

Health websites

List prepared by John Byl, 31 October 2007

The inclusion of the sites below is because they seemed helpful, but I am not endorsing the entirety of all the sites.

John Byl
byl@redeemer.ca

Below are a list of websites on health on:

General
Alcohol
Bones
Drugs
Eating Disorders
Eyes
Heart
Nutrition
Safety
Senses
Sexuality
Smoking
Teeth

GENERAL

www.kidshealth.org

Tons of great information for parents, kids, and teens.

<http://www.aboutkidshealth.ca/JustForKids/default.aspx>

Lots of good general ideas for younger children.

www.innerbody.com

Great site for looking at ten different body systems. Illustrations with text explaining different body parts.

www.growingcanada.ca

Pretty informative for our unit on Caring for Your Bodies

www.healthyontario.com

Pretty informative for our unit on Caring for Your Bodies

www.cyh.com/HealthTopics/HealthTopicCategories.aspx?p=284

Factual Information about rest, food, hygiene and lots of other stuff

www.lessonplanet.com/search/Health

Lesson plan ideas on nutrition, dental care, exercise, etc.

www.neatsolutions.com/Curriculum%20Resources/Healthy%20Living.htm

Information on children's books that deal with different health issues

www.pecentral.org

Great website with all kinds of practical ideas.

www.school.discoveryeducation.com

Has links to many more sites—especially with a science/experiment orientation.

http://www.atozteacherstuff.comhttp://www.atozteacherstuff.com/Lesson_Plans/Health/index.shtml

Lots of useful ideas, poems, songs, printables... on various topics.

www.canadian-health-network.ca

Helpful health information from the Canadian government.

ALCOHOL

www.apolnet.ca

This site offers a comprehensive list of resources to those working or interested in the field of alcohol policy.

www.camh.net

Center for Addiction and Mental Health offers an integrated set of web based resources for schools and allied partners to utilize in their prevention/health promotion work with youth.

www.schoolnet.ca/alcohol

An online educational resource for teaching young teens about alcohol.

http://www.media-awareness.ca/english/games/alcohol_quiz/

Media quiz on effect of alcohol advertising.

BODY IMAGE AND EATING DISORDERS

<http://www.nytimes.com/learning/>

Here's the website for the Learning Network at the New York Times:

<http://www.nedic.on.ca>

I also think that the National Eating Disorders Information Centre is an important resource for

anyone teaching students at the intermediate level.

http://www.nationaleatingdisorders.org/p.asp?WebPage_ID=337

Website for the US National Eating Disorder Association.

<http://www.mirror-mirror.org/eatdis.htm>

Website dedicated to those who lost their life to an eating disorder and provides lots of helpful information.

www.campaignforrealbeauty.com

This website is provided from the Dove beauty products company. It has a plethora of fantastic resources, lesson plans, educational activities, general information, and videos regarding the definition of beauty and the importance of having a healthy body image.

BONES

www.dairygoodness.ca

and

www.teachnutrition.org

Dairy Farmers of Canada--These two websites provide resources that can be downloaded- everything from posters to pamphlets, to a complete unit plan for a grade five on bone health- all free of charge. Included in the unit plan are interactive games that can be played by your students to reinforce learning

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www.kidshealth.org

Kids Health Organization--This website provides resources for children, teens, parents and teachers. What we liked about this website is that they cater to the questions that kids would have in a fun kid friendly manner.

www.cdc.gov/powerfulbones

Center for Disease Control--This website provided some great interactive activities that students could play to aid their understanding of the importance of calcium to bone health. For example) It includes a challenge to calculate the appropriate amount of calcium for a teenage girl by choosing between calcium rich and not so rich foods.

www.power4bones.com

Power4Bones is a free, award-winning program that teaches grade 5 children about bone health using an incredible variety of coordinated teaching methods, including Web-based challenges, educational comics, coded secret messages, classroom announcements, a public service announcement activity, classroom trivia game and much more.

DRUGS

www.abovetheinfluence.com

This site was the one we actually showed in class. it was incredibly fun and interactive while still educational at the same time

<http://teens.drugabuse.gov/>

This one has lots of fun things for kids to do that could easily be incorporated in the classroom has fun and exciting homework assignments

www.acde.org

This site had some great information for students, parents, and even teachers directly, including lesson plans

<http://www.teens.drugabuse.gov/>

A great website with lots of useful information about drugs, including “brain games” to test a player’s knowledge.

