

## Teachers Resource List

### Cancer

1. Cell Biology and Cancer, Grades 9-12-  
<http://science.education.nih.gov/supplements/nih1/cancer/default.htm>
2. Cells Alive! Cellular graphics. [www.cellsalive.com/index.htm](http://www.cellsalive.com/index.htm)
3. Biological Research for Animals and People (includes teacher's guide and student issues): <http://www.biorap.org/br6contents.html>
4. NCI's Understanding Cancer Series of Tutorials:  
<http://newscenter.cancer.gov/sciencebehind/>
5. National Cancer Institute, 1-800-4-CANCER,  
[www.cancer.gov/cancer\\_information/](http://www.cancer.gov/cancer_information/)
6. American Cancer Society, 1-800-ACS-2345, [www.cancer.org](http://www.cancer.org)
7. Eccles Institute of Human Genetics.  
<http://gslc.genetics.utah.edu/teachers/>
8. The Genetics Education Center. <http://www.kumc.edu/gec/lessonpl.html>
9. <http://cancerquest.emory.edu/> - This website was made to help teach the biology of cancer.
10. Presentations and Information in Spanish about cancer and tobacco from Comunidades Unidas, Teresa Mora 566-6193.
11. **Huntsman Cancer Institute**, 1-888-424-2100, [www.huntsmancancer.org](http://www.huntsmancancer.org) – information and presentations available on cancer and cancer prevention topics. View presentations online from <http://utahealthnet.org> .
12. 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.
13. American Cancer Society, <http://www.cancer.org> has information about cancer and cancer prevention along with statistics.

### Skin Cancer Prevention

1. <http://www.epa.gov/sunwise/> - Sun wise program for grades K through 8. Free downloads and materials for having a sun wise school.
2. <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.
3. <http://www.skincancer.org> – Get additional information on taking care of your skin, answers to common skin cancer questions, and ways to fight the aging of skin.

### Nutrition

1. <http://www.ntis.gov/USDA/MyPyramid.aspx> - order free classroom materials on teaching the new food pyramid.

- a. <http://teamnutrition.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).
2. [www.teachfree.com](http://www.teachfree.com) – download free materials for teaching nutrition, recipes, and food safety.
3. <http://www.nutritionexplorations.org/educators/main.asp> - 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.”
4. <http://www.cfsan.fda.gov/~ear/hwm/labelman.html> - 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.
5. [http://www.dole5aday.com/Teachers/T\\_Index.jsp](http://www.dole5aday.com/Teachers/T_Index.jsp) - “Everything you need to get your students excited about eating fruits and vegetables is presented here.”
6. Wild Oats Market nutrition presentation, contact Jenna Paulsen - [jpaulsen@wildoats.com](mailto:jpaulsen@wildoats.com) .
7. Schedule a 5 a day produce department tour with your local supermarket.
8. Print a curricula and activities from the produce for better health foundation at <http://www.pbhfoundation.org/educators/teachers/activities/>.
9. Print activity pages and a teachers guide from 5 a day [http://www.5aday.com/html/educators/educators\\_home.php](http://www.5aday.com/html/educators/educators_home.php) .
10. 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.
11. <http://www.health.gov/dietaryguidelines/dga2005/document/html/chapter2.htm> has the dietary guidelines for Americans from the USDA.

### Physical Activity

1. <http://www.cdc.gov/healthyouth/physicalactivity/brochures/index.htm> - Brochures for teachers and parents. Free from the Center for Disease Control.
2. <http://www.cdc.gov/youthcampaign/materials/tweens/index.htm> - “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.”
  - a. <http://www.cdc.gov/youthcampaign/materials/adults/index.htm> - “Use VERB Campaign materials to promote the importance of youth physical activity to parents and other adults. This section includes downloadable brochures and a link to backgrounders, fact sheets, and pre-written articles in the Press Room.”

