new food pyramid.
<http://tn.ntis.gov/>
3. <http://teammnutrition.usda.gov/resources/mypyramidclassroom.html> - Educational materials developed at the elementary school level to help children learn the *My Pyramid* food guidance system. Lesson plans for teachers are available in three levels: Level 1 (grades 1-2); Level 2 (grades 3-4); and Level 3 (grades 5-6).
4. Obesity in Utah, statistics and prevention recommendations. Compare obesity rates between cities in Utah, and find out what schools can do to help-
<http://www.health.utah.gov/obesity/resources.html#data>
5. Nutrition Explorations. "Fun, hands-on, and interactive activities from Dairy Council's most popular programs help you teach nutrition from pre-k to upper elementary grades." <http://www.nutritionexplorations.org/educators/main.asp>
6. Print a curricula and activities from the produce for better health foundation at <http://www.pbhfoundation.org/educators/teachers/activities/>.
7. ABCD Eat Right-This lesson will increase child's awareness of eating healthy foods and incorporating lifestyle behaviors to help prevent diseases like cancer and diabetes.
http://www.klrn.org/healthystart/abcd_eat_right_lesson.pdf
8. Schedule a 5 a day produce department tour with your local supermarket.

Physical Activity

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2. All in the Family-http://www.klrn.org/healthystart/all_in_the_family_lesson.pdf
3. That's exercise? http://www.klrn.org/healthystart/thats_exercise_lesson.pdf
4. "Welcome to PE Central's database of health and physical education lesson and assessment ideas! You will find over 1450 ideas submitted by 950 teachers!" <http://www.pecentral.org/lessonideas/pelessonplans.html>

Skin Cancer

1. <http://www.epa.gov/sunwise/> - Sun wise program. Free downloads and materials for having a sun wise school.
2. <http://health.utah.gov/ucan/cancer/schools.htm> includes a free curriculum for teaching sun smarts from the Utah Department of Health
3. Sun Smart America <http://www.melanomafoundation.com/suncurriculum.asp>
Sun Smart America offers age appropriate classroom modules providing knowledge and skills for attitudinal changes to avoid and understand the life threatening issues of over exposure to the sun.
4. The Sun Safe City Program and Skin Cancer Awareness Foundation have joined forces to create the Sun Smart Kids Cool School Program
<http://www.skincaf.org/KIDS%5FCOOL%5FSCHOOL%5FPROGRAM/>. This program is composed of two age-appropriate presentations (pre K-grade 2, grade 3-6) with accompanying scripts, and downloadable classroom material.

5. Preschool – K California Early Childhood sun protection curriculum
http://www.dhs.ca.gov/ps/cdic/cpns/skin/images/skin_sunproteccurriculum.pdf
6. Australia sun smart student activity sheets for elementary and secondary schools
http://www.sunsmart.com.au/protecting_others/at_school
7. Be Cool Under the Sun Activities-
http://www.klrn.org/healthystart/sunscreen_lesson.pdf
8. Sun Safe-free educational program materials, can be downloaded or receive a free CD with printable materials-
<http://rtips.cancer.gov/rtips/productDownloads.do?programId=180266&topicId=102269>

Tobacco

1. http://www.tobaccofreeutah.org/tob_related_res.html or the Tobacco-Free Resource Line: 1-877-220-3466- Tobacco education materials available to order, download, and check-out. Topics encompass health effects and environmental tobacco smoke.
2. Education World – The Great American Smoke-out Curriculum & Activities.
www.education-world.com/a_lesson/lesson034.shtml
3. I don't ever want to smoke; activities to increase children's awareness and knowledge of the negative effects of smoking.
http://www.klrn.org/healthystart/smoking_lesson.pdf

Grade 2

Drug Abuse

1. <http://www.drugabuse.gov/index.html> - free publications, posters, and information about drug abuse.

Heart Health

1. <http://www.americanheart.org/presenter.jhtml?identifier=3003346> – Lesson ideas for teaching about health and physical activity with various curriculums.

Maintaining a Healthy Weight

1. Body Mass Index Percentile Calculator for Child and Teen Body
<http://apps.nccd.cdc.gov/dnpabmi/>

Nutrition

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2. Order free classroom materials on teaching the new food pyramid.
<http://tn.ntis.gov/>
3. Educational materials developed at the elementary school level to help children learn the *My Pyramid* food guidance system.
<http://teamnutrition.usda.gov/resources/mypyramidclassroom.html>

4. Obesity in Utah, statistics and prevention recommendations. Compare obesity rates between cities in Utah, and find out what schools can do to help- <http://www.health.utah.gov/obesity/resources.html#data>
5. Nutrition Explorations. "Fun, hands-on, and interactive activities from Dairy Council's most popular programs help you teach nutrition from pre-k to upper elementary grades." <http://www.nutritionexplorations.org/educators/main.asp>
6. Print a curricula and activities from the produce for better health foundation at <http://www.pbhfoundation.org/educators/teachers/activities/>.
7. Schedule a 5 a day produce department tour with your local supermarket.

Physical Activity

1. <http://www.cdc.gov/healthyouth/physicalactivity/brochures/index.htm> - Brochures for teachers and parents with fun activity ideas. Free from the Center for Disease Control.
2. All in the Family http://www.klrn.org/healthystart/all_in_the_family_lesson.pdf
3. That's exercise? http://www.klrn.org/healthystart/thats_exercise_lesson.pdf
4. "Welcome to PE Central's database of health and physical education lesson and assessment ideas! You will find over 1450 ideas submitted by 950 teachers!" <http://www.pecentral.org/lessonideas/pelessonplans.html> -

Skin Cancer

1. <http://www.epa.gov/sunwise/> - Sun wise program. Free downloads and materials for having a sun wise school.
2. <http://health.utah.gov/ucan/cancer/schools.htm> includes a free curriculum for teaching sun smarts from the Utah Department of Health
3. Sun Smart America <http://www.melanomafoundation.com/suncurriculum.asp> Sun Smart America offers age appropriate classroom modules providing knowledge and skills for attitudinal changes to avoid and understand the life threatening issues of over exposure to the sun.
4. The Sun Safe City Program and Skin Cancer Awareness Foundation have joined forces to create the Sun Smart Kids Cool School Program <http://www.skincaf.org/KIDS%5FCOOL%5FSCHOOL%5FPROGRAM/>. This program is composed of two age-appropriate presentations (pre K-grade 2, grade 3-6) with accompanying scripts, and downloadable classroom material.
5. Preschool – K California Early Childhood sun protection curriculum http://www.dhs.ca.gov/ps/cdic/cpns/skin/images/skin_sunproteccurriculum.pdf
6. Australia sun smart student activity sheets for elementary and secondary schools http://www.sunsmart.com.au/protecting_others/at_school
7. Sun Safe-free educational program materials, can be downloaded or receive a free CD with printable materials- <http://rtips.cancer.gov/rtips/productDownloads.do?programId=180266&topicId=102269>

Tobacco

1. http://www.tobaccofreeutah.org/tob_related_res.html or the Tobacco-Free Resource Line: 1-877-220-3466- Tobacco education materials available to order, download, and check-out. Topics encompass health effects and environmental tobacco smoke.