EYES

For Teachers http://www.optometrists.bc.ca/content/Activity_kit_contents/72/0/71

Eye Diagrams

<http://www.enchantedlearning.com>

http://exploratorium.edu/learning_studio/cow_eye/index.html

For Students

Vision Games/Videos/Colouring Sheets <http://www.staff.washington.edu/chudler/chvision.html>

<http://www.checkyearly.com/kidshome.asp>

<http://www.eyedidntknowthat.info/?pageLoc=/fun-and-games&index=1>

<http://fuzziday.com>

Eye Quiz

<http://www.optima-hyper.com/eyetests/kidsquiz/KIDSAFE.htm>

General Resources

<http://www.opto.ca/en/public/>

<http://www.allaboutvision.com/parents/schoolage.htm>

<http://www.childrevisions.com/>

Blindness

<http://www.cnib.ca>

<http://www.afb.org/braillebug/games.asp>

FITNESS

www.participaction.com

An organization seeking to encourage a positive view of physical activity. Useful links and awesome video clips.

www.getactivestayactive.com

A comprehensive personal fitness journal which students can sign up to use. Teachers can set up and register a class so it can be a class-wide challenge. It includes provisions for different physical activities.

www.healthytoolkit.ca

Teacher's guides, classroom support, community support to help develop children into active children.

HEART

www.americanheart.org

This site, although being American, has many great resources especially for teachers, as well as just general information on the heart. It has some great lesson plans, worksheets, and physical activity ideas for using in the classroom. It also has Children Exercise & Nutrition Resources, and a Heart and Stroke Encyclopedia.

www.heartandstroke.ca

This site is the Canadian organization with tonnes of information and resources for teachers also with a kids section. They have Physical Activity Handbooks, Skills Posters, Lesson Plans, and Family Activities that can be printed off and used in the classroom. There is also a "Jump into the Curriculum" unit that connects jump rope activities with different subjects. All the materials match up with Ontario Curriculum requirements.

www.sickkids.ca/FamilyInformation/default.asp

This is the site connected to Sick Kids Hospital in Toronto. This site provides a virtual tour into the operation rooms, as well as an interactive section that teaches about the functions of different systems in the body.

www.aboutkidshealth.ca/justforkids/heart.asp

This site is aimed at younger children, it is interactive and also provides activities and worksheets that would be useful in the classroom.

www.heart.org

Useful resource for teachers and students alike with links to lesson plans, worksheets, quizzes, and general information about heart health.

NUTRITION

www.nutritionexplorations.org

This website is for children, parents and teachers. There are lots of fun games that students can play to learn more about nutrition and the food groups. There are also lesson plans that teachers can follow or use for ideas.

www.producepassport.org

This website has the produce passports, but you can also just use it as a guide in order to make your own and use other food other than fruit. It seems like a great way to motivate students to eat healthy food.

www.healthychoices.org

This website is directed at parents and teachers. It has full lesson plans for ages 6-10.

http://www.ccfh.ca/about_ccfn/strategic_plan.asp

This is the website for the Canadian Council of Food and Health. It just shows what they are currently doing in the area of health and specifically nutrition. It also talks about different issues within Canadian health.

<http://www.cspinet.org/smartmouth/index1.html>

A very catch and interactive site for students to learn about portion, calories, food marketing and advertising.

www.missionnutrition.ca

A Kellogg's Canada site designed to teachers and families. Lesson plans and handouts deal with nutrition. Contests also included.

<http://www.team.uconn.edu/kidsstuff.htm>

This website includes a variety of games for children. This includes a 'rate your plate' game, where kids can find out if what they are eating is actually a good balanced meal. There is nutrition information, a snack page where kids can send in their favorite healthy recipes in. This is the website with nutrition hangman and nutrition pac-man and other sorts of fun games

<http://www.dole5aday.com>

This website is another site designed for kids. There are lots of games, there is an encyclopedia of health, the kid's cookbook (including fruit pizza, activity sheets, goals in eating healthy. It is a fun and flashy website designed for children, but is also a fantastic learning tool to encourage healthy living