## Maintaining a Healthy Weight

1. <http://www.cyberdiet.com/reg/ffq/> - compare popular fast food restaurants and menu items for vitamins, fat, and calories.
2. [http://cyberdiet.dietwatch.com/dietwatch/enrollment/public\\_recipes.asp](http://cyberdiet.dietwatch.com/dietwatch/enrollment/public_recipes.asp)  
Free diet profile helps you find your body mass index, and a calorie goal based on your height, weight, age, gender, and activity level, as well as nutrient goals.
3. [http://www.cdc.gov/nccdphp/dnpa/bmi/adult\\_BMI/english\\_bmi\\_calculator/bmi\\_calculator.htm](http://www.cdc.gov/nccdphp/dnpa/bmi/adult_BMI/english_bmi_calculator/bmi_calculator.htm) - Body mass index calculator.
4. Portion Distortion - <http://hp2010.nhlbihin.net/portion/keep.htm> . Body max index, menu planner and serving size information.

## Tobacco

1. [http://www.tobaccofreeutah.org/tob\\_related\\_res.html](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.
2. <http://youthagainsttobacco.com/adContest/index.html> - The TRUTH from Youth advertising contest campaign for 4<sup>th</sup> and 5<sup>th</sup> 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.
3. A “Tar Wars” Presentation for 4<sup>th</sup> and 5<sup>th</sup> grade students can be scheduled by contacting the coordinator for Utah, [wjones@idsinfo.com](mailto:wjones@idsinfo.com) Wayne Jones. Go to [www.tarwars.org](http://www.tarwars.org) for more information.
4. [http://apps.nccd.cdc.gov/osh\\_pub\\_catalog/](http://apps.nccd.cdc.gov/osh_pub_catalog/) - Free videos, posters, and other tobacco educational materials from the Center for Disease Control.
5. Education World – The Great American Smoke-out Curriculum & Activities. [www.education-world.com/a\\_lesson/lesson034.shtml](http://www.education-world.com/a_lesson/lesson034.shtml)
6. [www.youthagainsttobacco.com](http://www.youthagainsttobacco.com) -The Phoenix Alliance is a statewide advocacy group that provides Utah youth with the skills and knowledge to fight tobacco industry manipulation and to make educated choices about tobacco. Basically a statewide anti-tobacco youth group for 12-18 year olds. If you have any further questions or want to schedule some presentations call Andrea Deming at 538-7085 or you can email her at [ademing@utah.gov](mailto:ademing@utah.gov) .
7. Davis county Health Department. Get materials to use for Red Ribbon Week and project TNT tobacco curriculum for 4<sup>th</sup> and 5<sup>th</sup> grades from Gloria Yugel 801-451-3258.
8. Tooele County School District. Red Ribbon Week materials – Julie Spindler, 435-843-3538. End Cessation in schools – Rachele Cowan, 435-882-6346. End Cessation youth court, TCHD – Kim Clausing, 435-843-2316.

9. Salt Lake Valley Health Department. TNT tobacco teaching materials for middle schools, and TOT tobacco teaching materials for 4<sup>th</sup> and 5<sup>th</sup> grade. Call Tiffany Hearty 801-468-2697.
10. Huntsman Cancer Institute Learning Center teaching curricula materials with video available for check-out. (801) 585-0605.
  - a. No ifs, and, or butts: Smoking Kills. Item #13608
  - b. Think twice: Marijuana and Cancer. Item #13673
  - c. How I quit smoking and saved my life. Item #13672
  - d. Secondhand smoke: a matter of life and breath. Item #13799

### **Overall Health**

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>
2. Summit County Health Department. Materials for teaching nutrition/fitness, tobacco, and safety. Call Lyndsi Marshall 435-615-3917.
3. Southwest Utah Public Health Department (St. George Area)- Tobacco 101 Presentation Basic Healthy Lifestyle Presentation (Diet, Physical Activity, No Tobacco Use) And any of the students or teachers interested in materials, presentation ideas, guest speakers coming to their school, classroom-----or if they would like to come here and take a tour, interview any of us, etc. can contact Phil Hofeling 435-986-2536.
4. <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.
5. <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!"
6. <http://www.americanheart.org/presenter.jhtml?identifier=3003346> – Lesson ideas for teaching about health and physical activity with various curriculums.

### **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](http://www.cln.org/themes/careers_health.html)