

Healthy Eating Active Living

Teacher Resource Guide



The goal of HEAL is to improve the nutrition and physical activity environment of child care settings through a multi-component approach. These resources are to support teachers in engaging and educating children in Healthy Eating and Active Living concepts. To learn more about HEAL and the Marin Child Care Council check us out at www.mc3.org



Physical Education

- **Choosy Kids** - provides movement-based programs, songs, and activities designed to encourage active play, motor skill development, and healthy habits. (choosykids.org)
- **Jamaroo Kids** - A YouTube channel offering fun, engaging dance, yoga, and movement activities designed for preschoolers and early learners. (www.youtube.com/user/jamarookids)
- **Shape America** - The leading organization for health and physical educators, offering professional development, standards, and evidence-based resources for promoting physical activity in early childhood (www.shapeamerica.org)
- **California Department of Education** - A comprehensive toolkit featuring structured movement activities, strategies, and lesson plans to support physical education in preschool settings. (fsnep.ucdavis.edu/sites/g/files/dgvnsk2286/files/inlin-e-files/ECE_PA_Toolkit.pdf)



School Garden

- **Growing Minds Farm to Preschool Toolkit** - A resource hub featuring farm-to-preschool lesson plans, "This Week in the Garden" activity guides, parent handouts, and sourcing tips for local food integration. (growing-minds.org/farm-preschool-toolkit/)
- **Kids Gardening** - A rich educational platform offering hands-on gardening activities, teacher guides, and curriculum resources tailored for different age groups. (kidsgardening.org/resources/curricula-the-growing-classroom/)
- **The Growing Classroom** - A year-round curriculum developed by LifeLab, focusing on interactive, inquiry-based learning in gardening, ecology, and nutrition, with alignment to current science standards. (lifelab.org)
- **LifeLab School Garden Resources** - A collection of lesson plans and tools designed to help educators incorporate Common Core and Next Generation Science Standards into school garden programs. (www.lifelab.org/school-garden-resources)



Nutrition

- **Eat Fresh** - A user-friendly website offering affordable, nutritious recipes in multiple languages, with a food item lookup tool for easy meal planning. (eatfresh.org)
- **Sonoma School Garden Network** - Offers seasonal, food-inspired recipes, educational materials, and monthly harvest handouts to encourage healthy eating habits. (www.schoolgardens.org/harvest-of-the-month)
- **Marin Child Care Council** - A series of short, informative videos demonstrating how preschool teachers can integrate gardening and fresh produce into daily learning activities. (youtube.com/@marinchildcarecouncil4490)



Outdoor Classroom

- **Outdoor Classroom Project** - Supports schools in transforming outdoor spaces into dynamic learning environments through training, workshops, and certification programs. (www.outdoorclassroomproject.org/)
- **Edible Schoolyard** - Provides instructional materials, guides, and best practices for creating school gardens that serve as interactive outdoor learning spaces. (edibleschoolyard.org/)
- **Asphalt to Ecosystems** - A guidebook showcasing diverse approaches to redesigning traditional schoolyards into natural, engaging learning environments that foster exploration and play. (greeschoolyards.org/)
- **Greening School Grounds: Creating Habitats for Learning** - A resource-packed book offering project ideas such as composting, wildlife gardens, and native plant habitats to enhance outdoor learning opportunities. (greenteacher.com)



Environmental Health

- **Children's Environmental Health Network (CEHN)** - A national organization committed to protecting children from environmental hazards through research, education, and advocacy efforts. (cehn.org/)

Healthy Eating Active Living

Parent Resource Guide



The goal of HEAL is to improve the nutrition and physical activity environment of child care settings and homes. Supporting families and providing education resources is one way HEAL aims to support children health and wellness.

These resources are to support parents and families.

To learn more about HEAL and the Marin Child Care Council check us out at www.mc3.org



Physical Education

PBS Kids Get Moving! - fun resources, videos, activities and information for parents to get their children moving and staying healthy in english and spanish

Jamaroo Kids – A YouTube channel offering fun, engaging dance, yoga, and movement activities designed for preschoolers and early learners.

Nemours Kids - Kids and exercise guide for parents (english and spanish)

California Department of Education: Physical Activity Toolkit for Preschools – A comprehensive toolkit featuring structured movement activities, strategies, and lesson plans to support physical education in preschool settings.



Nutrition

- **Picky Eaters** - learn 10 tips to help with your children's picky eating (English and Spanish)
- **Good and Cheap**- wonderful cook book and resource in English and Spanish on how to eat healthy and well on \$4 a day.
- **Eat Fresh** – A user-friendly website offering affordable, nutritious recipes in multiple languages, with a food item lookup tool for easy meal planning.
- **“Dirty Dozen”**– dirty dozen refers to the top produce that has been found to have pesticides and herbicides. This resource helps families make informed choices for buying organic versus conventional produce. The clean 15 are those that are cleaners and healthy to purchase non organically.
- **Marin Child Care Council (YouTube)** – A series of short, informative videos demonstrating how parents can cook with their kids and garden activities to enjoy with songs.



Dental Education

- **How to Keep Your Sleeping Baby Safe: AAP Policy Explained - HealthyChildren.org**- Safe sleep information in english and spanish.
- **California Department of Public Health(CDPH)** - Visuals and education for parents and caregivers in English and spanish.



Environmental Health

- **Children's Environmental Health Network (CEHN)** – A national organization committed to protecting children from environmental hazards through research, education, and advocacy efforts.
- **Environmental Working Group (EWG)**- Amazing database on ways to help keep your personal and home products healthy. From cosmetics, diapers, baby food, water and more look up healthiest rated products for children and family.
- **EWG Safe Children Sunscreen** - Best sunscreens for children's health and sun protection.



Safe Sleep

How to Keep Your Sleeping Baby Safe: AAP Policy Explained - HealthyChildren.org- Safe sleep information in English and Spanish.
California Department of Public Health(CDPH) - Visuals and education for parents and caregivers in English and spanish.