<http://kidshealth.org>

This website, click on FOR KIDS, is designed for kids. Again, there are recipes, fact sheets, games, information on health related problems, how to take care of your body, teeth, etc., there is a glossary of health terms. It is a great site for kids to explore.

www.dieticians.ca

click on EAT WELL, LIVE WELL. There is all sorts of healthy information. There is a program where you can create your meals for the day, and the dieticians will tell you what you need as far as the food guide states. It is all animated, so it is good for students. There is a virtual kitchen, a virtual grocery store. It is a great site for kids- and big kids as well!

http://www.hc-sc.gc.ca/fn-an/foor-guide-aliment/index_e.htmlhttp://www.hc-sc.gc.ca/fn-an/index_e.html

Health Canada official website. Helpful statistics, Canada's food guide, and other information and activities.

SAFETY

General Personal Safety for Children:

www.elmer.ca

Neat games and posters to support safety education.

www.radkids.org

Personal empowerment safety education and violence prevention for children

<http://www.kidproofcanada.com>www.safekidscanada.ca

Guided by our National Expert Advisory Committee, Safe Kids Canada ensures evidence-based research is translated into best practices to reduce the number of children hurt or killed by preventable injuries. These practices include using bike helmets and booster seats, checking hot water temperatures and banning baby walkers. Helpful stats and other information.

Fire Safety:

www.stayingalive.ca

Helpful information on fire safety, including an interactive game on escaping from your house when it is on fire.

www.sparky.org

Simple games and video clips to enhance your fire safety unit.

www.firesafetycouncil.com

Activity sheets for students and units and other resources with teachers teaching about fire safety.

Sun Safety:

<http://www.sunsafetyforkids.org>

<http://www.epa.gov/sunwise>

Safety Songs (the one that we presented in class for our drama - it was requested by some in the class, so here it is!)

<http://www.co.greene.pa.us/secured/gc/depts/hs/ccis/songs.htm>

Internet safety:

http://www.media-awareness.ca/english/games/privacy_playground/

Quiz on determining a person's internet safety.

SENSES

<http://www.sedl.org/scimath/pasopartners/senses/>

A seven lesson unit on the five senses.

http://edhelper.com/five_senses.htm

Lots of printables on the five senses.

SEXUALITY

www.teenwire.com

Frank discussions, illustrations, and tasteful video clips on sex education for teens.

SMOKING

www.stupid.ca

Just login (Ontario resident or outside of Ontario resident) and navigate through the rooms clicking on objects to get information or watch provocative video clips—ie.click on TVs in the back of the room, one on the right exposes “Big lies: smoking in the media).

www.tobaccofacts.org/teacher

bc.tobaccofacts is a series of tobacco prevention resources for teachers. This school-based tobacco prevention program is designed to help teachers support our young people to stay tobacco free. It is the work of numerous teachers, administrators, health professionals, consultants and students throughout British Columbia.

www.cdc.gov/tobacco/sgr/sgr4kids/sgrmenu.htm

Information on smoking and tobacco use

www.notobacco.org

Information and advertising posters about tobacco

www.lungsareforlife.ca

Games and information for different grade levels. Created by the Lung Association.

www.lung.ca/children/index_kids.html

Books, worksheets and other activities on the lungs for different grade levels.

www.joechemo.org

Meet Joe Chemo, a camel who wishes he'd never smoked cigarettes. Joe is having trouble feeling COOL these days, now that he's lost most of his hair. Worst of all, Joe just realized that he's been MaNiPuLaTeD all his life by tobacco companies. Poor guy -- his tobacco IQ never was very high. Information on the tobacco industry.

<http://www.juliethompson.com/Webquest/smoke/#Teacher%20Information>

Ideas about not getting hooked on smoking. Teacher resources, evaluation tips, and other information.

TEETH

<http://www.cda-adc.ca/>

Canadian Dental Association

<http://www.ada.org>

American Dental Association--great videos

<http://www.healthyteeth.org>

From baby teeth to braces, Healthy Teeth is all about what goes on inside your mouth. Produced by dentists for elementary aged kids curious about the "why?" of oral health.

TONGUE

www.exploratorium.edu/cooking/seasoning/taste/index.html

Discover how a pinch of curiosity can improve your cooking! Explore recipes, activities, and Webcasts that will enhance your understanding of the science behind food and cooking. Includes webcasts.

<http://www.faculty.washington.edu/chudler/chtaste.html>