

Exploring Nutrition and Health

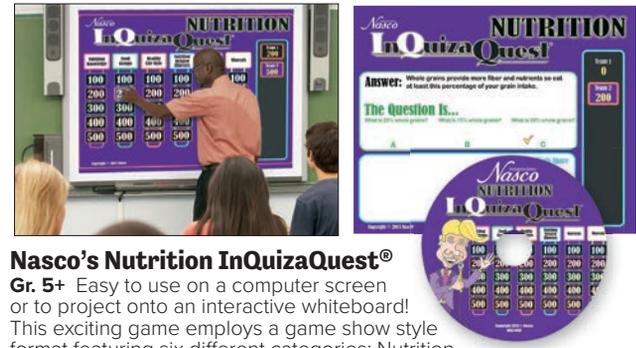
Gr. 6+ These activity/situation cards are ideal for getting students to think about the foods they eat and how those foods affect their health. Factual information and real-world nutrition situations are followed by questions and activities for students to consider and explore further. Box includes 45 cards (8½" x 5½") and a teacher's guide/answer key. Sh. wt. 1.25 lbs.

WA30084H — \$28.95

Choose MyPlate Food Facts Game

Gr. 6+ Great for teaching ChooseMyPlate.gov! Players will respond to questions related to the five food groups in the guide as well as a "Potluck" category of miscellaneous, healthy eating questions. The 180 questions and answers provide factual nutrition information that can be applied to daily diets and general eating habits. The answers are listed on the cards. Use as a fun way to introduce nutrition, Choose MyPlate, or the food groups. Works well for review, reinforcement, and assessment for individuals as well as small or large groups. Contains 30 Choose MyPlate Food Facts cards (4" x 6"), instructions, and one die. ©2011. (Δ) Sh. wt. 0.63 lbs.

WA27818H — \$24.50



Nasco's Nutrition InQuizaQuest®

Gr. 5+ Easy to use on a computer screen or to project onto an interactive whiteboard! This exciting game employs a game show style format featuring six different categories: Nutrition Knowledge, Food Groups, Healthy Life Style, Nutrition Related Illnesses, Nutrients, and Minerals. Players are quizzed on-screen in the form of an answer and must respond in the form of a question. Each answer has three possible questions to choose from. Question difficulty increases with point value. Choose from four different time limits for selecting correct questions: 30, 45, 60, or 75 seconds; games can also be played with no time limit. Once the category and difficulty are selected, then an answer is revealed and any player can be the first to buzz in and provide the right question. Includes a total of 150 question and answer pairs. Up to six players or teams may play at the same time. Compatible with Windows® or Macintosh®. Sh. wt. 0.88 lbs.

WA31489H CD-ROM — \$29.95

SYSTEM REQUIREMENTS: Adobe® Flash® Player 10 or higher.

See page 8 for electronic answer buttons.

HEALTH-OPOLY™

Gr. 5+ Learn while having fun! Similar to the classic real-estate board game, but with a focus on positive attitudes and nutrition. Roll the dice to move around the board, you may get a chance to show off your positive "mojo," or you may be busted scooping ice cream from the freezer. Whatever you do, don't get sent to the couch! For 2-6 players. Sh. wt. 1.75 lbs.

WA32304H — \$13.95



Healthy Helpings™ A MyPlate Activity Mat

Gr. PreK+ This versatile vinyl mat can be hung, used on a table top, or on the floor to use in a variety of MyPlate nutrition education activities. Includes 48 double-sided food group cards and 10 photo-illustrated exercise/activity cards. Laminated cards are 2¾" x 4¼". Mat measures 5 ft. x 4 ft. Sh. wt. 1.50 lbs.

EL10761H — \$29.95

See page 91 for Steps Poster.



Classroom Pack of 30 Pedometers

Economical step counters come with battery and instructions. Royal blue. Classroom pack of 30 pedometers is ideal for distribution for nutrition and physical activity programs. Sh. wt. 1.50 lbs.

WA24986H — \$89.95



MAC-T's® Pedometer Package

This is a great value for a well-made pedometer, far superior to the disposable pedometers usually available at this price. Counts steps up to 99,999. The ½" x 1" display shows calories burned and distance traveled in both miles and kilometers. The five-step delay function prevents counting false steps. Overall size: 2" x 2". Set of six includes one each of red, orange, yellow, green, blue, and purple. Sh. wt. 0.63 lbs.

PE08013H — \$45.95 3+ \$40.20



Fitness Dice

Pair of 4" x 4" dice — one die has fitness and exercise directions and the other has large screen-printed numbers. Exercises include toe touch, arm circles, jumping jacks, leg lifts, and more. Color may vary. Sh. wt. 0.69 lbs.

PE01241H — \$12.95