2. Education World – The Great American Smoke-out Curriculum & Activities. www.education-world.com/a_lesson/lesson034.shtml
3. I don't ever want to smoke; activities to increase children's awareness and knowledge of the negative effects of smoking. http://www.klrn.org/healthystart/smoking_lesson.pdf

Grade 3

Drug Abuse

1. <http://www.drugabuse.gov/index.html> - free publications, posters, and information about drug abuse.

Heart Health

1. <http://www.americanheart.org/presenter.jhtml?identifier=3003346> – Lesson ideas for teaching about health and physical activity with various curriculums.

Maintaining a Healthy Weight

1. Body Mass Index Percentile Calculator for Child and Teen Body <http://apps.nccd.cdc.gov/dnpabmi/>

Nutrition

1. High 5 Flyers is designed to increase student consumption of fruits and vegetables among elementary school children. Curriculum can be downloaded or you can order a free CD ROM at <http://rtips.cancer.gov/rtips/productDownloads.do?programId=291288&topicId=102266>
2. Order free classroom materials on teaching the new food pyramid. <http://tn.ntis.gov/>
3. Educational materials developed at the elementary school level to help children learn the *My Pyramid* food guidance system. <http://teanutrition.usda.gov/resources/mypyramidclassroom.html>
4. Obesity in Utah, statistics and prevention recommendations. Compare obesity rates between cities in Utah, and find out what schools can do to help- <http://www.health.utah.gov/obesity/resources.html#data>
5. Nutrition Explorations. “Fun, hands-on, and interactive activities from Dairy Council's most popular programs help you teach nutrition from pre-k to upper elementary grades.” <http://www.nutritionexplorations.org/educators/main.asp>
6. “Everything you need to get your students excited about eating fruits and vegetables is presented here.” http://www.dole5aday.com/Teachers/T_Index.jsp
7. Print a curricula and activities from the produce for better health foundation at <http://www.pbhfoundation.org/educators/teachers/activities/>.
8. Schedule a 5 a day produce department tour with your local supermarket.

Overall Health

1. <http://www.bam.gov/teachers/index.htm> - *BAM! Body and Mind* is a resource for you to incorporate CDC health, safety, and science topics into your classroom.

Physical Activity

1. <http://www.cdc.gov/healthyyouth/physicalactivity/brochures/index.htm> - Brochures for teachers and parents with fun activity ideas. Free from the Center for Disease Control.
2. All in the Family-http://www.klrn.org/healthystart/all_in_the_family_lesson.pdf
3. That's exercise? http://www.klrn.org/healthystart/thats_exercise_lesson.pdf
4. Coordinated Approach to Child Health (CATCH) aims to prevent chronic disease among young people by using a multi-component behavioral health intervention to be delivered over grades 3, 4, and 5, to students of diverse communities. CATCH consists of school-based (school food service, physical education, and classroom curricula) and family-based (home curricula, family fun nights) components that work together to decrease consumption of fatty and salty foods and increase rigorous physical activity.
<http://rtips.cancer.gov/rtips/programDetails.do?programId=175413&topicId=102268&cglId=>
5. "Welcome to PE Central's database of health and physical education lesson and assessment ideas! You will find over 1450 ideas submitted by 950 teachers!" <http://www.pecentral.org/lessonideas/pelessonplans.html>

Skin Cancer

1. <http://www.epa.gov/sunwise/> - Sun wise program. Free downloads and materials for having a sun wise school.
2. <http://health.utah.gov/ucan/cancer/schools.htm> includes a free curriculum for teaching sun smarts from the Utah Department of Health
3. Sun Smart America <http://www.melanomafoundation.com/suncurriculum.asp>
Sun Smart America offers age appropriate classroom modules providing knowledge and skills for attitudinal changes to avoid and understand the life threatening issues of over exposure to the sun.
4. The Sun Safe City Program and Skin Cancer Awareness Foundation have joined forces to create the Sun Smart Kids Cool School Program
<http://www.skincaf.org/KIDS%5FCOOL%5FSCHOOL%5FPROGRAM/>. This program is composed of two age-appropriate presentations (pre K-grade 2, grade 3-6) with accompanying scripts, and downloadable classroom material.
5. Preschool – K California Early Childhood sun protection curriculum
http://www.dhs.ca.gov/ps/cdic/cpns/skin/images/skin_sunproteccurriculum.pdf
6. Australia sun smart student activity sheets for elementary and secondary schools http://www.sunsmart.com.au/protecting_others/at_school
7. Sun Safe-free educational program materials, can be downloaded or receive a free CD with printable materials-
<http://rtips.cancer.gov/rtips/productDownloads.do?programId=180266&topicId=102269>

Tobacco

1. http://www.tobaccofreeutah.org/tob_related_res.html or the Tobacco-Free Resource Line: 1-877-220-3466- Tobacco education materials available to order, download, and check-out. Topics encompass health effects and environmental tobacco smoke.
2. Education World – The Great American Smoke-out Curriculum & Activities.
www.education-world.com/a_lesson/lesson034.shtml

Grade 4

Drug Abuse

1. <http://www.drugabuse.gov/index.html> - free publications, posters, and information about drug abuse.

Heart Health

1. <http://www.americanheart.org/presenter.jhtml?identifier=3003346> – Lesson ideas for teaching about health and physical activity with various curriculums.

Maintaining a Healthy Weight

1. Body Mass Index Percentile Calculator for Child and Teen Body
<http://apps.nccd.cdc.gov/dnpabmi/>

Nutrition

1. 5-a-Day Power Plus is a school-based, multi-component intervention aimed at increasing fruit and vegetable consumption among fourth- and fifth-grade students. Curriculum can be downloaded or you can order a free CD ROM at <http://rtips.cancer.gov/rtips/productDownloads.do?programId=209461&topicId=102266>

The program seeks to increase fruit and vegetable consumption by concurrently affecting behavior change in the school, the home, and the community environment. As such, the program has four components: 1) behavioral curricula for fourth and fifth grade students, 2) parental involvement/education, 3) school food service changes, and 4) industry involvement and support. Designed expressly for school delivery, the program also incorporates elements of learning, including reading, writing, math, oral presentation, and goal setting.

