AAHE Health Education Toolbox

Lesson Plans/Teaching Ideas/Techniques Websites

Below is a list of websites offering health education lesson plans/teaching ideas/techniques. AAHE does not endorse any of the websites. We are making the list available for your perusal and potential use.

If you know of any additional websites please contact AAHE at aahe@aahperd.org

Nutrition

- Health and Nutrition
- The Fun Way to Learn Nutrition
- Food and Nutrition Activities
- Got Milk Campaign
- 5 A Day - Center for Disease Control and Prevention
- Healthy Snack Ideas
- Playnomous – Nutrition
- Milk Matters – National Institutes of Child and Human Development
- Kellogg's Nutrition Camp – What to eat after school
- PBS Teacher Source– Play with Your Produce
- FDA Food Safety Quiz for Kids
- 5 A Day – Dole
- Fit For Life: Eat Smart and Exercise – Metropolitan Life Foundation
- Healthy Eating – Educators Reference Desk
- Food Labels in the Classroom – Educators Reference Desk
- Balanced Meals – Educators Reference Desk
- Salad Party – Educators Reference Desk
- Planning a Healthy Menu using the Food Guide Pyramid – Educators Reference Desk

Drug Education

- Substance Abuse Educational Resources
- Drugs4real (interactive website for children ages 10-14)
- NIDA for Teens – The Science behind Drug Abuse
- NIDA - Marijuana Facts for Teens
- NIDA – Mind Over Matter Drug Education for 5-9th graders
- NIDA – Heads Up Drug Education for 6-10th graders
- NIDA – Science based drug facts and information

- NIDA – Inhalants
- NIDA - Smoking
- Campaign for tobacco free kids
- Smoking Prevention Campaign –Metropolitan Life Foundation
- The Drug Dope Show - Metropolitan Life Foundation
- Drug Abuse Brochure - Metropolitan Life Foundation
- Steroids: The Hard Truth – Metropolitan Life Foundation
- Above the Influence – National Youth Anti –Drug Media Campaign

Environmental Health

- International Walk to School Day
- Safe Routes to School
- Environmental Health
- National Institutes of Environmental Health Sciences – National Institutes of Health Kid's Pages
- Identify Health Fish to Eat – EPA
- Fun Farming Facts – Farming Service Agency
- Environmental Kid's Club – EPA
- Environmental Health Games – NIEHS
- Climate Change kids site - EPA
- Home Safety – Home Safety Council
- Sunwise Kids – EPA
- Sun Proof – CDC, Body and Mind
- Lurking in the Locker Room – CDC, Body and Mind

Dental Health

- Smart Mouth
- Smile Style – CDC, Body and Mind
- Bright Smiles - Colgate
- Decay – No Way! – Hotchalk Lesson Plans

Emotional and Social Health

- Friendship and Group Work Activities
- PBS- It's My Life, Body Talk
- PBS- It's My life, Emotions
- BAM – CDC's Body and Mind
- Stop Bullying now – US Department of Health and Human Services
- The Bully Roundup – CDC, Body and Mind
- The Energy Equation – CDC, Body and Mind
- Eagles Nest – CDC

- Feeling Frazzled – CDC, Body and Mind
- Abusive Relationships: Get Out, Get Help – Metropolitan Life
- Dealing With Death - Metropolitan Life Foundation
- What is Depression – Metropolitan Life Foundation
- Suicide Prevention – Metropolitan Life Foundation
- Ethics: Cheating and Plagiarism – Metropolitan Life Foundation
- Divorce and Stepfamilies: Breaking Apart, Coming Together – Metropolitan Life Foundation
- Stop Bullying, Take a Stand – Metropolitan Life Foundation
- Cliques, Friendships, Groups or Boxes – Metropolitan Life Foundation
- Cliques Online Lesson – Metropolitan Life Foundation
- Self –Image: The Fantasy. The Reality- Metropolitan Life Foundation
- Hearing Between the Lines – Metropolitan Life Foundation
- Exploring Media Messages – Metropolitan Life Foundation
- Managing Anger – Metropolitan Life Foundation
- Dating Violence Detectives – Metropolitan Life Foundation
- Chain of Compliments – Educators Reference Desk

Girls Health

- Girls Health Lesson
- Girls on the Run
- Best Bones Ever – US Department of Health and Human Services
- Sexual Health Information for girls
- Girls Health
- Women's Body Image – US Department of Health and Human Services
- Pregnancy and Body – US Department of Health and Human Services
- Eating Disorders – US Department of Health and Human Services
- Women's Health Information - US Department of Health and Human Services
- Teen Talk – Planned Parenthood
- Girls Only – Great Ormond Street Hospital
- Teen Health Resources – Susan and Michel Dell Foundation

Boys Health

- Sexual Health Information for boys
- Teenage Health Freak
- Enhancing Male Body Image – National Eating Disorder Association
- Teen Talk – Planned Parenthood
- Young Men's Health – Children's Hospital Boston
- Boys Only – Great Ormond Street Hospital
- Men's Health Center – Cool Nurse
- Just for Guys Puberty – Teen Growth All About Health
- Teen Health Resources – Susan and Michel Dell Foundation

Physical Health

- Pedometer Program
- KidSource Online - Promoting Physical Activity and Exercise among Children
- Calorie Intake and Physical Activity
- Catching Fitness Fever – Educators Reference Desk
- Beanbag Balance – Scholastic
- Heart Rate and Physical Activity – Educators Reference Desk
- Hula Hoop Football Fun – Educators Reference Desk
- Go for the Goal – Educators Reference Desk
- End Line Ball – Educators Reference Desk
- Not in my Backyard – Educators Reference Desk
- Cone Tag – Educators Reference Desk
- Voyage across the ocean – Educators Reference Desk
- Steal the Dinosaur Egg – Hotchalk Lesson Plans
- Capture the Lion – Hotchalk Lesson Plans
- Airplane – Hotchalk Lesson Plans
- Fitness Tag – Hotchalk Lesson Plans
- What Time is it Mr. Fox? – Hotchalk Lesson Plans
- Tree Tag – Hotchalk Lesson Plans
- Builders and Bulldozers – Hotchalk Lesson Plans
- Nutrition and Fitness - Fuel your Performance – learntobehealthy.org
- Five Senses – learntobehealth.org

General Health Education Sites

- Kids Health in the Classroom
- Learn to be Healthy
- MECKids interactive website
- Action for Healthy Kids
- Health Lesson Plans
- The Scrub Club - Hand Washing Interactive Student Site
- FDA for Kids
- The Center for Health Care in Schools
- Healthy Start
- Leadership for Healthy Communities
- Steps to a Healthier US
- SPARK
- Planet D – American Diabetes Association
- Screen Time Awareness
- Turn off Week
- Fun again Games
- Brainpop – Interactive health website
- KIDD Safety Site – US Consumer Product Safety Commission
- Building Blocks for a Health Future
- Diabetes - CDC, Body and Mind
- Small Steps for Kids – US Department of Health and Human Services
- The Buzz on Scuzz – CDC Body and Mind
- McGruff – National Crime Prevention Council
- Sleep for Kids – National Sleep Foundation