2. The Gimme 5 curriculum and related activities address common barriers to eating five servings of fruits and vegetables per day, namely, low availability of FJV in children's homes, especially lower income homes; not liking vegetables; and not knowing how to make FJV dishes. The fourth-grade curriculum targets vegetable intake and the fifth-grade curriculum emphasizes fruit, juice, and vegetable consumption to achieve five servings of FJV per day. Curriculum can be downloaded or you can order a free CD ROM at <http://rtips.cancer.gov/rtips/productDownloads.do?programId=167779&topicId=102266>
3. High 5 Flyers is designed to increase student consumption of fruits and vegetables among elementary school children. Curriculum can be downloaded or you can order a free CD ROM at <http://rtips.cancer.gov/rtips/productDownloads.do?programId=291288&topicId=102266>
4. Order free classroom materials on teaching the new food pyramid.
<http://tn.ntis.gov/>
5. Educational materials developed at the elementary school level to help children learn the *My Pyramid* food guidance system.
<http://teamnutrition.usda.gov/resources/mypyramidclassroom.html>

6. Obesity in Utah, statistics and prevention recommendations. Compare obesity rates between cities in Utah, and find out what schools can do to help- <http://www.health.utah.gov/obesity/resources.html#data> .
7. Nutrition Explorations. “Fun, hands-on, and interactive activities from Dairy Council's most popular programs help you teach nutrition from pre-k to upper elementary grades.” <http://www.nutritionexplorations.org/educators/main.asp> -
8. “Everything you need to get your students excited about eating fruits and vegetables is presented here.” http://www.dole5aday.com/Teachers/T_Index.jsp
9. Print a curricula and activities from the produce for better health foundation at <http://www.pbhfoundation.org/educators/teachers/activities/>.
10. Schedule a 5 a day produce department tour with your local supermarket.

Overall Health

1. <http://www.bam.gov/teachers/index.htm> - *BAM! Body and Mind* is a resource for you to incorporate CDC health, safety, and science topics into your classroom.

Physical Activity

1. <http://www.cdc.gov/healthyouth/physicalactivity/brochures/index.htm> - Brochures for teachers and parents with fun activity ideas. Free from the Center for Disease Control.
2. “Make physical activity cool and fun for tweens, encouraging them to keep moving every day. Download activity ideas and VERB resources for use with tweens in your classes, programs, and clubs.” <http://www.cdc.gov/youthcampaign/marketing/tween/index.htm>
3. Eat Well and Keep Moving is an interdisciplinary school-based program designed to improve diet and physical activity levels among 4th and 5th graders. The program is integrated into existing school curricula via an interdisciplinary approach using classroom teachers. For each grade, there are 13 classroom lessons (total of 26 over 2 years) in math, science, language arts, and social studies. <http://rtips.cancer.gov/rtips/programDetails.do?programId=217673&topicId=102268&cglId=>
4. Coordinated Approach to Child Health (CATCH) aims to prevent chronic disease among young people by using a multi-component behavioral health intervention to be delivered over grades 3, 4, and 5, to students of diverse communities. CATCH consists of school-based (school food service, physical education, and classroom curricula) and family-based (home curricula, family fun nights) components that work together to decrease consumption of fatty and salty foods and increase rigorous physical activity. <http://rtips.cancer.gov/rtips/programDetails.do?programId=175413&topicId=102268&cglId=>
5. “Welcome to PE Central's database of health and physical education lesson and assessment ideas! You will find over 1450 ideas submitted by 950 teachers!” <http://www.pecentral.org/lessonideas/pelessonplans.html>

Skin Cancer

1. University of Utah Dermatology provides a free program for 4th graders to learn about protecting their skin from UV rays. Contact Stephanie Kline MD 801-581-6465 or Stephanie.Klein@hsc.utah.edu for more information.
2. <http://www.epa.gov/sunwise/> - Sun wise program. Free downloads and materials for having a sun wise school.
3. <http://health.utah.gov/ucan/cancer/schools.htm> includes a free curriculum for teaching sun smarts from the Utah Department of Health
4. Sun Smart America <http://www.melanomafoundation.com/suncurriculum.asp>
Sun Smart America offers age appropriate classroom modules providing knowledge and skills for attitudinal changes to avoid and understand the life threatening issues of over exposure to the sun.
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7. Australia sun smart student activity sheets for elementary and secondary schools http://www.sunsmart.com.au/protecting_others/at_school
8. Sun Safe-free educational program materials, can be downloaded or receive a free CD with printable materials-
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Tobacco

1. http://www.tobaccofreeutah.org/tob_related_res.html or the Tobacco-Free Resource Line: 1-877-220-3466- Tobacco education materials available to order, download, and check-out. Topics encompass health effects and environmental tobacco smoke.
2. The LifeSkills Training (LST) program seeks to influence major social and psychological factors that promote the initiation and early use of substances. LST is a middle school (11 to 14 years old) curriculum that is delivered in a series of classroom sessions over 3 years. The sessions use lecture, discussion, coaching, and practice to enhance students' self-esteem, feelings of self-efficacy, ability to make decisions, and ability to resist peer and media pressure. LST consists of three major components that address critical domains found to promote substance use. Research has shown that students who develop skills in these areas are far less likely to engage in a wide range of high-risk behaviors.
<http://rtips.cancer.gov/rtips/programDetails.do?programId=115749&topicId=102271&cglId>
3. The TRUTH from Youth advertising contest campaign for 4th and 5th grade students. Truth also can do advertising contest presentations for fourth and fifth graders to get them excited about the advertising contest. Call Jill Kennedy at Crowell to schedule this presentation 531-0533, or Lena Dibble (801) 538-6917. <http://youthagainsttobacco.com>

4. Education World – The Great American Smoke-out Curriculum & Activities. www.education-world.com/a_lesson/lesson034.shtml
5. Davis county Health Department. Get materials to use for Red Ribbon Week and project TNT tobacco curriculum for 4th and 5th grades from Gloria Yugel 801-451-3258.
6. Salt Lake Valley Health Department. TNT tobacco teaching materials for middle schools, and TOT tobacco teaching materials for 4th and 5th grade. Call Tiffany Hearty 801-468-2697.

Grade 5

Drug Abuse

1. <http://www.drugabuse.gov/index.html> - free publications, posters, and information about drug abuse.

Heart Health

1. <http://www.americanheart.org/presenter.jhtml?identifier=3003346> – Lesson ideas for teaching about health and physical activity with various curriculums.

Maintaining a Healthy Weight

1. Body Mass Index Percentile Calculator for Child and Teen Body <http://apps.nccd.cdc.gov/dnpabmi/>

Nutrition

1. 5-a-Day Power Plus is a school-based, multi-component intervention aimed at increasing fruit and vegetable consumption among fourth- and fifth-grade students. Curriculum can be downloaded or you can order a free CD ROM at <http://rtips.cancer.gov/rtips/productDownloads.do?programId=209461&topicId=102266> The program seeks to increase fruit and vegetable consumption by concurrently affecting behavior change in the school, the home, and the community environment. As such, the program has four components: 1) behavioral curricula for fourth and fifth grade students, 2) parental involvement/education, 3) school food service changes, and 4) industry involvement and support. Designed expressly for school delivery, the program also incorporates elements of learning, including reading, writing, math, oral presentation, and goal setting.
2. High 5 Flyers is designed to increase student consumption of fruits and vegetables among elementary school children. Curriculum can be downloaded or you can order a free CD ROM at <http://rtips.cancer.gov/rtips/productDownloads.do?programId=291288&topicId=102266>
3. Order free classroom materials on teaching the new food pyramid. <http://tn.ntis.gov/>
4. Educational materials developed at the elementary school level to help children learn the *My Pyramid* food guidance system. <http://teamnutrition.usda.gov/resources/mypyramidclassroom.html>

5. Obesity in Utah, statistics and prevention recommendations. Compare obesity rates between cities in Utah, and find out what schools can do to help- <http://www.health.utah.gov/obesity/resources.html#data>
6. Nutrition Explorations. "Fun, hands-on, and interactive activities from Dairy Council's most popular programs help you teach nutrition from pre-k to upper elementary grades." <http://www.nutritionexplorations.org/educators/main.asp>
7. Print a curricula and activities from the produce for better health foundation at <http://www.pbhfoundation.org/educators/teachers/activities/>.
8. Schedule a 5 a day produce department tour with your local supermarket.

Overall Health

1. <http://www.bam.gov/teachers/index.htm> - *BAM! Body and Mind* is a resource for you to incorporate CDC health, safety, and science topics into your classroom.

Physical Activity

1. <http://www.cdc.gov/healthyyouth/physicalactivity/brochures/index.htm> - Brochures for teachers and parents with fun activity ideas. Free from the Center for Disease Control.
2. "Make physical activity cool and fun for tweens, encouraging them to keep moving every day. Download activity ideas and VERB resources for use with tweens in your classes, programs, and clubs." <http://www.cdc.gov/youthcampaign/marketing/tween/index.htm>
3. Eat Well and Keep Moving is an interdisciplinary school-based program designed to improve diet and physical activity levels among 4th and 5th graders. The program is integrated into existing school curricula via an interdisciplinary approach using classroom teachers. For each grade, there are 13 classroom lessons (total of 26 over 2 years) in math, science, language arts, and social studies. <http://rtips.cancer.gov/rtips/programDetails.do?programId=217673&topicId=102268&cglId=>
4. Coordinated Approach to Child Health (CATCH) aims to prevent chronic disease among young people by using a multi-component behavioral health intervention to be delivered over grades 3, 4, and 5, to students of diverse communities. CATCH consists of school-based (school food service, physical education, and classroom curricula) and family-based (home curricula, family fun nights) components that work together to decrease consumption of fatty and salty foods and increase rigorous physical activity. <http://rtips.cancer.gov/rtips/programDetails.do?programId=175413&topicId=102268&cglId=>
5. "Welcome to PE Central's database of health and physical education lesson and assessment ideas! You will find over 1450 ideas submitted by 950 teachers!" <http://www.pecentral.org/lessonideas/pelessonplans.html>

Skin Cancer

1. <http://www.epa.gov/sunwise/> - Sun wise program. Free downloads and materials for having a sun wise school.
2. <http://health.utah.gov/ucan/cancer/schools.htm> includes a free curriculum for teaching sun smarts from the Utah Department of Health

3. Sun Smart America <http://www.melanomafoundation.com/suncurriculum.asp>
Sun Smart America offers age appropriate classroom modules providing knowledge and skills for attitudinal changes to avoid and understand the life threatening issues of over exposure to the sun.
4. The Sun Safe City Program and Skin Cancer Awareness Foundation have joined forces to create the Sun Smart Kids Cool School Program <http://www.skincaf.org/KIDS%5FCOOL%5FSCHOOL%5FPROGRAM/>. This program is composed of two age-appropriate presentations (pre K-grade 2, grade 3-6) with accompanying scripts, and downloadable classroom material.
5. Preschool – K California Early Childhood sun protection curriculum http://www.dhs.ca.gov/ps/cdic/cpns/skin/images/skin_sunproteccurriculum.pdf
6. Australia sun smart student activity sheets for elementary and secondary schools http://www.sunsmart.com.au/protecting_others/at_school/

Tobacco

1. http://www.tobaccofreeutah.org/tob_related_res.html or the Tobacco-Free Resource Line: 1-877-220-3466- Tobacco education materials available to order, download, and check-out. Topics encompass health effects and environmental tobacco smoke.
2. Project Towards No Tobacco Use (TNT) is a school-based prevention program designed to delay the initiation and reduce the use of tobacco by middle-school children. Upon completion of the program, students should be able to describe the course of tobacco addiction, the consequences of using tobacco, and the prevalence of tobacco use among peers.
<http://rtips.cancer.gov/rtips/programDetails.do?programId=116931&topicId=102271&cglId>
3. The LifeSkills Training (LST) program seeks to influence major social and psychological factors that promote the initiation and early use of substances. LST is a middle school (11 to 14 years old) curriculum that is delivered in a series of classroom sessions over 3 years. The sessions use lecture, discussion, coaching, and practice to enhance students' self-esteem, feelings of self-efficacy, ability to make decisions, and ability to resist peer and media pressure. LST consists of three major components that address critical domains found to promote substance use. Research has shown that students who develop skills in these areas are far less likely to engage in a wide range of high-risk behaviors.
<http://rtips.cancer.gov/rtips/programDetails.do?programId=115749&topicId=102271&cglId>
4. The TRUTH from Youth advertising contest campaign for 4th and 5th grade students. Truth also can do advertising contest presentations for fourth and fifth graders to get them excited about the advertising contest. Call Jill Kennedy at Crowell to schedule this presentation 531-0533, or Lena Dibble (801) 538-6917. <http://youthagainsttobacco.com>
5. Education World – The Great American Smoke-out Curriculum & Activities. www.education-world.com/a_lesson/lesson034.shtml

6. Davis county Health Department. Get materials to use for Red Ribbon Week and project TNT tobacco curriculum for 4th and 5th grades from Gloria Yugel 801-451-3258.
7. Salt Lake Valley Health Department. TNT tobacco teaching materials for middle schools, and TOT tobacco teaching materials for 4th and 5th grade. Call Tiffany Hearty 801-468-2697.

Grade 6

Drug Abuse

1. <http://www.drugabuse.gov/index.html> - free publications, posters, and information about drug abuse.

Heart Health

1. <http://www.americanheart.org/presenter.jhtml?identifier=3003346> – Lesson ideas for teaching about health and physical activity with various curriculums.

Maintaining a Healthy Weight

1. Body Mass Index Percentile Calculator for Child and Teen Body <http://apps.nccd.cdc.gov/dnpabmi/>

Nutrition

1. High 5 Flyers is designed to increase student consumption of fruits and vegetables among elementary school children. Curriculum can be downloaded or you can order a free CD ROM at <http://rtips.cancer.gov/rtips/productDownloads.do?programId=291288&topicId=102266>
2. Order free classroom materials on teaching the new food pyramid. <http://tn.ntis.gov/>
3. Educational materials developed at the elementary school level to help children learn the *My Pyramid* food guidance system. <http://teammnutrition.usda.gov/resources/mypyramidclassroom.html>
4. Obesity in Utah, statistics and prevention recommendations. Compare obesity rates between cities in Utah, and find out what schools can do to help- <http://www.health.utah.gov/obesity/resources.html#data> .
5. Nutrition Explorations. “Fun, hands-on, and interactive activities from Dairy Council’s most popular programs help you teach nutrition from pre-k to upper elementary grades.” <http://www.nutritionexplorations.org/educators/main.asp>
6. Print a curricula and activities from the produce for better health foundation at <http://www.pbhfoundation.org/educators/teachers/activities/>.
7. Schedule a 5 a day produce department tour with your local supermarket.

Overall Health

1. <http://www.bam.gov/teachers/index.htm> - *BAM! Body and Mind* is a resource for you to incorporate CDC health, safety, and science topics into your classroom.

Physical Activity

1. <http://www.cdc.gov/healthyyouth/physicalactivity/brochures/index.htm> - Brochures for teachers and parents with fun activity ideas. Free from the Center for Disease Control.
2. "Make physical activity cool and fun for tweens, encouraging them to keep moving every day. Download activity ideas and VERB resources for use with tweens in your classes, programs, and clubs."
<http://www.cdc.gov/youthcampaign/marketing/tween/index.htm>
3. Planet Health aims to improve activity and dietary behaviors among 6th, 7th, and 8th grade students. The program does not single out obese children. Planet Health uses an interdisciplinary curriculum approach. Intervention materials are infused into language, arts, math, science, social studies, and physical education classes, using grade-level and subject appropriate skills and competencies.
<http://rtips.cancer.gov/rtips/programDetails.do?programId=215102&topicId=102268&cglId=>
4. The Middle-School Physical Activity and Nutrition (M-SPAN) intervention is designed to increase physical activity, encourage healthy eating, and decrease body mass in boys and girls in middle school. The program includes both physical activity and nutrition components.
<http://rtips.cancer.gov/rtips/programDetails.do?programId=285123&topicId=102268&cglId>
5. "Welcome to PE Central's database of health and physical education lesson and assessment ideas! You will find over 1450 ideas submitted by 950 teachers!" <http://www.pecentral.org/lessonideas/pelessonplans.html> -

Skin Cancer

1. <http://www.epa.gov/sunwise/> - Sun wise program. Free downloads and materials for having a sun wise school.
2. <http://health.utah.gov/ucan/cancer/schools.htm> includes a free curriculum for teaching sun smarts from the Utah Department of Health
3. Sun Smart America <http://www.melanomafoundation.com/suncurriculum.asp>
Sun Smart America offers age appropriate classroom modules providing knowledge and skills for attitudinal changes to avoid and understand the life threatening issues of over exposure to the sun.
4. The Sun Safe City Program and Skin Cancer Awareness Foundation have joined forces to create the Sun Smart Kids Cool School Program
<http://www.skincaf.org/KIDS%5FCOOL%5FSCHOOL%5FPROGRAM/>. This program is composed of two age-appropriate presentations (pre K-grade 2, grade 3-6) with accompanying scripts, and downloadable classroom material.
5. Preschool – K California Early Childhood sun protection curriculum
http://www.dhs.ca.gov/ps/cdic/cpns/skin/images/skin_sunproteccurriculum.pdf
6. Australia sun smart student activity sheets for elementary and secondary schools http://www.sunsmart.com.au/protecting_others/at_school
7. SunSafe for the Middle School Years- free downloadable lessons and posters as well as ideas for math, English, and PE classes:
http://www.cancer.dartmouth.edu/melanoma/sunSAFE_middle.shtml

Tobacco

1. http://www.tobaccofreeutah.org/tob_related_res.html or the Tobacco-Free Resource Line: 1-877-220-3466- Tobacco education materials available to order, download, and check-out. Topics encompass health effects and environmental tobacco smoke.
2. Project Towards No Tobacco Use (TNT) is a school-based prevention program designed to delay the initiation and reduce the use of tobacco by middle-school children. Upon completion of the program, students should be able to describe the course of tobacco addiction, the consequences of using tobacco, and the prevalence of tobacco use among peers.
<http://rtips.cancer.gov/rtips/programDetails.do?programId=116931&topicId=102271&cglId>
3. The LifeSkills Training (LST) program seeks to influence major social and psychological factors that promote the initiation and early use of substances. LST is a middle school (11 to 14 years old) curriculum that is delivered in a series of classroom sessions over 3 years. The sessions use lecture, discussion, coaching, and practice to enhance students' self-esteem, feelings of self-efficacy, ability to make decisions, and ability to resist peer and media pressure. LST consists of three major components that address critical domains found to promote substance use. Research has shown that students who develop skills in these areas are far less likely to engage in a wide range of high-risk behaviors.
<http://rtips.cancer.gov/rtips/programDetails.do?programId=115749&topicId=102271&cglId>
4. Education World – The Great American Smoke-out Curriculum & Activities.
www.education-world.com/a_lesson/lesson034.shtml
5. Salt Lake Valley Health Department. TNT tobacco teaching materials for middle schools, and TOT tobacco teaching materials for 4th and 5th grade. Call Tiffany Hearty 801-468-2697.

Grade 7

Drug Abuse

1. <http://www.drugabuse.gov/index.html> - free publications, posters, and information about drug abuse.

Heart Health

1. <http://www.americanheart.org/presenter.jhtml?identifier=3003346> – Lesson ideas for teaching about health and physical activity with various curriculums.

Maintaining a Healthy Weight

1. Body Mass Index Percentile Calculator for Child and Teen Body
<http://apps.nccd.cdc.gov/dnpabmi/>
2. Portion Distortion-learning about portion sizes and how they have changed -
<http://hp2010.nhlbihin.net/portion/keep.htm> . Body max index, menu planner and serving size information.

Nutrition

1. Teens' Eating for Energy and Nutrition at School (TEENS) is a school-based intervention intended to increase students' intake of fruits, vegetables, and lower fat foods. The theory-based program consists of classroom, school-wide, and family components implemented in the seventh and eighth grades. The classroom component includes 10 nutrition education lessons in each of the seventh and eighth grades. Curriculum can be downloaded or you can order a free CD ROM at <http://rtips.cancer.gov/rtips/productDownloads.do?programId=246210&topicId=102266> \
2. Order free classroom materials on teaching the new food pyramid. <http://tn.ntis.gov/>
3. Obesity in Utah, statistics and prevention recommendations. Compare obesity rates between cities in Utah, and find out what schools can do to help- <http://www.health.utah.gov/obesity/resources.html#data> .
4. US Food and Drug Administration. *Make Your Calories Count* is an interactive learning program that provides consumers with information to help plan a healthful diet while managing calorie intake. <http://www.cfsan.fda.gov/~ear/hwm/labelman.html>

Overall Health

1. <http://www.bam.gov/teachers/index.htm> - *BAM! Body and Mind* is a resource for you to incorporate CDC health, safety, and science topics into your classroom.

Physical Activity

1. "Make physical activity cool and fun for tweens, encouraging them to keep moving every day. Download activity ideas and VERB resources for use with tweens in your classes, programs, and clubs." <http://www.cdc.gov/youthcampaign/marketing/tween/index.htm>
2. Planet Health aims to improve activity and dietary behaviors among 6th, 7th, and 8th grade students. The program does not single out obese children. Planet Health uses an interdisciplinary curriculum approach. Intervention materials are infused into language, arts, math, science, social studies, and physical education classes, using grade-level and subject appropriate skills and competencies. <http://rtips.cancer.gov/rtips/programDetails.do?programId=215102&topicId=102268&cglId=>
3. The Middle-School Physical Activity and Nutrition (M-SPAN) intervention is designed to increase physical activity, encourage healthy eating, and decrease body mass in boys and girls in middle school. The program includes both physical activity and nutrition components. <http://rtips.cancer.gov/rtips/programDetails.do?programId=285123&topicId=102268&cglId=>
4. "Welcome to PE Central's database of health and physical education lesson and assessment ideas! You will find over 1450 ideas submitted by 950 teachers!" <http://www.pecentral.org/lessonideas/pelessonplans.html>

Skin Cancer

1. <http://www.epa.gov/sunwise/> - Sun wise program. Free downloads and materials for having a sun wise school.
2. <http://health.utah.gov/ucan/cancer/schools.htm> includes a free curriculum for teaching sun smarts from the Utah Department of Health
3. Sun Smart America <http://www.melanomafoundation.com/suncurriculum.asp>
Sun Smart America offers age appropriate classroom modules providing knowledge and skills for attitudinal changes to avoid and understand the life threatening issues of over exposure to the sun.
4. Australia sun smart student activity sheets for elementary and secondary schools http://www.sunsmart.com.au/protecting_others/at_school
5. SunSafe for the Middle School Years- free downloadable lessons and posters as well as ideas for math, English, and PE classes;
http://www.cancer.dartmouth.edu/melanoma/sunSAFE_middle.shtml

Tobacco

1. Project Towards No Tobacco Use (TNT) is a school-based prevention program designed to delay the initiation and reduce the use of tobacco by middle-school children. Upon completion of the program, students should be able to describe the course of tobacco addiction, the consequences of using tobacco, and the prevalence of tobacco use among peers.
<http://rtips.cancer.gov/rtips/programDetails.do?programId=116931&topicId=102271&cglId>
2. Project SHOUT (Students Helping Others Understand Tobacco) is a tobacco use prevention program for middle/junior high school students. It includes a classroom-based component delivered to students in their seventh- and eighth-grade years, followed by a telephone- and newsletter-based booster in their ninth-grade year.
<http://rtips.cancer.gov/rtips/programDetails.do?programId=298450&topicId=102271&cglId>
3. The LifeSkills Training (LST) program seeks to influence major social and psychological factors that promote the initiation and early use of substances. LST is a middle school (11 to 14 years old) curriculum that is delivered in a series of classroom sessions over 3 years. The sessions use lecture, discussion, coaching, and practice to enhance students' self-esteem, feelings of self-efficacy, ability to make decisions, and ability to resist peer and media pressure. LST consists of three major components that address critical domains found to promote substance use. Research has shown that students who develop skills in these areas are far less likely to engage in a wide range of high-risk behaviors.
<http://rtips.cancer.gov/rtips/programDetails.do?programId=115749&topicId=102271&cglId>
4. Salt Lake Valley Health Department. TNT tobacco teaching materials for middle schools, and TOT tobacco teaching materials for 4th and 5th grade. Call Tiffany Hearty 801-468-2697.

Grade 8

Careers in Health and Science

1. Life Works, by the NIH Office of Science Education:
<http://www.science.education.nih.gov/LifeWorks.nsf/feature/index.htm>
2. Careers in Health and Medicine Theme Page:
http://www.cln.org/themes/careers_health.html

Drug Abuse

1. <http://www.drugabuse.gov/index.html> - free publications, posters, and information about drug abuse.

Heart Health

1. <http://www.americanheart.org/presenter.jhtml?identifier=3003346> – Lesson ideas for teaching about health and physical activity with various curriculums.

Maintaining a Healthy Weight

1. Body Mass Index Percentile Calculator for Child and Teen Body
<http://apps.nccd.cdc.gov/dnpabmi/>
2. Portion Distortion-learning about portion sizes and how they have changed -
<http://hp2010.nhlbihin.net/portion/keep.htm> . Body max index, menu planner and serving size information.

Nutrition

1. Teens' Eating for Energy and Nutrition at School (TEENS) is a school-based intervention intended to increase students' intake of fruits, vegetables, and lower fat foods. The theory-based program consists of classroom, school-wide, and family components implemented in the seventh and eighth grades. The classroom component includes 10 nutrition education lessons in each of the seventh and eighth grades. Curriculum can be downloaded or you can order a free CD ROM at
<http://rtips.cancer.gov/rtips/productDownloads.do?programId=246210&topicId=102266>
2. Order free classroom materials on teaching the new food pyramid.
<http://tn.ntis.gov/>
3. Obesity in Utah, statistics and prevention recommendations. Compare obesity rates between cities in Utah, and find out what schools can do to help-
<http://www.health.utah.gov/obesity/resources.html#data> .
4. US Food and Drug Administration. *Make Your Calories Count* is an interactive learning program that provides consumers with information to help plan a healthful diet while managing calorie intake.
<http://www.cfsan.fda.gov/~ear/hwm/labelman.html>

Physical Activity

1. Planet Health aims to improve activity and dietary behaviors among 6th, 7th, and 8th grade students. The program does not single out obese children. Planet Health uses an interdisciplinary curriculum approach. Intervention materials are infused into language, arts, math, science, social studies, and physical education classes, using grade-level and subject appropriate skills and competencies.
<http://rtips.cancer.gov/rtips/programDetails.do?programId=215102&topicId=102268&cgId=>

2. The Middle-School Physical Activity and Nutrition (M-SPAN) intervention is designed to increase physical activity, encourage healthy eating, and decrease body mass in boys and girls in middle school. The program includes both physical activity and nutrition components.
<http://rtips.cancer.gov/rtips/programDetails.do?programId=285123&topicId=102268&cgId=>
3. "Welcome to PE Central's database of health and physical education lesson and assessment ideas! You will find over 1450 ideas submitted by 950 teachers!" <http://www.pecentral.org/lessonideas/pelessonplans.html> -

Skin Cancer

1. <http://www.epa.gov/sunwise/> - Sun wise program. Free downloads and materials for having a sun wise school.
2. <http://health.utah.gov/ucan/cancer/schools.htm> includes a free curriculum for teaching sun smarts from the Utah Department of Health
3. Sun Smart America <http://www.melanomafoundation.com/suncurriculum.asp>
Sun Smart America offers age appropriate classroom modules providing knowledge and skills for attitudinal changes to avoid and understand the life threatening issues of over exposure to the sun.
4. Australia sun smart student activity sheets for elementary and secondary schools http://www.sunsmart.com.au/protecting_others/at_school
5. SunSafe for the Middle School Years- free downloadable lessons and posters as well as ideas for math, English, and PE classes;
http://www.cancer.dartmouth.edu/melanoma/sunSAFE_middle.shtml

Tobacco

1. Project Towards No Tobacco Use (TNT) is a school-based prevention program designed to delay the initiation and reduce the use of tobacco by middle-school children. Upon completion of the program, students should be able to describe the course of tobacco addiction, the consequences of using tobacco, and the prevalence of tobacco use among peers.
<http://rtips.cancer.gov/rtips/programDetails.do?programId=116931&topicId=102271&cgId>
2. Project SHOUT (Students Helping Others Understand Tobacco) is a tobacco use prevention program for middle/junior high school students. It includes a classroom-based component delivered to students in their seventh- and eighth-grade years, followed by a telephone- and newsletter-based booster in their ninth-grade year.
<http://rtips.cancer.gov/rtips/programDetails.do?programId=298450&topicId=102271&cgId>
3. The LifeSkills Training (LST) program seeks to influence major social and psychological factors that promote the initiation and early use of substances. LST is a middle school (11 to 14 years old) curriculum that is delivered in a series of classroom sessions over 3 years. The sessions use lecture, discussion, coaching, and practice to enhance students' self-esteem, feelings of self-efficacy, ability to make decisions, and ability to resist peer and media pressure. LST consists of three major components that address critical domains found to promote substance use. Research has shown that students

who develop skills in these areas are far less likely to engage in a wide range of high-risk behaviors.

<http://rtips.cancer.gov/rtips/programDetails.do?programId=115749&topicId=102271&cgId>

4. Salt Lake Valley Health Department. TNT tobacco teaching materials for middle schools, and TOT tobacco teaching materials for 4th and 5th grade. Call Tiffany Hearty 801-468-2697.

Grade 9

Cancer

1. Cell Biology and Cancer, <http://science.education.nih.gov/supplements/nih1/cancer/default.htm>
2. Eccles Institute of Human Genetics. <http://gslc.genetics.utah.edu/teachers/>
3. The Genetics Education Center. <http://www.kumc.edu/gec/lessonpl.html> (Grades 9-12)
4. <http://cancerquest.emory.edu/> - This website was made to help teach the biology of cancer.
5. The Truth about Cancer- a PBS video about cancer and that shows the human aspect of it <http://www.pbs.org/wgbh/takeonestep/cancer/index.html>
6. In the Family; Genetic Testing and Hereditary Cancer, http://www.pbs.org/pov/inthefamily/lesson_plan.php
7. Ghost in Your Genes: A classroom activity where students model how scientists use DNA microarrays to determine levels of gene expression in breast cancer patients, and then choose treatments based on what they learn. http://www.pbs.org/wgbh/nova/teachers/activities/3413_genes.html
8. Cancer Warrior: A classroom activity to determine the toxicity of salt to an intracellular liver process using a dose response curve. http://www.pbs.org/wgbh/nova/teachers/activities/2805_cancer.html

Careers in Health and Science

1. Life Works, by the NIH Office of Science Education: <http://www.science.education.nih.gov/LifeWorks.nsf/feature/index.htm>
2. Careers in Health and Medicine Theme Page: http://www.cln.org/themes/careers_health.html

Drug Abuse

1. <http://www.drugabuse.gov/index.html> - free publications, posters, and information about drug abuse.

Heart Health

1. <http://www.americanheart.org/presenter.jhtml?identifier=3003346> – Lesson ideas for teaching about health and physical activity with various curriculums.

Maintaining a Healthy Weight

1. Body Mass Index Percentile Calculator for Child and Teen Body <http://apps.nccd.cdc.gov/dnpabmi/>

2. Portion Distortion-learning about portion sizes and how they have changed - <http://hp2010.nhlbi.nih.gov/portion/keep.htm> . Body mass index, menu planner and serving size information.

Nutrition

1. Order free classroom materials on teaching the new food pyramid. <http://tn.ntis.gov/>
2. Obesity in Utah, statistics and prevention recommendations. Compare obesity rates between cities in Utah, and find out what schools can do to help- <http://www.health.utah.gov/obesity/resources.html#data>
3. US Food and Drug Administration. *Make Your Calories Count* is an interactive learning program that provides consumers with information to help plan a healthful diet while managing calorie intake. <http://www.cfsan.fda.gov/~ear/hwm/labelman.html>

Physical Activity

1. <http://www.pecentral.org/lessonideas/pelessonplans.html> - "Welcome to PE Central's database of health and physical education lesson and assessment ideas! You will find over 1450 ideas submitted by 950 teachers!"

Skin Cancer

1. <http://health.utah.gov/ucan/cancer/schools.htm> includes a free curriculum for teaching sun smarts from the Utah Department of Health
2. Sun Smart America <http://www.melanomafoundation.com/suncurriculum.asp>
Sun Smart America offers age appropriate classroom modules providing knowledge and skills for attitudinal changes to avoid and understand the life threatening issues of over exposure to the sun.
3. Australia sun smart student activity sheets for elementary and secondary schools http://www.sunsmart.com.au/protecting_others/at_school
4. Downloadable lesson plan, for use by high school health educators prepared by the melanoma Education Foundation <http://www.skincheck.org/PDF%20Files/HSLesson.pdf>
5. Mary Ann Gerber organizes a patient advocate group that speaks out on tanning beds and teaches skin cancer prevention to groups on request. 801-412-3776 or 801-309-9297(work). mgerber@mwsbf.com

Tobacco

1. Project Towards No Tobacco Use (TNT) is a school-based prevention program designed to delay the initiation and reduce the use of tobacco by middle-school children. Upon completion of the program, students should be able to describe the course of tobacco addiction, the consequences of using tobacco, and the prevalence of tobacco use among peers. <http://rtips.cancer.gov/rtips/programDetails.do?programId=116931&topicId=102271&cglId>

Grade 10

Cancer

1. Cell Biology and Cancer, <http://science.education.nih.gov/supplements/nih1/cancer/default.htm>
2. Eccles Institute of Human Genetics. <http://gslc.genetics.utah.edu/teachers/>
3. The Genetics Education Center. <http://www.kumc.edu/gec/lessonpl.html> (Grades 9-12)
4. <http://cancerquest.emory.edu/> - This website was made to help teach the biology of cancer.
5. The Truth about Cancer- a PBS video about cancer and that shows the human aspect of it <http://www.pbs.org/wgbh/takeonestep/cancer/index.html>
6. In the Family; Genetic Testing and Hereditary Cancer http://www.pbs.org/pov/inthefamily/lesson_plan.php
7. Ghost in Your Genes: A classroom activity where students model how scientists use DNA microarrays to determine levels of gene expression in breast cancer patients, and then choose treatments based on what they learn. http://www.pbs.org/wgbh/nova/teachers/activities/3413_genes.html
8. Cancer Warrior: A classroom activity to determine the toxicity of salt to an intracellular liver process using a dose response curve. http://www.pbs.org/wgbh/nova/teachers/activities/2805_cancer.html

Careers in Health and Science

1. Life Works, by the NIH Office of Science Education: <http://www.science.education.nih.gov/LifeWorks.nsf/feature/index.htm>
2. Careers in Health and Medicine Theme Page: http://www.cln.org/themes/careers_health.html

Drug Abuse

1. <http://www.drugabuse.gov/index.html> - free publications, posters, and information about drug abuse.

Heart Health

1. <http://www.americanheart.org/presenter.jhtml?identifier=3003346> – Lesson ideas for teaching about health and physical activity with various curriculums.

Maintaining a Healthy Weight

1. Body Mass Index Percentile Calculator for Child and Teen Body <http://apps.nccd.cdc.gov/dnpabmi/>
2. Portion Distortion-learning about portion sizes and how they have changed - <http://hp2010.nhlbihin.net/portion/keep.htm> . Body max index, menu planner and serving size information.

Nutrition

1. Order free classroom materials on teaching the new food pyramid. <http://tn.ntis.gov/>
2. Obesity in Utah, statistics and prevention recommendations. Compare obesity rates between cities in Utah, and find out what schools can do to help- <http://www.health.utah.gov/obesity/resources.html#data>
3. US Food and Drug Administration. *Make Your Calories Count* is an interactive learning program that provides consumers with information to help plan a healthful diet while managing calorie intake. <http://www.cfsan.fda.gov/~ear/hwm/labelman.html>

Physical Activity

1. <http://www.pecentral.org/lessonideas/pelessonplans.html> - "Welcome to PE Central's database of health and physical education lesson and assessment ideas! You will find over 1450 ideas submitted by 950 teachers!"

Skin Cancer

1. <http://health.utah.gov/ucan/cancer/schools.htm> includes a free curriculum for teaching sun smarts from the Utah Department of Health
2. Sun Smart America <http://www.melanomafoundation.com/suncurriculum.asp>
Sun Smart America offers age appropriate classroom modules providing knowledge and skills for attitudinal changes to avoid and understand the life threatening issues of over exposure to the sun.
3. Australia sun smart student activity sheets for elementary and secondary schools http://www.sunsmart.com.au/protecting_others/at_school
4. Downloadable lesson plan, for use by high school health educators prepared by the melanoma Education Foundation
<http://www.skincheck.org/PDF%20Files/HSLesson.pdf>
5. Mary Ann Gerber organizes a patient advocate group that speaks out on tanning beds and teaches skin cancer prevention to groups on request. 801-412-3776 or 801-309-9297(work). mgerber@mwsbf.com

Grade 11

Cancer

1. Cell Biology and Cancer,
<http://science.education.nih.gov/supplements/nih1/cancer/default.htm>
2. Eccles Institute of Human Genetics. <http://gslc.genetics.utah.edu/teachers/>
3. The Genetics Education Center. <http://www.kumc.edu/gec/lessonpl.html>
(Grades 9-12)
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1. Life Works, by the NIH Office of Science Education:
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Maintaining a Healthy Weight

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<http://www.cfsan.fda.gov/~ear/hwm/labelman.html>

Physical Activity

1. <http://www.pecentral.org/lessonideas/pelessonplans.html> - "Welcome to PE Central's database of health and physical education lesson and assessment ideas! You will find over 1450 ideas submitted by 950 teachers!"

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Grade 12

Cancer

1. Cell Biology and Cancer, <http://science.education.nih.gov/supplements/nih1/cancer/default.htm>
2. Eccles Institute of Human Genetics. <http://gslc.genetics.utah.edu/teachers/>
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<http://www.cfsan.fda.gov/~ear/hwm/labelman.html>

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3. Australia sun smart student activity sheets for elementary and secondary schools http://www.sunsmart.com.au/protecting_others/at_school
4. Downloadable lesson plan, for use by high school health educators prepared by the melanoma Education Foundation
<http://www.skincheck.org/PDF%20Files/HSLesson.pdf>
5. Mary Ann Gerber organizes a patient advocate group that speaks out on tanning beds and teaches skin cancer prevention to groups on request. 801-412-3776 or 801-309-9297(work). mgerber@mwsbf.com

Advanced

Cancer

1. Eccles Institute of Human Genetics. <http://gslc.genetics.utah.edu/teachers/>
2. <http://cancerquest.emory.edu/> - This website was made to help teach the biology of cancer.
3. <http://www.cancer.gov/cancertopics/understandingcancer/targetedtherapies> - *Understanding Targeted Therapies for Cancer* is an animated, educational Web tutorial for cancer health professionals. Produced by the National Cancer Institute's Center for Cancer Research, the tutorial explains the three main types of targeted therapies, their risks and benefits, and how they differ from conventional chemotherapy.
4. NCI's Understanding Cancer Series of Tutorials:
<http://newscenter.cancer.gov/sciencebehind/>
5. Information on nanotechnology-
<http://www.pbs.org/wgbh/nova/sciencenow/3209/03.html>
6. Information about RNAi-
<http://www.pbs.org/wgbh/nova/sciencenow/3210/02.html> -